

Irvine Unified School District

High School Health Approved Guest Speakers & Videos

Growth & Development Guest Speakers

**IUSD Board approved. Requires parent notification.*

Birth Control/STIs/CA Healthy Youth Act

Organization	Presentation	Contact Info
Planned Parenthood*	Birth Control/STI	Jessica education@pposbc.org

This program equips teens with the knowledge, understanding, and behavioral skills necessary to make responsible decisions about their health and relationships. State-certified health educators discuss gender roles, the importance of setting goals, skills for success, birth control methods, and sexually transmitted infections.

Organization	Presentation	Contact Info
Beacon of Light*	<i>Great2Wait</i>	Fran, Tracy, or Amber beacon.fran@gmail.com 949-646-7414 or 949-237-2584

Presented as an engaging educational testimonial, the presenters challenge teens to weigh heavily their decisions regarding sex and encourage teens to make healthy responsible decisions in relationships. Sexually transmitted infections are addressed in this presentation.

HIV/AIDS/STIs

Organization	Presentations	Contact Info
UCI's Student Wellness*	AIDS/HIV 101 Sex and Communication	Beth England-Mackie englandb@uci.edu 949-824-8206

AIDS/HIV 101: This *Healthy Tune-up* workshop focuses on the basics of HIV infection including transmission, prevalence, symptoms & the importance of HIV testing. (1 hour)

Sex and Communication 101: This workshop provides an overview of STDs, birth control options, consent and effective communication. Students will be presented with scenarios and asked to discuss healthy ways to communicate or help someone. (1 hour)

Organization	Presentation	Contact Info
Radiant Health Centers*	Personal Stories "Positively Speaking"	Jonathan Ramirez jramirez@radianthealthcenters.org 949-809-8770

Speakers have been personally affected by the disease. Speakers receive specialized training to tell their impactful stories to high school students.

Organization	Presentation	Contact Info
Kaiser Permanente Educational Theater*	"What Goes Around" play	Abraham Rodriquez 818-557-5462 Abraham.L.Rodriguez@kp.org

This highly engaging, interactive "What Goes Around" play addresses STI awareness (9-12). It is designed as a springboard for discussions between students, teachers, parents and other trusted adults. A large audience size of 150 is required.

LGBTQ+

Organization	Contact Info
PFLAG*	Angie Hendrix pflagspeak@gmail.com 310-990-1624 Book through PFLAG Speakers Bureau request

An introduction to PFLAG and a sharing of LGBTQ stories by panelists.

Organization	Presentation	Contact Info
Planned Parenthood*	LGBTQ+ presentation	Jessica education@pposbc.org

This presentation addresses LGBTQ topics.

Sexual Assault and Consent

Organization	Contact Info
Waymakers *	Sabrina Hughes shughes@WaymakersOC.org

Provides presentation on sexual assault awareness/prevention for high school students. Presentations provide education about the signs of sexual assault and resources that are available to help.

Organization	Presentation	Contact Info
UCI Campus Assault Resource and Education (CARE)*	<i>Bystander Intervention Consent 101</i>	https://care.uci.edu/education/workshops.html

Growth & Development Supplemental Materials

**IUSD Board approved. Requires parent notification.*

[BetheOneOC.com Sex Trafficking Brochure](#)* *Also approved for middle school*

This brochure provides information on child sex trafficking, signs to help identify victims, and tips on how to keep youth safer.

Contraception Kit to Supplement to Teen Talk* *Also approved for middle school*

A comprehensive Contraception Kit to assist teachers with demonstrations and teachings about contraception and protection methods is approved. These may be purchased from Planned Parenthood, Nasco, Health Edco, or other Health Education suppliers. Your school site will need to make the purchase. [Planned Parenthood of NE](#) or second option from [Planned Parenthood](#)

Gender Booklet*

To educate students about gender. The gender book is a free & widely disseminated resource that points readers towards comprehensive sources. It alleviates misunderstanding of gender minorities through education.

Growth & Development Videos

HIV/AIDS:

1. [*I'm Positive HIV/AIDS Video by MTV**](#)
A documentary special about what it means to be young and HIV positive in America. Provides updated HIV/AIDS information and informs audience about the realities of HIV positive youth (1 hour 41 min).

Human/Sex Trafficking:

1. [*ABC Hidden America**](#)
This video with Diane Sawyer may supplement our Teen Talk lesson on Human Trafficking (12 minutes).
2. [*3 Girls I Know**](#)
This contemporary documentary follows 3 young women as they explore issues of sexuality and relationships. It deals with teen sexuality, pregnancy and HIV/AIDS (54 minutes). This a DVD or VHS that requires purchasing ahead of time. It costs \$195 and will need to be covered with site funds.
3. [*The Making of a Girl**](#)
(5 minutes)

Gender Identity:

1. [*Gender Revolution* by National Geographic*](#)
This documentary film explores the confusion and misinformation surrounding gender identity issues. It provides the current ideas about gender and how it is expressed in our contemporary world (1 hour, 30 minutes). Available to stream on Netflix with select clips available on YouTube.
2. [*It's Time to End Our Assumptions About the Trans Community* Transgender Video*](#)
This is a short video where transgender teens share their stories, which supplements Teen Talk's Sexual Identity lesson (1.5 minutes).
3. [*What It's Like to Be Intersex**](#) *Also approved for middle school*
This short video has four young people who are intersex describing what it means to be intersex and their experiences (3 minutes).
4. [*What It's Really Like to Go Through High School as a Trans Person**](#) *Also approved for middle school*
This video has many young people who identify as trans talking about their experiences going to school. The video offers students a chance to meet a group of people with diverse trans identities so that they can see many different ways that people can identify and express themselves (1 minute)

Anatomy, Conception, Pregnancy:

1. [*Life's Greatest Miracle**](#) *Also approved for middle school*
Tells the inside-the-womb story of human life from conception to birth using the latest technological advances in microscopy and medical imaging (53 minutes). Available for streaming on PBS.
2. [*TED-Ed: How in Vitro Fertilization \(IVF\) Works**](#) *Also approved for middle school*
Infertility affects 1 in 8 couples worldwide. But in the last 40 years, more than 5 million babies have been born using in vitro fertilization (IVF). How does it work? Nassim Assefi and Brian A. Levine detail the science behind making a baby in a lab. Website also includes quiz and discussion questions that accompany the video (6 minutes).
3. [*In the Womb by National Geographic*](#)
This video will supplement instruction related to growth and development of the fetus (2 hours). Streaming link has been taken down, DVD available for purchase on [Amazon](#).

Speakers: Non-Sensitive Topics

Alcohol, Tobacco and Other Drugs Prevention

Organization	Contact Info
Cal Youth Services	Gil & Flo Mulhere gilmulhere@aoi.com flo@calyouthservices.org 714-814-0968

The Juvenile Alcohol and Drug Education (JADE) provides drug and alcohol education and intervention for adolescents through innovative techniques and reality-based strategies based on the 12-step philosophy.

Organization	Presentations	Contact Info
UCI's Student Wellness	ATOD Education Bystander Intervention	Beth England-Mackie englandb@uci.edu 949-824-8206

This ATOD workshop is fun, educationally based and includes hands-on activities and games. Students will learn about trends and effects of alcohol and other drugs including marijuana, prescription and over-the-counter drugs, and tobacco (hookah and e-cigs). Students also learn and explore trends and related myths.

Organization	Presentation	Contact Info
CVS Pharmacies	Prescription Drug Abuse Prevention	Victoria Nguyen victoria.nguyen@cvscaremark.com

CVS provides students with facts and statistics about prescription drug abuse. Students will hear personal stories of youths that have been impacted. Students will be provided with information about how to seek help for themselves or for others.

Mental Illness

Organization	Contact Info
NAMI-OC	Leslie Hillenbrand lhillenbrand@namioc.org 714-544-8488 ext. 108

The School Outreach Program educates students about biologically based brain disorders. A grade appropriate, interactive presentation, enhanced by visual aids helps clarify questions about some of the most commonly occurring serious mental illnesses such as schizophrenia, bipolar disorder (manic-depressive illness), major depression, obsessive-compulsive disorder (OCD) and panic/anxiety disorder.

Organ Donation

Organization	Contact Info
Be a Hero, Be a Donor	Gina Cousineau ginacinsc@aol.com

This presentation provides students with donor information. Stories are shared and students are provided with education on how they can save lives by becoming living organ donors who give selflessly of themselves so that another person might live.

Skin Cancer

Organization	Presentation	Contact Info
John Wayne Cancer	Block the Blaze	education@johnwayne.org

The program aims to educate elementary, middle school, and high school students about sun safety and skin cancer with an emphasis on skin cancer prevention and self-screening.

Stress Management

Organization	Presentation	Contact Info
UCI's Student Wellness	Dimensions of Wellness and Creating Balance	Beth England-Mackie englandb@uci.edu 949-824-8206

Looking for a wellness workshop, but short on time? This 30 minute workshop asks participants to reflect on their own wellness through a quick wellness wheel activity followed by a facilitated discussion where participants discover simple ways to create more balance in our busy lives. Leave this workshop inspired to start with one small change. (30 mins)

Nutrition

Organization	Presentations	Contact Info
UCI's Student Wellness	Eating for Energy Fad Diets Positive Body Image	Beth England-Mackie englandb@uci.edu 949-824-8206

Eating for Energy: This workshop focuses on how to optimize your diet for ultimate college success. This covers the basics of nutrition, how to increase your energy, caffeine and sugar warnings and the importance of eating breakfast. (1 hour)

Healthy Eating on a Budget: This workshop focuses on how to choose healthy foods to sustain your energy throughout the day. It will also teach you how to shop for healthy foods and snacks that won't break your budget! A trip to the market can be requested. (1 hour)

Positive Body Image: This workshop offers information and discussion on positive body image. Learn how to appreciate your body-your partner for life! (1 hour)

Suicide Prevention

Organization	Contact Info
With Hope Foundation	Jon Egger annette@withhopefoundation.org (714) 524-1996

The school-based programs provide students with facts about suicide, alert them to suicide warning signs and provide them with information about how to seek help for themselves or for others. These programs often incorporate a variety of self-esteem or social competency development activities.