

Safe Sex Complex

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Plan Proposal and Purpose

The purpose of the Safe-Sex Complex is to offer a comprehensive and hands-on program that will implement and allow **young women** to take advantage of **educational opportunities**, **foster mentorship**, and **provide resources** to promote **safe and healthy sex practices** with the intentions of reducing the rate of unplanned pregnancies and STIs in adolescents.

Theoretical Framework: Social Learning Theory

This program will be guided by the **social learning theory**, which is the theory that individuals are able to imitate and participate in behavior after observing physical examples. Consequently, our mentors will help assist adolescents in the learning of safe-sex practices through the real-life experiences of their mentor.

One positive relationship that displays pre-social skills is transformative in the development of youth and has the potential to yield positive results in the future experiences of those involved.

Theoretical Framework: Primary Prevention

We utilize on **primary prevention strategies** to help adolescents **before** they encounter sexual practices.

At the Safe Sex Complex we providing education about the changes of the body that occur during puberty, how to practice safe sex, how to respond in uncomfortable situations and to have the necessary tools in order to be confident in their decisions involving sexual activities.

Evidence Based Approaches

“School-based sex education (SBSE) programs provide one means to increase knowledge and understanding of sexuality and sexual behavior, which may potentially mitigate sexual immaturity”

(Bolland, 2018).

When female identifying youth undergo sexual education, “girls feel less pressure as they mature and develop” (Xiong)

Vision and Target Audience

Vision: We lower the rates of STI and unplanned pregnancies amongst early adolescent women

Target Audience: Our target audience is early Adolescent women, ages (10-15)

The target audience for this program are middle school students in Wake County.

Our Goals

Goal 1: Participants are able to label three forms of contraceptives.

Goal 2: Participants are able to practice the skill of one or more communication methods during sex

Goal 3: Participants are able to label diagrams of both female and male anatomy

Examples of Activities

Group Lessons: A series of lesson plans that outline specific course concepts will be created that teachers can use for their students.

Mentor and Mentee Role-play with Case Studies: Creating a workshop that goes over the NC state-mandated curriculum for sexual education courses

Mentor Individual Lessons: Provide teachers with community resources that discuss safe sex practices, and the consequences of not engaging in these.

Annual Budget

Expense	Amount (USD \$)
Staff Salary/Wages	30,000
Insurance	500
Student Transport	2,000
Snacks/Meals	1,500
Office Supplies	500
Contraceptives	700
Staff Training Fund	500
Marketing/PR	500
Fundraising Fund	500
Technology	1,500
Rent	12,000
Utilities	3,600
Educational Supplies	2,000
Speaker Fees	1,500
Emergency Fund	3,000
Total	60,300

The table to the left showcases the annual budget for programmatic costs. Five staff members are paid \$10/hr, 15 hours a week, for 10 months total given respect to holidays and sick days. These prices are subject to change.

Lesson Plan: What They Told me About My Body, Consent

This lesson is one part of a three part series dedicated to making **informed decisions about your body**. In this session we will be talking about **consent** through both a **political** and **inter-personal** lense. At Safe Sex Complex, we believe in the power of **educated choices**. We know that, with the right tools, you are capable to navigate your sexuality and body--join this lesson to be equipped with those tools. Throughout this session, participants will be informed and ready to not only traverse **legal systems around consent**, but also have conversations about **socio-political gaps in consent, bodily autonomy, and personal consent**.

Lesson Plan Objectives and Goals: What They Told me About My Body

Lesson Plan Outline: What They Told me About My Body

Total Lesson Time: 90 Minutes

Icebreaker (20 minutes): Everyone in the program will go around and share a Rose, Bud, and Thorn

Introduction (3 minutes): The state of NC has laws on what topics we are supposed to teach, how to teach them, and what not to share. Education and exposure can shape how we think about things. Here, at Safe Sex Complex, we believe in the power of informed decision. We think you are powerful, capable individuals who, with the right vocab, resources, confidence, can make good decisions for yourself. So, today we will dive into our State's policies on consent, the gaps, and how to navigate conversations about consent. Before jumping in, we are going to check what you know.

Knowledge Check & Definition (12 minutes): Do you know what consent is? If so, what have you been taught? Everyone will share and the moderator will write down the responses on the blackboard and create a definition of consent together.

Mini-Lecture on NC Consent Legislation (10 minutes): A miniature lecture on consent through presentation given by the moderator.

What is Missing in Our Laws? (15 minutes): Identify and brainstorm things that are missing from our laws. Be sure to engage youth in conversations about heteronormativity, intersectionality and ect.

Case Studies and Conversations (25 minutes): Everyone will break out into groups of four with two mentors and two mentees. One individual in the group will present the case study and another will respond to the situation. All members will reflect on both the case and the response. Example case study is presented below. Other case studies are found in the student handout.

Case #1: You're with your boyfriend Alfonso and it's been a wonderful date. Alfonso really wants to be more physically intimate. You want to be with him in that way, but you promised yourself that you'd wait until your 18th birthday. It's only 3 months away, but Alfonso doesn't want to wait, he says it makes no difference and it's physically hurting him to not have sex with you. You're worried about his physical pain, appearing like a prude, and saying no to, but at the same time you really do want to wait. How do you communicate/respond?

Reflection (5 minutes): Return to the entire group and everyone shares one word about how they feel.

Evaluation Tool:

- Our evaluation will use a tool that surveys participants on their “aspirations”. We will ask a variety of questions asking the participants how likely they are to use the skills they have learned during the program. These evaluations will be utilized after the completion of the program.
- Our program will analyze the participant’s skills through a survey that asks the adolescents to review their skill development.
- After using these evaluation tools, participants will offer our program insight on how we can improve the curriculum to best result in alignment with our program goals.

Example Evaluation Survey 1

As a result of this program, do you plan to make any changes in the following areas? Check which box most describes you.

	Definitely will	Probably will	Probably will not	Definitely will not
Utilize contraceptives during sex				
Talk with your partner about consent				
Communicate with your partner about how you are feeling				
Apply knowledge about anatomy to personal understanding of health				

Example Evaluation Survey 2

As a result of this program:

Check the box that most describes you.

	Strongly Disagree	Disagree	Agree	Strongly Agree
I am able to correctly label the male and female reproductive organs				
My ability to communicate about sex and emotions has improved				
I can correctly identify three different forms of contraceptives				
I feel confident knowing what consent looks and sounds like				

Join us!

Please visit us at the Chapel Hill Community Center on
Thursday nights at 5:30pm to learn about our community.

Test your knowledge about our program with our kahoot linked [here!](#)

5 REASONS TO JOIN "SAFE-SEX COMPLEX"

"Safe-Sex Complex" is a 10 month program to implement educational opportunities, foster mentorship, and provide resources to reduce the rate of unplanned pregnancies and STIs in adolescent women.



To Find Your Mentor

This program offers one-on-one mentorship for early adolescent women. Your mentor will be an experienced support that can offer resources and advice on safe-sex practices.



To Reflect Inner Values

In the program, you will learn more about what sex means to you, how to express and accept consent, and learn more about your body and its purpose.



To Learn about Safety

In the program, you will learn about contraceptives that are available for both men and women. You will learn about what can lower your risk of pregnancy or STI's.



To Recieve Free Resources

At each group meeting, we will provide free resources such as condoms and feminine hygiene products .



To Be a Good Human

Learning about safe-sex practices helps your community! You can share what you learn with your peers and prevent pregnancy and STI's in yourself and others.

Want to join our program?