

TALKING ABOUT REPRODUCTIVE HEALTH? WE CAN HELP!

The Young Women's Resource Center has four certified Sexual Health Educators ready to share comprehensive, accurate, and age-appropriate reproductive health education and resources in an empowering environment. These YWRC staff members have prior experience facilitating a range of reproductive health topics within Des Moines Public Schools/surrounding districts and as part of our After School programs.

TOPICS INCLUDE:



5th - 12th Grades:

- ★ Puberty
- ★ Reproductive anatomy
- ★ Menstruation

8th - 12th Grades:

- ★ Birth control
- ★ STDs/HIV
- ★ Testing options



HOW DOES THIS WORK?

YWRC Empowerment staff can offer one-time presentations, co-facilitation with health/PE/other courses or four-week long small group sessions for 5th - 12th grades.

Presentations and facilitations can happen in-person or virtually.

Dates and timing are flexible to accommodate the best fit for school/student schedules.

WHY IS THIS IMPORTANT?

Reproductive health education is important for the overall health and wellbeing of young individuals. This includes their knowledge of changes in their bodies and safe sexual practices. By providing accurate, inclusive information with a trusted adult, students can learn without stigma or shame. While the ability to gather in person has become more difficult, we believe it is still important for them to have access to this important information, whether in-person or virtually.

READY TO COLLABORATE?

Contact the YWRC Empowerment Team
at empowerment@ywrc.org or (515)244-4901.