

Teen Talk NJ offers a variety of programs for youth. These programs help young people build characteristics and skills needed to successfully navigate adolescence and adult life by enhancing knowledge and skills in a variety of topics. All programs are **FREE**, evidence-based and are conducted by specially trained health educators. Programs are available in-person and virtually to schools and organizations that work with middle school and/or high school youth.

Below are programs Teen Talk NJ offers – contact us to schedule now!

YOUTH OPPORTUNITIES



One-Time Presentations

Health educators provide presentations on healthy relationship skills, LGBTQ awareness, goal-setting, positive decision-making skills and health and wellness. Presentations can be designed to fit the audience's needs.

Teen Outreach Program (TOP®)

TOP® is a place for youth to interact with their peers and participate in activities that promote positive youth development in a group setting. This evidence-based curriculum covers a wide range of topics such as relationships, communication, values, goal setting, emotional health and sexual health. Teens also participate in community service projects where they can practice the skills they are learning. TOP® is a peer-led program that enables youth to engage in activities that help them think through topics and engage in positive behaviors.

Reducing the Risk (RTR): Building Skills to Prevent Pregnancy, STDs/HIV

RTR is an evidence-based youth education program conducted by trained facilitators. Students learn how STDs are transmitted and how to best protect themselves. Abstinence is encouraged as the best choice for students facing decisions about being sexually active, however, medically accurate information about other pregnancy protection methods will be discussed. Through role-plays, skill practice, mini-lecture and worksheet activities, students learn strategies to negotiate situations and resist pressure from peers to engage in sexual and other risky behaviors. Students also enhance their communication and decision-making skills.

NOT SURE? TRY A PILOT!



Pilot Opportunities

SNJPC is here to support the needs of your organization. If you like a program above, but you need it customized to fit your youth program, let us know. We can tailor programming to fit any number of sessions. We can also tailor each program to focus on a particular topic like emotional health, sexual health, goal setting, values or communication skills. Contact us to find out more!

Professional Trainings

Our health educators are not just committed to cultivating well-being in youth. We are here to support professionals and programming that serves youth as well! With over 10 years of youth-centered programming and experience working with diverse youth populations, our team works hard to support other youth programming in New Jersey and beyond.

Teaching Transgender Workshops

Time: Can vary from single presentations to multiple day trainings

These workshops offer a plethora of nuanced guidance, practices, and resources for professionals on the transgender experience and prejudice experienced by the transgender community. Workshops can be designed for any audience whether it is a social service organization or medical provider.

Teen Dating Violence

Time: 1 hour 15 minutes

This one-time professional training talks about teen dating violence, what it is, and how you can make prevention efforts more successful. Health Educator Kim Jewitt, M. Ed., is an expert in domestic violence and served as a domestic violence advocate for many years before joining SNJPC. Through this training, participants learn about assessment tools that provide insight to what teen dating violence is and how to use empowerment models effectively with teens.

JUST FOR PARENTS

Teen Speak

Time: Available in either one 4-hour session, two 2-hour sessions or four 1-hour sessions



We know parenting a teen isn't easy—and communicating with them can sometimes be a challenge. Our Teen Speak workshop is here to help! At no other time (except for the first 2 years of life) do people go through so much change, so quickly. Understanding exactly what is happening to teens at this time (and why it is happening) can help parents support their teens during this physically and emotionally challenging time. Teen Speak workshops equip parents and supportive adults with the strategies, techniques and answers you need to comfortably and confidently talk with your teen to reduce risks and build even stronger relationships.

For more information, contact:
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teentalknj.com