



THRIVE

Empowered Conversations About
Sexual Health And Relationships

THRIVE provides inclusive, trauma-informed sex education to youth. This research-based curriculum is designed to meet the specific needs and concerns of youth in foster care, ages 13-19.

Over the course of this 10-hour curriculum, youth practice strategies 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.

Hear From Participants:

Since I've been coming to this class, I've been more aware of the things coming out of my mouth, and my boundaries. What I'm going to tolerate and not tolerate.

I didn't believe I would soak in as much as I did. I know now what signs to look for in a healthy and unhealthy relationship, because ultimately I need to take care of myself.

I thought I was good at relationship stuff before, but these classes have helped me catch my own yellow flags. I've grown a lot.

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About THRIVE

The Texas Foster Youth Health Initiative is excited to share THRIVE - Empowered Conversations about Sexual Health and Relationships. THRIVE is an innovative curriculum designed to meet the needs of youth in foster care.

THRIVE was developed by a team of sexual health and violence prevention educators, researchers, and child welfare professionals. Our team conducted in-depth listening sessions to better understand the health needs and challenges of youth in foster care. Based on what we learned, we brainstormed new ways of approaching sexual health and relationship education. Young adults with lived experience in foster care and foster caregiver served as consultants in our curriculum design process.

THRIVE provides inclusive and trauma-informed education on relationships and sexuality and focuses on three areas of youth development: (1) positive sense of self; (2) skills for safe and supportive relationships and communication about boundaries and consent; and (3) self-advocacy for sexual and reproductive health. The goal is for youth to feel connected, safe, and empowered so they can make informed decisions about their sexual health and relationships.

The 10-hour, interactive curriculum is designed for 13 to 19-year-olds and is implemented in person, in small groups of 5 to 15 participants. Group members should be matched based on their maturity level and age (within a 2 to 3-year age range).

THRIVE can be delivered in five, 2-hour sessions, in three, 3.5-hour sessions or two, 5-hour weekend sessions. The relatively short implementation time-frame facilitates scheduling and boosts program retention. THRIVE is co-facilitated by two trained sexual health educators. The curriculum is designed to promote active engagement in discussions, games, and small group activities, build relationships among group members, and allow time for learning and processing information.

Our formative evaluation shows that youth engage with the information presented in the curriculum, reflect on relationships, learn new sexual health information, and often continue conversations with peers and caregivers after the program.

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

- Youth

"Understanding and knowing yourself will help in learning which contraception method works for you."

- Youth

"My takeaway was learning how to properly put a condom on."

- Youth

"For staff, attending the THRIVE program together with youth was a bonding experience. Youth opened up to staff and talked a lot about their relationships."

- Child Welfare Professional

CURRICULUM OVERVIEW

SECTIONS	TOPICS	LEARNING OBJECTIVES
GETTING TO KNOW OURSELVES & EACH OTHER	WELCOME & INTRODUCTIONS	<ul style="list-style-type: none"> Summarize the group agreements and responsibilities for participating in the program Describe the purpose and goals of this program Define sexual health and healthy relationships
	IDENTITY & SENSE OF SELF	<ul style="list-style-type: none"> Identify elements of identity Practice using respectful and inclusive language Demonstrate affirmation and care for each other
CHECKING IN ABOUT OUR FEELINGS, BOUNDARIES & BODIES	COMMUNICATION, CONNECTION & BOUNDARIES	<ul style="list-style-type: none"> Identify emotions and how they feel in the body Describe different methods of communicating Demonstrate clear communication and active listening skills to connect with people and set boundaries when needed
	SEXUAL & REPRODUCTIVE ANATOMY & FUNCTIONS	<ul style="list-style-type: none"> Identify the names and functions of human reproductive anatomy Understand the menstrual cycle and its function in reproduction Increase confidence in talking about sexual and reproductive anatomy and functions
BUILDING SKILLS FOR HEALTHY RELATIONSHIPS	LOVING AND HURTFUL RELATIONSHIP BEHAVIORS	<ul style="list-style-type: none"> Identify characteristics of loving and hurtful relationships Identify red flags of dating and sexual abuse, including on-line relationships) Describe considerations for safe and healthy break ups
	CONSENT COMMUNICATION	<ul style="list-style-type: none"> Describe consent as foundation for healthy relationships Practice and demonstrate clear communication about consent, including negotiating condom and contraceptive use
NAVIGATING CONTRACEPTION & STI PREVENTION	CONTRACEPTIVE CHOICES	<ul style="list-style-type: none"> Describe available contraceptive options Identify which method, if any, you could use consistently and effectively Demonstrate the steps for using condoms correctly
	STI AND HIV PREVENTION	<ul style="list-style-type: none"> Examine attitudes and stigma around sexually transmitted infections Demonstrate knowledge about methods for HIV and STI prevention and when and where to access testing Know resources and how to access STI/HIV and pregnancy prevention method of your choice
ACCESSING RESOURCES & BEING A RESOURCE TO OTHERS	ACCESSING SEXUAL & REPRODUCTIVE HEALTH CARE & RESOURCES	<ul style="list-style-type: none"> Identify adults who can serve as resources in navigating sexual and reproductive health issues Demonstrate self-advocacy around obtaining sexual and reproductive health care and accessing other resources Develop a positive sense of self in the present and future
	SUPPORTING EACH OTHER	<ul style="list-style-type: none"> Identify key learnings (take-aways) from the program Identify ways for youth to support their peers and communities to attain sexual health