



Annex Teen Clinic House Parties are an opportunity to get together with friends to learn, discuss, and engage with the Annex Teen Clinic and the field of sexuality health care and education. You don't have to do it alone though! We'll join you.

How it works: First, get in touch with Brooke Thomson (bthomson@annexteenclinic.org). She will chat with you about which workshop you're interested in and will schedule an Annex staff to join your group. We are happy to combine topics or do a workshop on a topic that's not listed. You get together a group of friends, family, or colleagues at your house or a community setting and an Annex staff joins you. You'll provide the food and beverages, we'll provide the activities and lead the discussion.

All About the Annex 1 hour

The Annex Teen Clinic has been around for over 45 years! Learn about our organization – the past, the present, and what we see in our future. As an organization that focuses only on sexual health and wellbeing and young people, we're pretty unique. Learn why we do what we and what we need to continue our work.

What is Sexuality? 1+ hours

Sexuality is an important, complex part of our lives from birth to death. In this discussion-based workshop participants will:

- explore the breadth of expression of and influences on our sexuality.
- reflect on their experiences learning about sexuality as teens.
- discuss what we can do to contribute to a community that fosters healthy, positive sexuality.

Positive Youth Development and Sexual Health 1.5+ hours

Sexuality education can play an important role in the healthy development of adolescents, and the Annex Teen Clinic is committed to providing sexual health care and education through a positive youth development lens. In this workshop, you'll learn what that means and why we believe it is essential to providing high quality services.

***It's That Easy* Parent/Caregiver Workshop 1.5+ hours**

The Annex Teen Clinic knows that parents and caregivers are the primary sexuality educators for teens. Honest, accurate information about sex – particularly from parents and caregivers – is the first step toward raising healthy children who make responsible decisions about sex. Although most parents and caregivers want to provide their children with the knowledge and skills they need, many feel unprepared and uncomfortable when it comes to topics related to sexuality. Created in Minnesota, *It's That Easy* workshops provide participants with information, tools, and support for having open, comfortable conversations with their teens about sexuality and healthy relationships. Topics include:

- what to expect during the teen years.
- why parents and caregivers play such an important role in the sexual decision-making of their children.
- how to foster open communication and provide clear message about one's values and expectations.

Workshops can also be structured as a series with subsequent sessions on a variety of topics ranging from talking about safe technology use to healthy relationships to sexual orientation and gender identity, based on the interests of the group.

Sexuality Educator Basics 1.5+ hours

Being a great sexuality educator is about more than simply knowing the facts, and in this workshop, you'll get to experience some of the training educators at the Annex Teen Clinic have. Activities provide participants with opportunities to practice concrete skills like:

- answering sensitive questions about sexuality.
- active, engaging strategies for learning about sexuality.
- working with values, including your own.
- facilitation skills that support positive youth development.

Talking About the Good Stuff with Teens 1+ hours

Too often, sexuality education and sexual health care can be too focused on prevention and forget about all of the awesome, enjoyable things about sex and relationships. We know from young people that the positive aspects of sexuality are important to them, and they want to know more about them. In the workshop, we'll discuss how to talk with teens about the good stuff, how pleasure and healthy relationships are not just important but essential to sexual health and wellbeing.

Sexually Transmitted Infections Basics 1 hour

Prevention of sexually transmitted infections (STIs) is a key focus of the work we do at the Annex Teen Clinic, especially given the rising rates of STIs like chlamydia and gonorrhea in our state. Learn about common STIs and trends we're seeing in this informative and pertinent workshop.

Birth Control Methods Basics 1 hour

The Annex Teen Clinic is proud to partner with young people in taking control of their sexual and reproductive health. One way we do this is having open, nonjudgmental discussions with them about birth control methods so they can choose the method that is going to work best for them. In this workshop, participants will learn about the different methods of birth control and the factors that play into someone's decisions about birth control.

Teens and Tech: The Good, the Bad, and the Family..... 1+ hour

Snapchat, Twitter, Instagram.... It seems like there are constantly new social media platforms and new ways that teens are using technology. Keeping up with it all and knowing how to help teens using technology safely can be hard. In this workshop, we'll talk about how technology use impacts teen life and practical strategies for supporting teens such as:

- how to talk about sexting.
- setting limits on tech use.
- keeping up with a teen's presence online.

(Dis)Ability and Sexuality 1 hour

In this workshop, we'll discuss:

- how sexuality may be impacted by a disability.
- assumptions and stereotypes about people living with a disability, and how that can impact health and wellbeing..
- strategies for talking about sexuality with individuals with cognitive or developmental disabilities.

Gender Identity and Sexual Orientation1+ hours

We all have a sexual orientation and gender identity, but that doesn't mean that we don't get confused about what the terms and issues are. In this workshop, we'll discuss:

- gender identity and sexual orientation terms.

- How we can be supportive and affirming of diverse sexual orientations, gender expressions and gender identities.
- how sexual health and relationships are influenced by sexual orientation and gender identity.
- important issues for LGBTQ+ teens today.

Book Club 1+ hours

Got a book club? Wanting to start a book club? Well, for the past few summers, Annex Teen Clinic educators have done a book club and would love to help facilitate or supplement a book club discussion. Some suggestions we have for a great sexuality book are:

- *For Goodness Sex* by Al Vernacchio
- *Girls and Sex* by Peggy Orenstein
- *Breaking the Hush Factor* by Karen Rayne

Movie Night 1+ hours

There are a lot of movies that explore themes of sexuality, gender norms, race, media, and history. Get a group together for a movie night, with discussion led by an Annex staff. Here’s some suggestions:

- The Mask We Live In
- Miss Representation
- Paper Tigers
- Let’s Talk about Sex
- Dark Girls

Healthy Relationships for Young People.....1+ hours

Navigating friendships, crushes, dating, and family relationships is challenging for everyone—especially adolescents. In this workshop, we will examine traits and nuances of healthy, unhealthy, and abusive relationships and develop strategies to help our young people maneuver within them, or end them when necessary. We will also examine boundaries, consent, and sexual decision-making. You’ll receive great resources to share with your family as well!

“The Launch”: For Parents of Kids Leaving the Nest..... 1+ hours

Whether your young person is heading off to their first apartment and job, traveling, going into college or the military, or just freshly navigating adulthood, this workshop is for you! We’ll start with what’s wonderful and exciting about these transitions, then examine other topics such as:

- Healthy relationships and boundaries

- Sex positivity and sexual behaviors
- Concerns about sexual harassment and assault
- STIs
- Birth control
- Resources available for young people, online and in-person

Newly developed by Annex staff, this unique workshop will help you through this important parenting transition!

Sexual Harassment and Consent: What We All Need To Know 1+ hours

The #MeToo movement is drawing much needed attention to the extent of harassment and sexual misbehavior in our culture. In this interactive workshop, we'll examine how different behaviors--such as sexual harassment and bullying—actually look and sound in schools. We'll also review what national, district, and school policies exist to protect young people, particularly LGBTQ youth. Ending with actual scenarios, we will gain new language to have conversations with our kids and help them to become upstanders (someone who sees wrong and acts to address it) instead of bystanders in their schools and communities.

Choose Your Own and “Combo Platters”

Remember, we are happy to work with you to do a workshop on a different sexuality topic or to combine a couple different topics into one presentation! Workshops can also be shortened or planned to be longer.