

**ALL ICAH CURRICULUM
REFLECTS A YOUTH-CENTERED
APPROACH TO SEXUALITY
EDUCATION THAT IS FIRMLY
ROOTED IN REPRODUCTIVE
JUSTICE AND IS**

Medically Accurate •
Developmentally and Age
Appropriate • Culturally Responsive •
Trauma-Informed • Harm and Risk
Reductive • Sex-Positive and
Pleasure-Centered • LGBTQQIA+
Inclusive • Pro-Choice/Access

FOR YOUTH INQUIRY -FYI- TOURING PLAYS

Project US

follows four friends as they discover and question how they learn and talk about sex. This play uses games and audience interaction to cultivate inquiry and dialogue about sexuality and relationships.

Best suits small audiences from 15 - 35 participants.

Start the Convo: Sex Ed Rescripted

features a sex ed teacher and student who explore pregnancy and sexually transmitted infection (STI) prevention through interactive games and storytelling. This play offers multiple ways for youth and adults to partner and implement positive approaches to sexuality education.

Best suits large audiences from 50 - 800 participants.

Can I Hit It?

follows four friends as they discuss how sexual violence impacts their lives and school community. This movement and game-based play leads audiences to define sexual violence and understand what they can do to prevent it.

Flexible audience play; is adaptable to both small and large audiences.

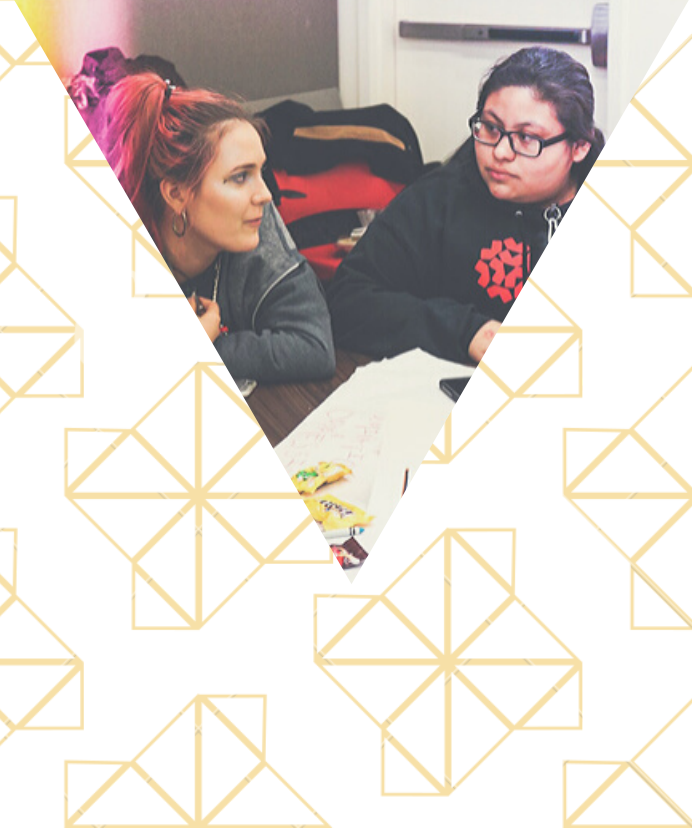
MORE INFO ONLINE

icah.org

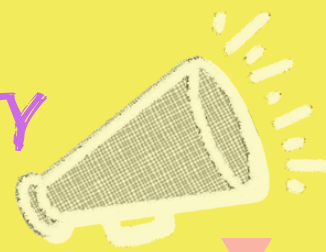
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**YOUTH EDUCATION
PROGRAMMING**





INTRO TO ICAH'S SEXUALITY EDUCATION



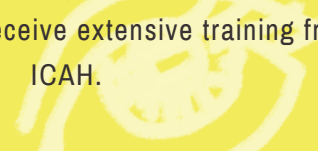
The Illinois Caucus for Adolescent Health (ICAH) is a network of young people and adults who transform public consciousness and increase the capacity of family, school, and healthcare systems to support the sexual health, rights, and identities of youth. We envision a world in which all young people use their power to achieve health and well-being in their own lives and for their communities. Our sexuality education programming is one strategy we use to practice and move toward reproductive justice.

Comprehensive sexuality education teaches about all elements of a person's sexuality including the social, cultural, physical, and emotional parts of who we are. ICAH's curriculum centers pleasure and joy in conversations about sexual and gender identities, pregnancy and pregnancy options, STI prevention and safer sex, and sexual rights focusing on relevant Illinois laws. Our curriculum also teaches communication skills and supports young people exploring their values, goals, and options.

We know that young people can make decisions about their bodies, health, and lives and believe they should have access to supports to help them make informed decisions.

In support of this understanding, ICAH's curriculum and programming (created entirely in partnership with young people age 14-22) provides young people with tools to navigate healthcare, school, and family systems.

ICAH workshops are facilitated by Youth Educators, Adult Educators and/or Theater Artists. Youth Educators (ages 15-22) receive rigorous sexuality education and facilitation training through ICAH. Theater Artists are professional actors who use plays and theater activities to help youth activate their learning and practice for real life. Adult Educators are advanced practitioners in the public health field who receive extensive training from ICAH.



PEER EDUCATION WORKSHOPS

WHAT IS SEXUALITY?!

is an introduction to the process of sexuality education. This workshop sets the tone for prioritizing youth autonomy and comfort throughout sexuality education, and centers pleasure, personal values, respect, and choice as key components of both sexuality and the experience of sexuality education.

OUR IDENTITIES - GENDER, SEX, & SEXUAL ORIENTATION

is an introduction to the difference between gender, assigned sex, and sexual/romantic identity categories. In addition to teaching terminology, this workshop encourages young people to care for each other and see themselves as part of a community that values safety and respect.

OUR IDENTITIES - DESCRIBING WHO WE ARE

is a companion to Our Identities: Gender, Sex, and Sexual Orientation. It explores how our identities grow and develop over time, and how language can help us be who we are. Through exploring character and stories, this workshop supports young people discover identity, build empathy, and see themselves as part of a community that values safety and respect.

CRUSHES, DESIRE, AND ATTRACTION

highlights the many ways people can experience attraction. During this workshop, participants will gain comfort discussing desire and practice respectfully communicating with and about crushes.



OUR ANATOMY - THE PARTS & THE PIECES

introduces participants to vocabulary for our bodies, as well as accurate definitions and functions of genital anatomy. This workshop also interrupts harmful medical practices of unnecessary intersex surgeries and discusses pleasure as a core function of genital anatomy.

PUBERTY & DEVELOPMENT

is an introduction to the physical/chemical, emotional/intellectual, and social/cultural changes young people experience during puberty. During this workshop, participants will define puberty as a process, learn about how hormones impact the process of puberty, and practice navigating conflict with friends, family, and community.

PREGNANCY & REPRODUCTION

provides a general overview of the process of pregnancy. Participants will learn about menstrual cycles and sperm production cycles in relation to pregnancy, consider their values around pregnancy, and engage with common questions about pregnancy.

SEXUAL HEALTH 101

is an introduction to sexual behavior and STI prevention. During the workshop, participants will unpack their associations with the word sex, discuss various sexual behaviors, and learn about sexually transmitted infections.

SAFER SEX, HEALTHY DECISION MAKING, & RECLAIMING ABSTINENCE

teaches participants about five strategies for safer sex to help support informed decision making. During this workshop, participants will also talk through the process of getting tested for STIs and practice navigating barriers.

UNDERSTANDING HIV PREVENTION & ENDING STIGMA

provides accurate information around HIV transmission and prevention. During this workshop, participants will define HIV and AIDS, identify the four fluids and behaviors that can transmit the infection, and unpack stigma, shame, and myths about HIV and AIDS.

BARRIER METHODS

teaches effective use of condoms as well as lesser known barrier methods. During this workshop, participants will also develop skills for communicating about sexual health with partners and others in their lives.

HORMONAL METHODS & CONTRACEPTION

demonstrates hormonal method and birth control use while developing participants' skills for communicating about sexual health. During this workshop, participants will identify different methods of hormonal birth control, learn about emergency contraception, and consider how to make decisions or support others make decisions about hormonal birth control.

YOUTH SEXUAL RIGHTS

is an introduction to young people's legal and human rights related to healthcare in Illinois. During the workshop, participants will learn to distinguish between legal and human rights, identify what health care services require parental consent, and practice advocating for themselves in healthcare settings.

PEER EDUCATION SKILLS

provides youth with basic sexuality education information and tools to educate other young people. During this workshop, youth will define consent, learn proper barrier method use, and practice reducing shame and stigma related to sexuality education.

PREGNANCY OPTIONS

provides participants with information about parenting, adoption, abortion, and safe haven abandonment while discussing support for young people navigating pregnancy options.

BIRTH JUSTICE

introduces participants to the concept of birth justice. During this workshop, participants will also identify medical injustices, outline a birth plan, practice communicating with supports, and share love for the young mamas, papas, and parents in their lives.

PERFORMANCE-BASED WORKSHOPS

LEARNING CONSENT

introduces students to consent, boundaries, and healthy communication strategies.

SOCIAL MEDIA & SEXUALITY

explores how social media impacts students' relationship to sexuality while teaching strategies for safety

INTERSECTING IDENTITIES & NAVIGATING OPPRESSION

guides participants through an intersectional and personal exploration of gender and sexuality.

OUR ANATOMY - WORDS THAT WORK FOR US

introduces sexual and reproductive anatomy. Youth explore differences between slang and medical terms, identify myths about sexual anatomy, and can anonymously address questions and/or concerns.

GETTING TESTED

walks youth through the experience and strategy planning of going to a clinic to get tested for STIs. During the workshop, youth will discuss how to access STI testing, think through other reasons young people might go to clinics, and practice advocating for themselves with medical providers.

SEXUAL HARASSMENT

identifies differences between flirting and sexual harassment. During this workshop, youth will consider how power and power imbalances relate to sexual harassment, practice bystander intervention, discuss personal safety, and think through how their behaviors impact others.

KNOW YOUR RIGHTS - SYSTEMIC & RELATIONSHIP VIOLENCE

discusses personal and state violence while building students' toolkit to protect themselves and each other.

HEALTHY RELATIONSHIPS

explores differences between balanced and unbalanced power in interpersonal relationships, and uses scenarios that reflect middle or high school relationship dynamics to help students identify when unbalanced power is abusive.

