

Segments of T.O.P. Program (Wyman's Teen Outreach Program)

Changing Scenes – Youth Development through Service and Learning; Level III (age 15-16)

NW Coalition for Adolescent Health (a coalition of 6 Planned Parenthood affiliates in Montana, Oregon Idaho, Washington, and Alaska at over 50 sites) awarded \$20 million federal grant. TOP program “proven to develop the positive potential of teens by reducing unintended teen pregnancy and increasing school success”.

Focus on: Values, Development, Relationships, Sexuality, Communication, Assertiveness, Goal Setting

Activities: Ice Breakers, Cooperative exercises, trust-building (touch), energizers, reflection, what do adults say, how to extend to other classes, guided imagery, service learning

Claims: “Age Appropriate, Best Practice, Medically Accurate, Evidence-Based”

Purpose:

1. Helps youth chart their own course
2. Sustain young people through institutional, physical and social transitions
3. With proper support and guidance, teens can achieve certain milestones as they journey to adulthood.

“Tell students that people often change opinions and values after open discussion”

“Help them see that their search for the “true meaning of love” can only be found within themselves” (p.76)

- Explore values
- What messages about love did you receive as a child?
- Candid discussions re: forms of sexual expression other than intercourse
- Encouraged to think of sexuality broadly (more than sex/behaviors leading to intercourse)
- (Teacher) topics to add to discussion: gender roles, intimacy, body image
- Plan a presentation that illustrates a broad definition of sexuality (drama, music, art, poetry, etc.)
- How do you express your sexuality? (at home, school, etc.)
- Normal to have feelings of attraction to the same sex
- Advantages/disadvantages of being male/female; gender stereotypes

- How do parents, teachers, religious leaders, media and health practitioners’ deal with these topics?
- Describe your “ideal” family
- “The person who is my ideal romantic partner would...” (5 top expectations)
- Guided imagery: How it felt to be attracted to someone romantically? What do you think about when you are with or apart from that person? What physical responses occur?
- (Teacher) if uncomfortable with teaching material...invite professional health educator, family planning educator or other community resource.
- PP affiliates and other family planning organizations will usually be able to sell you these methods (birth control/contraception) at a reduced cost.
- Suggest you talk with parent/guardian, another trusted adult or someone at community health clinic.

Communication/Assertiveness

Your Rights (p.140)

Right to say no without feeling guilty

Right to behave in the way that is best for you (act in your best interest)

Right to “seriously consider” the requests that parents/guardians make

Share examples when teachers, parents seem to violate teen’s rights.

Short-Long term goals

Share challenges, tough decisions...share your feelings about these.

NWCAH Teen Outreach and Community Voices Program (Pre-Survey)

*gift payment for participating

*educational background of parents

*who you grew up with

*failed class, suspended, cut classes?

*sexual intercourse? (ever? Last 3 mons? How often? Condom? Birth control type?)

*ever pregnant?

*fathered a child? How many times?

*do you intend to have intercourse? Use a condom? Birth control method?

*how do you feel about working out problems, set goals/stick to goals, confidence, happy, trust, see good in people?

*volunteer history

*sex education history (where, when)