

CANCER PRESENTATIONS:

The Pennsylvania Cancer Education Network (PCEN) wants you to know what we know about cancer. Funded through a grant the Pennsylvania Department of Health receives from the Centers for Disease Control and Prevention, PCEN is a statewide initiative that provides **FREE uniform cancer education programs** on four specific cancers: Colorectal, Skin, Ovarian and Prostate.

Each program is approximately 30 minutes, and was selected and approved by the PA Cancer Education Network Advisory Committee as a best practice and evidence-based intervention. Because the state must collect data to determine the effectiveness of the programming, the programs all include a brief pre- and post-test to be completed by participants immediately prior to and after the program.

COMPREHENSIVE SEXUALITY CURRICULUM:

Often when individuals think of a sexuality curriculum, they typically include only sexual health and reproduction, thus just focusing on "sex." It is the goal of The Family Center For Reproductive Health to be sure youth and others in our community have a comprehensive sexual health understanding so they can make positive decisions that affect all areas of their lives.

It is our goal to provide a curriculum program that includes a wide diversity of topics. All curriculum programs are designed to meet the needs of your organization. Below are samples of 10 week curriculums currently provided and topics covered:

SAMPLE 1:

- Anatomy.
- Pregnancy/Empathy Belly™.
- Importance Of Fathers.
- Healthy Relationships.
- Media's Influence.
- Abstinence.
- Contraceptives.
- STIs.
- HIV.
- Ask The Physician.

SAMPLE 2:

- Knowing Your Self, Part 1.
(Self-Esteem Emphasis/Peer Pressure)
- Knowing Your Self, Part 2.
(Anatomy/Annual Exams)
- Healthy Relationships.
- Media's Influences.
- Pregnancy/Empathy Belly™.
- Importance of Effective/Positive Parenting.
- Abstinence.
- Contraceptives.
- STIs/HIV.
- Ask The Physician.

Tailor your own curriculum program for your organization/school needs.

THE IMPORTANCE OF FAMILY LIFE EDUCATIONAL SERVICES

The Family Center For Reproductive Health invites you to take advantage of our Family Life Educational Services.

Sexuality is an integral part of human life. It influences how we think, feel, talk, move and dress. The fundamental issues relating to human sexuality encompass our personal value system, lifestyle, self-image, communication mode, philosophy and how we relate to others.

Where do we learn about sexuality? The sources are many—our parents, brothers, sisters, peers and friends; pastors and teachers; the movies, television, music and advertisements; books, newspapers and magazines.

In today's world we are bombarded with sexual messages which can be confusing and often contradictory. Sexual information is often incorrect or incomplete. The confusion of human sexuality and values as well as inaccurate information can have a destructive impact on everyone's life.

Family Life Education deals with all of these individual realities as well as with information and external facts. In this way, our program is committed to providing reliable information and to helping individuals live as responsible and caring persons in our society.

FAMILY LIFE EDUCATIONAL SERVICES

Family Life Educational Services are available to the community in the following formats:

- Formal or informal presentations and programs.
- Workshops for parents, clergy, teachers, community leaders and other interested persons.
- Resource books, pamphlets, curriculum materials.
- Printed informational materials.

WHO CAN USE OUR SERVICES?

Parents...youth...clergy...teachers...community leaders...guidance counselors...

As a well-recognized community resource, Susquehanna Health is committed to providing professional education and information to the community. Our programs and services can be designed to fit your specific needs. **For more information please call, 570-321-3143 or email familycenter@susquehannahealth.org.**

PARENT/CAREGIVER CONNECTION:

Audience Target: Parents & Caregivers

Adjusting To Life Without Your College Student:

The transition to college is as big of a transition for the parents as well as the child. Learn how to adjust your home life; how to provide appropriate support to your college bound student; how to utilize and understand the offerings within your child's collegiate environment. Your parenting doesn't stop by sending your child to college, it simply takes on a new role. This program is designed for parents/caregivers of college bound children.

Beyond Stranger Danger:

Children's safety goes beyond "stranger danger." With the internet, there is a whole new level of danger for today's children. During this program, participants discuss and discover techniques and strategies that they can use to make children, of any age, understand how to identify dangerous situations and how to handle them. Participants will also have a greater understanding of "internet and text language" their children may be using. This program begins the conversation that participants can have with youth. This program is designed for parents/caregivers of youth ages 5-18.

Communicating With Young Children:

Communication is so vital for all relationships. Learn not only how to communicate with children, but understand how children are trying to communicate with adults. Techniques to use with different age groups and helpful hints will be included. This program is designed for parents/caregivers of toddlers to about age 8.

Discipline For Adolescents:

Good communication is the basis for youth understanding, what is and is not acceptable behavior and what the consequences will be. Adolescent development and parenting will be discussed, as well as an outline of the difference between discipline and punishment. This program is designed for parents/caregivers of youth approximately 10-18 years of age.

Effective Parenting:

Parenting is difficult with the daily stresses of life for parents and children. Learn strategies to help be sure you are finding the best ways to communicate effectively with your children. This program is designed for parents of children of any age.

Encouraging Abstinence:

In today's world, youth receive mixed messages about sexual choices. Learn how to communicate and empower your child on the choice of abstinence. This program is designed for parents/caregivers of youth ages 10-18.

ADULT CONNECTION:

Audience Target: Adults

Communication Basics:

Because everyone communicates differently, it is often a struggle to ensure one has been heard properly. Learn ways to help be sure you understand the basis of communication.

Health Funding For Women:

With limited income, what are the options for females to be sure their reproductive health system is cared for? Learn about the various funding programs the Family Center For Reproductive Health provides to women in our area such as SelectPlan, Healthy Woman and Healthy Beginnings.

Keeping The Love Alive:

You are involved in a relationship, but it has lost its spark. Are you communicating in each other's language? Learn ways to enhance your relationship. Ideally, it is best if adult couples come together, but individuals may come by themselves and take information to discuss with their partner later.

Menopause, Who Me?:

What does it really mean to be menopausal? What do I need to know? How will I recognize I am menopausal? Learn the basics to be prepared for the change in your life. Target audience is pre-menopausal women.

Women's And Men's Health Issues:

This program provides basic health information for adults. What check-ups are needed and when, tips on healthy living and local resources will be examined. This program can be men only, women only or both together.

INTERACTIVE GAMES:

For some, learning is best accomplished through game playing. Almost any of the topics can be modified to an interactive game that meets the needs of your audience. Such games may include Jeopardy, Family Feud, Who Wants To Be A Millionaire, Wheel Of Choices (Decision Making; Healthy Relationships; STI's) and Bingo (Sex, Healthy Relationships).

Personal Hygiene:

Germs are everywhere and personal hygiene is more important than ever. Learn ways to help be sure you are taking proper care of yourself to help reduce illness and the spread of germs. This program is designed for people of all ages.

Reproductive Anatomy And Physiology:

This program provides participants with the basic make up and function of both male and female reproductive systems. Changes at puberty and reproductive health issues are also a part of this program. This program is designed for middle school, high school or adult audiences.

Sexual Harassment:

What truly is sexual harassment? How do I stop a person who may be sexually harassing me? How do I ensure I am not sexually harassing an individual? Learn about sexual harassment and the way to respond if you believe you may be sexually harassed. This program is designed for middle school, high school and adult audiences.

Sexual Responsibility And Values:

This program will provide a more in-depth look at just what is included in sexual responsibility. Boundaries, values and negotiation will all be examined for how they come into play in responsible sexuality. The effects of sex and sexuality on physical and emotional well-being is the focus of the program. This program is designed for high school to adult audiences.

Sexually Transmitted Infections (STI's):

In this program, participants learn about the ways STI's are transmitted, signs and symptoms of infection and treatments. Pictures of what the symptoms may look like as well as discussion on how to prevent STI's are included. This program is designed for middle school, high school or adult audiences.

Understanding HPV:

With the recommendation of the HPV (Human Papillomavirus) vaccine, individuals still have questions about HPV. What is it? Why does a female need this vaccine? Learn more about HPV so you can protect yourself and/or your child! (Yes, even women over 26 should consider getting the vaccine.) This is for females and parents of females 12 and older.

Grandparents Staying Connected With Your Grandchildren Near And Far:

Being a grandparent is an important role in the lives of youth. Learn ways to stay connected to your grandchildren near and far. Learn tactics to be an approachable grandparent through this connection. Help your grandchildren make healthy choices. This program is designed for grandparents with grandchildren of any age.

Listening To Teens:

Being a teenager is a challenging time for both teens and parents. Learn communication tips and techniques for interacting with teens. Adolescent development, discipline techniques and parenting styles will be discussed, as well as how they influence the parent/teen relationship. This program is designed for parents/caregivers of youth ages 10-18.

Media's Influence:

Media is everywhere and it sends messages about sex and sexuality to our youth. Break down the common messages the media is passing to our youth and learn ways to limit the effect on children, ways to teach kids about the media's messages and how to use the media as teachable moments for youth. This program is designed for parents/caregivers of youth ages 5-18.

NetSmartz®: Internet Safety:

Expand your knowledge regarding Internet safety. This presentation has been developed by the NetSmartz® Workshop and Internet Crimes Against Children Task Force Program. NetSmartz® is an interactive, educational safety program from the National Center for Missing and Exploited Children that uses age appropriate 3-D activities to teach children and teens how to be safer when using the Internet. This program is designed for caregivers of children who use the Internet. Information can even help participants protect themselves against email predators.

Talking To Kids About Sex:

Talking about sex can be as uncomfortable for parents as it is for children. Learn ways to begin the conversation by using teachable moments and developing techniques to help ensure you are an approachable parent who is comfortable with this difficult subject. Common questions of youth are discussed as well as ways to answer them. This program is designed for parents/caregivers of youth ages 5-18, because children are never too young to begin the age appropriate conversation.

Teen Slang:

Teens speak their own language. Do you ever want to know what they are saying when it comes to sex? Learn their language in this workshop. You may think twice next time you hear a teen say something or listen to something on the radio. This program is designed for parents/caregivers of youth ages 13-18.

THE COMMUNITY CONNECTION:

Audience Target: Youth & Adult

ABCs Of Contraceptives (Abstinence, Birth Control And Condoms):

In today's world of choices, what contraceptive is best? Learn about various contraceptive choices that can reduce the risk of pregnancy. Participants will learn contraceptive effectiveness rates, protection from Sexually Transmitted Infections (STI's) (if any) and how to obtain the methods that are shown. This program is designed for middle school, high school or adult audiences.

Basics Of HIV And AIDS:

This program includes information on how HIV is transmitted, the basics of testing and treatment and behavior that puts one at risk for HIV infection. The difference between HIV and AIDS is outlined. Also included is a discussion on ways to protect oneself from infection. This program is designed for high school or adult audiences.

Conflict Resolution:

In this program, participants explore, through discussion and small group activities, the correct way to deal with conflict with another person. Ways to deal with conflict among friends, co-workers and family are all included, as well as other relationships as decided on by the group. This program is designed for middle school, high school, or adult audiences.

Empathy Belly™:

The Empathy Belly™ offers participants an opportunity to experience some of what it is like to be nine months pregnant. Effects of pregnancy are covered and participants can try on the Empathy Belly™ a vest that is weighted (to mimic the average 30 pound weight gain) and has a bladder, which is filled with hot water (to mimic both baby movement and the increased temperature pregnancy causes). This program is designed for middle school, high school and adult audiences.

Gender Role Development And Stereotypes:

Explore gender roles, where they come from and how they affect males and females. Stereotypes, self-esteem and choices people make based on these roles will be discussed as well as pros and cons of roles and stereotypes. This program is designed for middle school, high school or adult audiences.

Healthy Relationships:

Learn to identify the basics of a healthy relationship such as trust, communication, respect and honesty. Participants learn to recognize relationships that may become dangerous. Through discussion about boundary making, participants will recognize ways to create healthy relationships. This program is designed for high school or adult audiences.

How To Be A Better Listener:

Say what? Have you truly heard what the person was saying to you? This program will help participants understand that listening is a skill that is critical to overall communication. Better listening techniques, roadblocks to communication and tips for improving this skill are covered. This program is designed for high school to adult audiences.

Importance Of Fathers:

A father's role is critical in a child's life. There are positive effects of good male influences as well as negative effects related to the absence of good fathering. Discuss these positive and negative effects for both boys and girls. Tips for being an involved dad will be discussed. This program is designed for high school to adult audiences.

Knowing Your Self:

This two-part series is focused on helping young women recognize the value of positive self-esteem in all they do as well as how they handle peer pressure. In the second part of this series, anatomy of both the male and female reproductive systems as well as basic care including breast exams and yearly gynecological exams will be discussed. This program is designed for middle to high school age girls.

Labor And Delivery:

This program explains the process of pregnancy from conception through delivery. Photos and descriptions of fetuses at various stages are included. Concerns such as readiness for parenthood and the ill effects of drugs on the unborn baby are also examined. This program may include the Empathy Belly™. This program is designed for middle school, high school and adult audiences.

Making Healthy Choices:

This program provides tips on the decision making process, how to stick to choices and how to communicate thoughts and beliefs. Conflict resolution, negotiation and self-esteem and how they come into play will be discussed. This program focuses on sexual decision-making and negotiation. This program is designed for high school to adult audiences.

NetSmartz®:

This interactive Internet safety presentation is tailored to audience members from kindergarten through second grade; third through sixth grade, tweens and teens. Learn the dangers of being on-line and ways to still utilize the Internet while being safe! This presentation was developed by the NetSmartz® Workshop and Internet Crimes Against Children Task Force Program. NetSmartz® is an interactive, educational safety program from the National Center for Missing and Exploited Children that uses age appropriate 3-D activities to teach children and teens how to be safer when using the Internet. Presentations are designed for kindergarten to high school age children.