Making the Leap:
Linking Teens to Sexual Health Care
Alexandra Eisler, MPA
Genevieve Martinez-Garcia, Ph.D.
Disclaimer

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• *Keep It Simple* was produced by CDC-DRH Grant #5U58DP002943-03
• CRUSH was produced by Contract # PO-200-2013-M-57447
Objectives

By the end of this workshop participants will be able to...

- Identify the specific need and development process of each tool.

- Describe the components of the *Keep It Simple: Linking Teens to Sexual Healthcare lesson plan* and motion graphic as well as the *CRUSH* mobile app.

- Describe ways that they can integrate this or other clinic-linking efforts into their work.
Intros & Welcome

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Training & Technical Assistance Manager

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Senior Researcher
Keep It Simple

Keep It Simple: Linking Teens to Sexual Health Care
We Set Out to....

...link teens in sex ed classes (or anywhere, really) with sexual health care services.

✓ In 45 min or less
✓ Easy to Deliver
✓ In a variety of settings
Product Objectives

• Increased knowledge about **contraceptive methods** available to teens;

• Increased knowledge about their **rights** to receive contraceptive and reproductive health care; and

• Increased knowledge about **where to go** for birth control and STI testing.
Lesson Plan & Animation Themes

Lesson Plan:
45 min

Animation:
Approx 4 ½ min

• Affirming, upbeat, and positive approach.

• "Easier than ever to get information and care you need to be healthy!"

• This is important for guys and girls.

• Teens need accurate information to make the best decisions about birth control.
## Lesson-At-A-Glance

<table>
<thead>
<tr>
<th>Section</th>
<th>Brief Description</th>
<th>Time Required</th>
<th>Materials Required</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction and Large Group Discussion</td>
<td>Facilitator will explain the objective of the session and generate discussion regarding the current knowledge base of sexual health services available to teens.</td>
<td>5 minutes</td>
<td>None</td>
</tr>
<tr>
<td>Opening Facilitated Discussion: Minors’ Rights</td>
<td>Provide adolescent participants with state-specific information regarding their rights to confidential sexual and reproductive health services and contraception.</td>
<td>5 minutes</td>
<td>“Know Your Rights! Sexual Health Care Services Fact Sheet”</td>
</tr>
<tr>
<td>Motion Graphic: Standardized Core Curriculum and Processing</td>
<td>Address commonly held myths about birth control and the clinic visit, and discuss basic concepts about selecting and accessing contraceptive and clinical services. Process key takeaway points.</td>
<td>15 minutes</td>
<td>DVD or Motion Graphic Link for “Keep It Simple” “Comparing Effectiveness of Family Planning Methods” Fact Sheet</td>
</tr>
<tr>
<td>Facilitated Discussion: Where to Go</td>
<td>Provide adolescent participants with tailored information about teen-friendly health centers within their communities, and guidance for accessing services.</td>
<td>15 minutes</td>
<td>“Teen-Friendly Health Centers Referral Sheet” Note cards</td>
</tr>
<tr>
<td>Closing and Evaluation</td>
<td>Participants will be given contact information for general information and complete an evaluation</td>
<td>5 minutes</td>
<td>“Keep It Simple Evaluation Sheet”</td>
</tr>
</tbody>
</table>

*Start on page 9 and follow along!*
Minors’ Rights

Birth Control & Pregnancy

- Year olds can get tested for STIs/HIV without parent permission.
- The test results are completely confidential unless _____________.
- In the state of ____________ teens have the right to high-quality sexual healthcare. There are some important things you need to know so that you can get what you need when you need it!

- HIV-Human Immune-deficiency Virus (the virus that causes AIDS)
- STI-Sexually Transmitted Infection (the same as an STD)
- EC-Emergency Contraception (the same as the morning after pill)

My Right to Healthcare

- Teens in my state can consent to sex if... They are ____ years old and their partner is ____ years old.

Animation: *Keep It Simple*

What’s right for *me*?
You have the right to receive high-quality, confidential healthcare right here where you live. It’s always good to know your rights and ask an adult you trust if you have questions!

Doctors and Health Centers for Me

Taking Care of My Sexual Health

Curious About More Locations? Try Here!
http://www.hhs.gov/opa/
http://bedsider.org/where_to_get_it

Healthcare in My Community

Clinic Referral List

Resources on page 22-30
Template on page 24
Closing & Appendix

Appendix:

- Instructions to Embed “Keep It Simple” and “No te compliques” on Your Website
- Minors’ Rights Worksheet
- Template: Know Your Rights! Sexual Health Care Services Fact Sheet
- Teen-Friendly Health Center worksheet
- Template: “Teen-Friendly Health Centers Referral List”
- Sample Teen-Friendly Health Centers Referral Guides
- Promoting “Teen-Friendly” Clinical Services
- A Teen-Friendly Reproductive Health Visit
- Your Birth Control Choices Fact Sheet
- Comparing Effectiveness of Family Planning Methods Fact Sheet
- Keep it Simple Evaluation Sheet

Don’t forget to explore the Appendix!
CRUSH
mart App
What is Crush?
Who is Crush’s Audience?
Who is Crush’s Audience?
Who is Crush’s Audience?

- Girls
- 15-17 yr old
- Latino & African American
- Heterosexual
- Self-identify as girls
Crush promotes..
Crush’s Goal

Prevention
thru

Powerful information
grounded in theory
Body n’ Soul

- Sex readiness
- Healthy relationships
- Condom Negotiation
- Anatomy & Physiology
- STIs
Body n’ Soul

- **The Show Stopper**
  "Stopping to put on a condom ruins the moment"

- **The Pleasure Seeker**
  "Condoms reduce sexual sensation and pleasure."

- **The Averter**
  "Birth control is your responsibility, not mine."

- **The Pull-Outer**
  "I will just pull out before I cum."

- **The Denier**
- **The Loner**
My Plan

• Birth control information & selection tool
Now What?

• Pregnancy symptoms & testing

Need Answers?

• FAQs, hotlines & websites
Go Get It!
• Clinic finder
Remind Me!

- Birth control reminder for:
  shot
  Ring
  patch &
  pill
Crush
En Español!
Keep It Simple: A Lesson in CRUSH-ing It

<table>
<thead>
<tr>
<th>Action Planning Worksheet</th>
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<tbody>
<tr>
<td>Where do you see new opportunities in your organization/community to link youth to clinical services?</td>
</tr>
<tr>
<td>Who in your organization needs to be involved with planning clinic-linking services/education?</td>
</tr>
<tr>
<td>Who in your community should be involved?</td>
</tr>
<tr>
<td>What research do you need to do about currently provided clinic and educational services in your community? (Ex. Are services youth-friendly? Are services free or low-cost? Are there walk-in hours? Location?)</td>
</tr>
<tr>
<td>How would you like to use the resources in “Keep It Simple” and/or CRUSH?</td>
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</tbody>
</table>

Produced by CAI & Healthy Teen Network, Adapted by Healthy Teen Network
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Q&A
Thank you!
Please be in touch!

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