

TORCH

WORKSHOPS

Do the youth you work with have questions about health and sexuality?

We can help them find the answers.



Teen Outreach Reproductive CHallenge

EXPLORING HUMAN SEXUALITY



Human Sexuality 101

In this workshop, TORCH Peer Leaders lead a discussion about sexuality, including decision-making, beliefs and values. We will also discuss various myths that adolescents may hold about sexuality.

Exploring Gender Identity and Sexual Orientation

In this workshop, Peer Leaders challenge the misconceptions around sexual orientation and gender identity. We will engage the audience in a discussion about forms of discrimination and the reasons to respect and celebrate the spectrum of gender identity and sexual orientation.

Adolescent Male Sexuality

In this workshop, Peer Leaders explore the rarely discussed topic of male sexuality. Participants will be asked to challenge misconceptions about male sexuality and discuss the ways in which men can negotiate safer sex methods. The male sexuality workshop is recommended for adolescent males and females.



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SELF-ESTEEM AND HEALTHY RELATIONSHIPS



Self-Esteem and Body Image

In this workshop, Peer Leaders explore self-esteem and body image and its effects on the everyday lives of adolescents. This workshop also explores why adolescents may feel embarrassed or ashamed about themselves. Finally, we will discuss ways to fight negative images that adolescents face every day.

Healthy Adolescent Relationships

In this workshop, Peer Leaders will discuss what makes a relationship healthy, emphasizing communication and the identification and application of personal values. Peer Leaders will also discuss the various signs of harmful relationships, from emotional and mental abuse to physical and sexual violence.



SEXUAL HEALTH: FACTS, MYTHS & METHODS



Sexually Transmitted Infections (STIs)

In this workshop, Peer Leaders provide an overview of sexually transmitted infections, including what they are, how they are transmitted, where to get tested and treated, and how to practice safer sex.

Contraception

In this workshop, Peer Leaders provide a thorough overview of all effective contraceptive methods, how to use them, and the pros and cons of each method. This workshop will also include information about emergency contraception and IUDs.

Abortion

In this workshop, Peer Leaders provide accurate, straightforward answers to many questions adolescents have about abortion. The goal is to create a safe space for learning and discussion, free from judgment, regardless of opinion or experience.



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ADOLESCENT HEALTH CARE COMMUNICATION



Adolescents and adults don't always speak the same language when it comes to sexual and reproductive health issues. Sharing sexual and reproductive health problems and questions with adult health care providers can be difficult and embarrassing. TORCH offers multiple strategies to reduce this barrier.

Keeping It Real with Your Doctor

In this workshop, Peer Leaders try to close the communication gap between adolescents and health care providers by educating teens on their healthcare rights and empowering teens to become pro-active, educated health care consumers.

To help reduce this communication barrier between providers and their teen patients, we also offer complimentary workshops to health care providers. Please visit www.nirhealth.org for more information.



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