

THRIVE For Youth

THRIVE provides inclusive, trauma-informed sexual health education for youth. The 10-hour curriculum was specifically designed to meet the needs and concerns of youth in foster care ages 13 – 19.

The curriculum is designed to promote active engagement through discussion, games, and small group activities. Youth practice skills for healthy communication and consent and learn about sexual health and pregnancy prevention. THRIVE

empowers youth to make informed choices about their sexual health and relationships.

I know what signs to look for in a healthy and unhealthy relationship. Because ultimately, I need to take care of myself.

-youth

Curriculum Overview

Modules	Learning Objectives
Welcome & Introduction	Define sexual health & healthy relationships
Getting to Know Ourselves & Each Other	Practice affirming, respectful & inclusive language
Checking in about Our Feelings & Boundaries	Practice communication about feelings & boundaries & hone active listening skills
Understanding Our Bodies	Build confidence for talking about sexual & reproductive anatomy & functions
Building Skills for Caring Relationships	Identify characteristics of caring relationships and recognize red flags of dating & sexual abuse
Communicating about Consent	Practice & demonstrate clear communication about consent, including negotiating condom & contraceptive use
Navigating Contraceptive Choices	Describe available contraceptive options & how to use them effectively
Preventing STIs	Demonstrate knowledge about methods for STI prevention & when & where to access testing
Accessing Sexual & Reproductive Health Care & Resources	Demonstrate self-advocacy for obtaining sexual & reproductive health care & resources
Supporting Each Other	Identify key learnings from the program and ways for youth to support each other to attain sexual health