

## Digital Learning



🕒 3.5 hours

### Comprehensive Sex Ed

Aligned with 9 sets of standards, including the California Healthy Youth Act (CHYA). Asynchronous e-courses for **middle and high school** students:

- Centered on animated series, explainer videos, 20+ quizzes
- Spanish & English



🕒 1.5 hours

### Puberty

Aligned with the California Health Framework. This e-course for **5th grade** students:

- 8 explainer videos, 3 quizzes
- Asynchronous



### Special Education

Guided online sex ed lessons for special education (SPED) students with **extensive support needs**:

- Delivered via groups or 1:1
- Facilitator Guide with handouts and best practices

### School Info Kit

PPMM Sex Ed is available to all and offered at a sliding scale of **\$0-10** per student. Take a tour of the e-courses, download CHYA Assessment Tool (CAT), and review other resources.

**Take Me to the Kit!**



## Youth Development



### Y-LED (Youth Led Sex Ed)

To increase access to sex ed, youth ages 13-19 are invited from PPMM's 42 counties to: learn, contribute, and lead. Y-LED is being expanded in FY24 to give youth opportunities to co-design digital learning for their peers, advocate for inclusive sex ed, complete trainings to deliver sex ed and wellness programs in their communities, and more!



Video (03:36)

### Young Parents

The Teen Parent Support Program (TPSP) is a comprehensive case management program in Santa Clara County offering:

- Strength-based coaching, resource navigation
- Support obtaining high school diploma or to pursue post-secondary pathways

### Mental Health First Aid

PPMM's certified instructors lead trainings for teens who learn this evidence-based model (tMHFA) for recognizing early signs of mental health challenges in their peers, and how to refer youth to local services and connect with trusted adults for more support.

### Sex Ed Equity Project

PPMM partners are delivering evidence-based sex ed and creating a web of support for youth in Tulare, Kern, and Washoe counties (funded by the Office of Population Affairs: Teen Pregnancy Prevention Program). Programs include: Plan A, Power Through Choices, LiFT (Linking Families & Teens), Cuidate, and Positive Prevention Plus.

**Questions? Contact Us!**



## Spanish Sex Ed



### ¡Con Confianza!

(With Trust and Confidence). A sex ed mobile game developed by and for Spanish-speaking youth and caring adults.



Video (04:24)

### Enlaces: Connectando Comunidades

(Links: Connecting Communities). PPM's **promotores** program that increases access to sex ed, reduces stigma, and is delivered by and for Latine/x folks.

- Program implementation guide, on-demand training, and coaching for partners
- In-person, online, and hybrid formats



### Liderazgo: En Consentimiento

(Consent Leadership). Aligned with the California Healthy Youth Act, our comprehensive sex ed for **middle and high school asynchronous e-courses** are designed and delivered in Spanish, too!

### LiFT

Community based sex ed for rural areas: In-person (evidence-based) Spanish/English workshop for **teens and parents** or caregivers. Offered in select regions in FY24.

**¡Aprende Más!**



# Community Outreach Kits



Designed for middle and high schools, parents and caring adults, and health fair or PRIDE events:

- Kits include learning resources cover topics ranging from puberty to sexual and reproductive health, STI and unintended pregnancy prevention, consent and healthy relationships.
- Can include condoms or period products.
- Requests fulfilled based on availability and shipped at no cost.

**Request Kits!**

