

## ***Power Teen!*** Class Details

*Power Teen!* classes are presented at middle schools, junior high schools, and community groups to teens 12 to 15 years old. Four trained facilitators lead families through various lectures, games, activities and videos. Together, the parents and teens explore facts, feelings, and values related to sexuality. They see some of the possible risky consequences related to teen sexual activity and can process the advantages to remaining abstinent. In addition to learning facts about STDs and teen pregnancy, they also learn skills for making positive decisions, combating peer pressure, and setting goals for the future.

The typical *Power Teen!* class meets for two and a half hours on two evenings. During each session, the parents and teens will separate for about half of the class to discuss information pertinent to each group and then join together for activities and games. The program has the following structure:

**Class 1:** The first class begins with the participants filling out a worksheet about how well they know their parents or their children respectively. They introduce themselves by saying one thing they learned about the person they came with. The parents then leave the room to discuss the facts regarding teen sexual activity and to begin discussing what parents can do to help their children be abstinent. In the meantime, the students do various activities to understand why teen sex is confusing, to review the male and female anatomy, to talk about human sexuality, and to clarify that oral, anal, and vaginal sex is all sex. After the parents return, the rest of the session is spent understanding sexually transmitted diseases through a lecture, video, and two activities.

**Class 2:** The second class starts by the facilitators answering the questions from the question box that were written by both the teens and their parents. The parents then go to a separate session where they will discuss positive communication, how to promote abstinence, media influences, and Internet safety. The parents watch a video on what teens wish their parents would tell them about sex, and then they are given the opportunity to discuss issues amongst themselves. The teens split into groups to explore the consequences of teen pregnancy and parenthood and to practice refusal skills. When the families come together, they do an activity regarding decision-making. Then the parent/child pairs privately discuss their opinions about teen sexual activity and abstinence. Finally, the teens share some of their short term and long-term goals with the class. They discuss how their actions today will impact those goals (i.e. sexual intercourse before marriage may result in an out-of-wedlock pregnancy or a sexually transmitted disease that could alter their goals and future aspirations.) Post-tests and evaluation are given.