Lesson 1: Introductions & Wellness Center/Clinic Tour

OBJECTIVES

1. Students will become familiar with, and increase their knowledge about, the school’s clinic/Wellness Center, the services offered, and how to access those services.
2. Students will discuss and dispel stereotypes about both the clinic/Wellness Center and the youth that access its services, and students will make connections with staff.
3. Establish a safe and comfortable class environment for students.

AGENDA

10 minutes  Do Now: Discussion & Group Agreements
15 minutes  Pre-Test
5 minutes  Introduction of Clinic/Wellness Center Staff
20 minutes  Clinic/Wellness Center Tour & Virtual Tours (Video)
Homework  Clinic Website Review

MATERIALS

• Pre-Tests
• Virtual Tours (website or flash drive)
• Vocabulary Reference List
• Handout: AHEC Adolescent Health Resource Map of San Francisco
• Worksheet: Wellness Center & Virtual Tours
• Teacher Key: Wellness Center & Virtual Tours
• Homework: Clinic Website Review

CALIFORNIA HEALTH EDUCATION STANDARDS

2.2.G Evaluate how growth and development, relationships, and sexual behaviors are affected by internal and external influences.
2.5.G Evaluate how culture, media, and other people influence perceptions about body image, gender roles, sexuality, attractiveness, relationships, and sexual orientation.
3.2.G Identify local resources concerning reproductive and sexual health, including all FDA-approved contraceptives, HIV/STD testing, and medical care.
8.3.G Support others in making positive and healthful choices about sexual behavior.
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BEFORE THE CLASS

To prepare for this lesson, the Community Based Organization (CBO) and Teacher teams must coordinate with Wellness Center staff to make sure they are available to speak to the students and that they are prepared for the class to take a Wellness Center tour.

DO NOW: DISCUSSION & GROUP AGREEMENTS 10 minutes

Materials
- Every student needs a notebook, journal, or paper and a pen
- Flipchart or whiteboard and markers

Activity
Explain to the students that in this class they are going to be learning about and discussing sex and sexuality.

Suggested Script:
In this unit we will be talking about sex, which can bring up different emotions and reactions for students. For some students this can be uncomfortable, for others this can be very exciting. People tend to have really different levels of experience and comfort with this topic. Because of all of these differences we need to make sure this class is a safe and respectful space to get information and ask questions. What do you think we can agree to as a class in order to make sure everyone feels comfortable and learns this information so they can be safe and healthy?

Establish group agreements for the classes in this unit. Ask the students for input on group agreements. As students suggest agreements, write them on the board and clarify the meaning of each agreement. Add in any missing agreements to the list. Examples to make sure to include are:

- No put downs
- It’s OK to disagree
- Listen and be respectful
- Use “I statements”
- Protect people’s confidentiality
- Do not share personal information about your own experiences or about your body

Once the list has been established, set your classroom consequences if students choose to not adhere to the agreements and explain these to the students.

Post the list of classroom agreements for each class on the wall during the sex education lessons. The facilitator can refer back to the class agreements if students need to be reminded.
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PRE-TEST 15 minutes

Materials
• Pre-tests and a pen for each student

Activity
If you are using the online pre-survey, have students go to a computer lab, and then direct them to: http://tinyurl.com/BeReal-Pre

Suggested Script:
Since we are starting a new unit of Health Class we would like to know how much you already know about this subject and what you think about this subject – we will measure this through something called a pre-test. Please keep in mind, this assessment will not be graded and all of your answers are confidential. We just want see how much the class knows about sex and sexuality. At the end of this unit we will all do this again, and everyone will be given a post-test, so that we can evaluate how well we have done at teaching this information and how much more knowledge you have in this subject.

If you are using paper copies, distribute one copy of the pre-test to each student. Have the students complete the pre-test as best as possible. Let the students know they will not be graded on the pre-test.

Once students have completed the test, collect the tests and send them via school mail to:
SFUSD School Health Programs
Attention: Cheryl Nelson
1515 Quintara St.
San Francisco, CA 94116

Teacher Tip:
If students complete the test early, they can either work on homework or write down questions they might have about the on-campus Wellness Center.

Teacher Tip:
It is ok if students do not understand the questions or some of the vocabulary on the pre-tests. They are not expected to know all of this information. Please only provide minimal clarification if students have questions about the pre-tests.

INTRODUCTION OF CLINIC/WELLNESS CENTER STAFF 5 minutes

Activity
Inform students that they will be learning about their on-campus Wellness Center as well as other health centers in San Francisco. Introduce the guest from the wellness center.

Suggested Script:
During this unit, a lot of questions may come up for you around your own health and well-being, so we want to make sure you know where you can go here at the school for help and information. I want to introduce __________________ to talk to you about the services at your school.

The Wellness Center representative will introduce themselves to the class.
**TOUR OF CLINIC/WELLNESS CENTER & VIRTUAL TOURS**  
*20 minutes*

**Materials**
- Worksheet: Wellness Center & Virtual Tours
- Teacher Key: Wellness Center & Virtual Tours
- Handout: Resource Map

**Activity**
In this activity, students will learn about on-campus and off-campus resources. Split the class into groups of equal size. The groups will switch about halfway through the section. Pass out the Wellness Center & Virtual Tours worksheet and instruct students that they will be completing the worksheet while they take the tour of the Wellness Center and during the virtual tour videos.

Group 1 will tour the Wellness Center.

Group 2 will view a clinic virtual tour video of Huckleberry Youth Health Center. The video can be accessed online at the following links:

**Clinic/Wellness Center Tour:**
Clinic/ Wellness Center staff and teacher will escort the class to the clinic/center for a brief tour and to meet the staff. The Wellness Center staff should inform students about the following topics:
- Services offered
- Hours of operation
- How to access services
- Staff who work at the center

**Virtual Tour Videos:**
Pass out the AHEC Adolescent Health Resource Map and introduce the videos. Let students know that there are many clinics that provide services to youth in San Francisco and the videos will tell them about two clinic options.

**Teacher Tip:**
To streamline the tour, Wellness Center staff can prepare different "stations" where different aspects of the center can be presented on. The group receiving the tour can be broken into smaller groups so that they don’t overwhelm the space. For example, part of the group of students can talk with the Wellness Center CHOW about their activities while another group can talk to the Wellness Center Nurse about the services they offer, then the groups can switch.

**Homework**

**Clinic Website Review**
1. **CBO**: Community Based Organization.
2. **Clinic/Health Center**: A place where someone can get medical services and information.
3. **Comfortable**: Feeling relaxed and safe.
4. **Confidential**: Keeping personal information private. (Example: “What is said here stays here.”)
5. **Free**: Something that you don’t have to pay for or doesn’t cost anything.
6. **Group Agreements/Ground Rules**: Agreed upon expectations of behavior in a group.
7. **Respect**: Treating people the way they would like to be treated.
8. **Sexual Health**: A state of physical, emotional, mental and social well-being in relation to sexuality.
9. **Sexuality**: This is an umbrella term that includes a person’s sexual feelings, orientation, attractions, identity, expression, gender, and biological sex. Everyone’s sexuality is unique and different.
10. **Tour**: Visiting a place to get information on services offered.
11. **Wellness Center**: A place at a school where someone can get information and health/wellness services.
Worksheet: Wellness Center & Virtual Tours

Name: ____________________________________________________________
Period: ____________________ Date: ____________________

WELLNESS CENTER TOUR QUESTIONS

1. What does Wellness mean? __________________________________________
2. What are two services available at the Wellness Center?
   ________________________________________________________________ and ________________________________________________________________
3. When can you go to the Wellness Center? ______________________________
4. What are two staff titles and their roles in the Wellness Center?
   Title: ________________________________ Role: ________________________________
   ________________________________________________________________
   Title: ________________________________ Role: ________________________________
   ________________________________________________________________
5. In what languages are services provide at the Wellness Center?
   ________________________________________________________________
6. Who can make a wellness referral for a student? __________________________
7. What are ways in which students can get involved at the Wellness Center?
   ________________________________________________________________
   ________________________________________________________________

VIRTUAL CLINIC TOURS QUESTIONS

1. What are some examples of family planning services?
   ________________________________________________________________
2. What other resources are available at the Huckleberry Youth Health Center?
   ________________________________________________________________
3. What are two position titles of the staff at the Huckleberry Youth Health Center?
   ________________________________________________________________
4. What are some of the services available at New Generation Health Center?
   ________________________________________________________________
5. What is the most important concept at New Generation Health Center and what does it mean?
   ________________________________________________________________
6. Complete the New Generation Health Center Slogan
   “Share the fun and the ______________________________.”
WELLNESS CENTER TOUR QUESTIONS – *Answers are specific to each school-based Wellness Center*

8. What does Wellness mean? ____________________________________________________________

9. What are two services available at the Wellness Center?  
_________________________________________ and __________________________________________

10. When can you go to the Wellness Center? ___________________________________________

11. What are two staff titles and their roles in the Wellness Center?  
Title: ___________________________ Role: ________________________________________________  
Title: ___________________________ Role: ________________________________________________  
__________________________________________________________________________________
__________________________________________________________________________________

12. In what languages are services provided at the Wellness Center?  
__________________________________________________________________________________

13. Who can make a wellness referral for a student? _______________________________________

14. What are ways in which students can get involved at the Wellness Center?  
__________________________________________________________________________________  
__________________________________________________________________________________

VIRTUAL CLINIC TOURS QUESTIONS

7. What are some examples of family planning services?  
*Birth control, morning after pill (EC), condoms, exams, STI tests.*

8. What other resources are available at the Huckleberry Youth Health Center?  
*Exams for males and females, counseling, health education, housing referrals, academic support, workforce development, rapid HIV test, pregnancy tests, and more!*  

9. What are two position titles of the staff at the Huckleberry Youth Health Center?  
*Office Manager, Counselor, Health Worker, Medical Director, Clinician*

10. What are some of the services available at New Generation Health Center?  
*Free and confidential sexual health services, birth control, emergency contraception (EC), STD testing and counseling, pregnancy testing and counseling.*

11. What is the most important concept at New Generation Health Center and what does it mean?  
*Confidentiality: New Gen really respects client’s personal business. They will not share personal info unless the client gives permission or if they have to by law to protect the client’s safety.*

12. Complete the New Generation Health Center Slogan  
“Share the fun and the *responsibility.*”
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San Francisco Youth Clinics

Youth-friendly confidential no-cost or low-cost reproductive health. See how close these clinics are to your school. Go to: https://mapsengine.google.com/map/edit?mid=zf5ugmQZ_1Dw.kiyqY5lDyc2o

3rd Street Youth Center & Clinic, 1728 Bancroft Ave. (415) 822-1707 www.3rdstsyouth.org
Balboa Teen Health Center, 1000 Cayuga Ave. (415) 469-4512 http://bit.ly/16er1Av
Clinica Esperanza (MNHC Youth Clinic), 240 Shotwell St. (415) 552-3870 www.mnhc.org
Cole Street Youth Clinic, 555 Cole St. (415) 386-9398 www.huckleberryouth.org
Dimensions Queer Youth Clinic, 3850 17th St. (415) 934-7789 www.dimensionsclinic.org
Larkin Street Youth Clinic, 1138 Sutter St. (415) 673-0911 X259 www.larkinstreetyouth.org
New Generation Health Center, 625 Potrero Ave. (415) 502-8336 www.newgen.ucsf.edu
Planned Parenthood SF Center, 1650 Valencia St. (415) 821-1282 www.plannedparenthood.org
Planned Parenthood Wohlford Clinic, 1294 Potrero Ave. (415) 401-8737 www.plannedparenthood.org
Women’s Community Clinic, 1833 Fillmore St. (415) 379-7800 www.womenscommunityclinic.org

Be Real. Be Ready.
Homework: Clinic Website Review

Name:_____________________________________________________________
Period:_________________________ Date:______________________________

Directions: Select two of the clinics listed below and answer the questions for each clinic.

Clinic Websites:
• Balboa Teen Health Center: http://bit.ly/16er1Av
• Clinica Esperanza: www.mnhc.org
• Cole Street Youth Clinic: www.huckleberryouth.org/colstreet.html
• New Generation Health Clinic: www.newgen.ucsf.edu
• Planned Parenthood SF Health Center: www.plannedparenthood.org (put in zip code to search for specific health center location)

Questions:
Name of clinic #1: ______________________________________________________
1. Clinic location (neighborhood and address):
____________________________________________________________________

2. Hours of operation: __________________________________________________
3. Phone number: ______________________________________________________
4. Three services provided at that location:
   • ________________________________________________________________
   • ________________________________________________________________
   • ________________________________________________________________

Name of clinic #2: ______________________________________________________
1. Clinic location (neighborhood and address):
____________________________________________________________________

2. Hours of operation: __________________________________________________
3. Phone number: ______________________________________________________
4. Three services provided at that location:
   • ________________________________________________________________
   • ________________________________________________________________
   • ________________________________________________________________