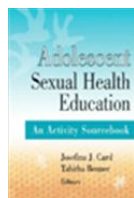


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## Adolescent Sexual Health Education: An Activity Sourcebook

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Adolescents need to understand the consequences of risky sexual behavior, including unplanned pregnancy, HIV/AIDS, and sexually transmitted infections. Yet these topics can be difficult to discuss and teach effectively. In a concise and convenient format, Adolescent Sexual Health Education: An Activity Sourcebook offers easy and creative exercises that educators and instructors can use to help adolescents understand and reduce their risky behaviors.

Within the pages of this invaluable resource, you will find more than sixty ready-to-use activities designed to educate teens about pregnancy, HIV/AIDS, and STI prevention. Each exercise is drawn from prevention programs that have been scientifically proven to change adolescent health behaviors, and will teach teens how to discuss sexual issues in an honest manner, postpone sexual activity, negotiate condom use, gain a better understanding of gay, lesbian and bisexual issues, and more.

The book offers many types of exercises, including:

- \* Group discussions
- \* Role plays
- \* Homework assignments
- \* Group activities
- \* Instructor-led discussions
- \* Additional exercises, including field trips, guest speakers, and more

Adolescent Sexual Health Education: An Activity Sourcebook offers a wide range of activities which can easily supplement an existing program or provide the foundation for an entirely new one. Most activities can be led by classroom teachers, facilitators, or health educators with no prior experience, and are suitable for a wide variety of settings, including community-based organizations, health clinics, or classrooms.

Publication Year	2008
Edition	1st
Author/Editor	Card, Josefina J.; Benner, Tabitha
Publisher	Springer Publishing Company
ISBN	978-0-826-13822-4
Platform	Ovid
Product Type	Book
Speciality	Child Development Psychology Community Health & Disease Prevention Infectious Diseases Nursing Social Work

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Language	English
Pages	304
Illustrations	0

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