

# Inservice Request Form

**Latinos En Extasis Youth Program**

Ph: (415) 552-1013 ext. 380

Fax: (415) 552-2902

Today's date:

Mailing Address (include city):

Onsite Contact Name:

Organization:

Location of Training (if different from above):

Phone #:

Fax #:

Can you provide:  Chalkboard  Easel

Email:

**Four Week Session workshops** are held once a week for 4 weeks. Topics covered include, STI education and prevention, pregnancy planning and contraceptives, and creating a plan about sexual health. We offer workshops on Tuesdays or Fridays from 4:30 pm to 6:00pm. The workshop schedule is as follows:

**Workshop Schedule:**

**Week 1:** My body and Me

**Week 2:** My body in danger

**Week 3:** Protecting my body

**Week 4:** My body and my plan\*\*

\*\* For further description of workshops, see attached flyer

**Single-Session** workshops are one-day only presentations. If you are only interested in having a one-day presentation, in the space provided below, please provide us with a brief description of what kind of health and sexual health related information your group would like to hear about and we will do our best to accommodate you. Single-session workshops can be held throughout the week.

Check here if you are interested in a **4-week workshop**.

Please list at least three date options, at least one month in advance that you would like the workshops to begin. We will call you to confirm or reschedule.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Days preferred:  Tuesday  Friday

Check here if you are interested in a **single-session workshop**.

Please list at least three options, at least one month in advance that you would like to hold the workshop. We will call to confirm or reschedule.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Time preferred:

Start: \_\_\_\_\_ End: \_\_\_\_\_

Tell us a little bit about your organization:

# of Participants \_\_\_\_\_(approx.) Age range (approx.)\_\_\_\_\_

Briefly describe what you want your youth to get out of the training:

Are there any special circumstances of this group? If so, please describe:

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For **Single-Session** only:

Please tell us the kind of health and sexual health related topics your youth are interested in hearing about.

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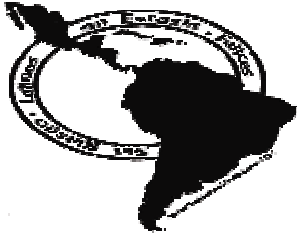
***To be completed by Latinos En Extasis Staff:***

Inservice scheduled: \_\_\_\_\_

Workshop facilitated by: \_\_\_\_\_

# of youth attended: \_\_\_\_\_

Please fax this form to (415) 552-2902 ATTN: Elena Flores. For more information about trainings please contact Elena Flores @ (415) 552-1013 Ext. 380 or email at [elenaflores@mnhc.org](mailto:elenaflores@mnhc.org)



# Workshop Description

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The curriculum the Peer Outreach Educators use to facilitate the workshops is designed to develop a cumulative knowledge about STI and STI prevention, pregnancy planning and contraception, and sexual health. Below are more descriptive explanations of each of the workshops.

**Week 1 – My Body and Me:** In this workshop youth learn to identify reproductive parts and their functions. Through art activities and visual aids youth learn to use technical and medical terminology to discuss intercourse, anatomy, and reproductive functions. In the second half of the workshop the youth partake in role-play to practice negotiating condom use, sharing information about sexual health with peers and assessing risky behaviors.

**Week 2 – My Body in Danger:** In this workshop youth will learn about different Sexually Transmitted Infections and Diseases and the ways they can be contracted. Using visual aids and charts youth will learn how to identify symptoms of infections. Peer Outreach Educators use a continuum of risk to assess the level of risk for different intimate activities. This exercise is designed to initiate a discussion about which activities contain the highest and lowest level of risk.

**Week 3 – Protecting My Body:** This workshop focuses on different methods of preventing the potential consequences of sexual behaviors. Peer Outreach Educators discuss various methods of protection including abstinence, the pill, and condoms. Youth also learn how to gain access to these various forms of protection through confidential, safe, and affordable health care plans and clinics. They will also gain information about youth health rights and responsibilities.

**Week 4 – Communication in a Relationship and Making a Plan:** As part of this workshop, youth explore ideas about what it means to be in a relationship. While discussing these intricacies we also begin a discussion about how to assess boundaries and expectations of a relationship. The Peer Outreach Educators help youth to think about a plan that will help prepare them for the complex decisions that lie ahead for them in their sexual lives.