

teen talk



Toolkit



www.teentalk.ca

Acknowledgments

Developed by:

Teen Talk, Sexuality Education Resource Centre (SERC) & Klinik Community Health (Klinik), in collaboration with Jessica Danforth & the Native Youth Sexual Health Network (NYSHN)
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We gratefully acknowledge the following sources that have influenced or contributed to these activities:

- Beyond the Basics: A Resource for Educators on Sexuality & Sexual Health, 3rd Edition
- Breaking Barriers Through Education: A Guide for Facilitators
- Canadian Guidelines for Sexual Health Education
- Our Whole Lives: Sexuality Education for Grades 4-6, 7-9, 10-12 & Young Adults & Adults

Introduction

This resource is intended for service providers who are looking for activities to run with youth in the areas of sexual and mental health, relationships, and substance use awareness. The activities, games and brainstorming have both instructions as well as debriefs.

We recommend using these Teen Talk activities together with the Teen Talk Service Provider Manual. The manual provides background information that helps to create a bigger picture of the issues that face youth.

The activities are what Teen Talk uses with youth. They can be interactive and fun, and can help engage youth in the various topics. Ideally, these activities complement other programming. Service providers can adapt the activities to better meet the needs of their youth and community.

We recognize that Indigenous communities and youth have their own cultural practices and traditional teachings about living a healthy life. Ideally, these activities complement existing community based teachings, cultural events, wellness days or other programming in the school or community.

It is our hope that you find this resource useful. If you have questions or suggestions, please contact us at serviceprovider@teentalk.ca or teentalk@teentalk.ca.

Teen Talk

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Facebook: Teentalk North

What is Teen Talk?

Teen Talk is a Youth Health Education Program of the Sexuality Education Resource Centre (SERC) and Klinik Community Health (Klinik). We provide prevention education services to youth from a strength-based, harm reduction perspective. We focus on issues under the broad topics of sexual and mental health and relationships and link youth to resources in their community. We adhere to the belief that by providing youth with accurate, non-judgmental information, they can make healthier decisions and choices for themselves.

For more information about SERC, Klinik and Teen Talk, visit our websites, serc.mb.ca, klinik.mb.ca and teentalk.ca. See below for a list of counselling services.

Teen Talk's Operating Principles

Operating principles are the foundation of how we work with youth at Teen Talk and are meant to be fundamental and relevant across our program as a whole. Some are core values like pro-choice, feminist, sex positive, 2STLGBQ+ positive and using an anti-oppression, decolonizing lens. Others speak to the tools and strategies we use like being youth friendly, strengths based and using a harm reduction approach. These are the promising practices we use. We encourage other service providers to become familiar with them by reviewing the introductory chapter of the Teen Talk Service Provider Manual.

Counselling Services & Help Lines

- **First Nations & Inuit Hope for Wellness Help Line**
Toll free: 1.855.242.3310
- **Human Trafficking Hotline**
Toll free: 1.844.333.2211
- **Kids Help Phone**
Toll free: 1.888.668.6868
Crisis Text Line: Text **connect** to 686868
- **Klinic Crisis Line (24/7)**
Toll free: 1.888.322.3019 or 204.768.8686
- **Manitoba Farm, Rural & Northern Support Services**
Toll free: 1.866.367.3276 or Chat Support
Monday to Friday: 10am – 9pm
calminthestormapp.com
- **Manitoba Suicide Prevention & Support Line (24/7)**
Toll free: 1.877.435.7170
TTY: 204.784.4097
reasontolive.ca
- **Klinic Sexual Assault Crisis Line (24/7)**
Toll free: 1.888.292.7565 or 204.786.8631
- **SPEAK (Suicide Postvention Education Awareness & Knowledge)**
204.784.4064
- **Trans Life Line**
Toll free: 1.877.330.6366
Daily 9am – 3pm (may be available off hours)