



# Adolescent Sexual Health Education: An Activity Sourcebook

*Ruth Lindquist PhD RN APRN-BC*

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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.

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.

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