

HEART Curriculum Guide

Health Education and Relationships through Theater (HEART) is a six-session sexual health study/project. Each session is 2.5 hours long, with a break in the middle. Each session uses interactive activities, games, and creative lessons. A few sessions incorporate actors for youth to watch a skit about someone with ASD and his different relationships. A trusted adult for each youth will be identified in the first session and asked to come in the fifth session. Below is a guide of the main themes for each session.

Session 1 – Let’s Talk About Relationships

- In our first session, we will begin with a couple ice breakers for the youth and facilitators to become comfortable with each other. As the session progresses, youth will discover the many different relationships they currently have or will experience at some point in their lives. Youth will look at the characteristics and boundaries that make a healthy relationship. The actors are also invited to the second part of this session; to not only introduce themselves, but also the characters they will be playing.

Session 2 – Let’s Talk About Intimate Relationships

- In this session, the youth will focus on intimate relationships. We thoroughly review the stages of intimate relationships and those different boundaries and characteristics. The first skit and role plays will happen during this session, focusing on two young people, and their relationship evolution. Youth will also role play with the actors, focusing on appropriate ways to ask someone out and how to understand the different responses.

Session 3 – Let’s Talk About Sex

- During this session, youth and facilitators will discuss reproductive anatomy, physiology, and birth control. This lesson is designed to be interactive and open to questions and discussion. Small breakout sessions will be used for youth to be able to ask more questions and get more information in smaller groups.

Session 4 – Let’s Talk About Protection

- This session reviews STIs, condom demonstrations and a fun team activity where youth can look at both the risks for pregnancy and STIs. Youth will be able to be artistic this session when creating STI posters and reviewing a concept map for protection and prevention.

Session 5 – Let’s Talk About Communication *Bring your Trusted Adult*

- In this session, youth will bring their trust adult to the session! Here communication basics, tips about having “the talk”, and a skit focusing on parent and youth communication will be the main themes of this session. Youth and adults will be split up during some of this time and will then come together to watch the skit. Afterwards, youth and their trusted adults will have their own private discussion.

Session 6 – Let’s Talk About Growing Up

- This final session reviews communicating with a doctor about their health needs, planning goals for the future, and a quizzo like review of the previous sessions. This session is really to empower youth to use their voice while planning for their future and making health care decisions.