

# El Camino

## APPENDIX D: Additional Resources for Facilitators

## Abortion

### Helpful Websites

- Planned Parenthood: <https://www.plannedparenthood.org/learn/abortion>
- Bedsider: <https://www.bedsider.org/abortion>
  - Abortion FAQs: <https://www.bedsider.org/abortion/faqs>
- Abortion Finder, an easy-to-use search tool that provides up-to-date information about the availability of abortion care across the country and product of Bedsider, Power to Decide's birth control support network: <https://www.abortionfinder.org/>
  - State-by-State Guide: <https://www.abortionfinder.org/abortion-guides-by-state>

## Ask an Expert Resources

### Planned Parenthood

- Ask the Experts (includes archive of submitted questions and allows youth to submit their own questions about their body, sex, or relationships to be answered by experts): <https://www.plannedparenthood.org/blog>
- Chat with a Health Educator: <https://www.plannedparenthood.org/online-tools/chat>
- Roo (sexual health chatbot): <https://www.plannedparenthood.org/learn/roo-sexual-health-chatbot>

### Bedsider

- General Questions (includes FAQs and can be viewed by contraceptive method or sexual and reproductive health topic): <https://www.bedsider.org/questions>

### Teens Health

- Expert Answers (Q&A on many of the questions teens ask): <https://kidshealth.org/en/teens/expert/>

### Additional resources for adolescents and young adults looking for more additional information:

- Society for Adolescent Health and Medicine. (n.d.). *Sexual & Reproductive Health Resources for Adolescents and Young Adults*. <https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Sexual-Reproductive-Health/Sexual-Reproductive-Health-Resources-For-Adolesc.aspx>

## Condoms

### Condom Demonstration

- Planned Parenthood. (2011). *How to put on a condom - Planned Parenthood* [Online video]. <http://www.youtube.com/watch?v=EdSq2HB7jqU>
- AIDS United AmeriCorps. (2010). *How to use a condom* [Online video]. <http://www.youtube.com/watch?v=gXlcEJhYVuc>
- AMAZE. (n.d.). *Condoms: How to use them effectively* [Online video]. <https://amaze.org/video/pregnancy-reproduction-condoms-2/>

## Contraception

### Helpful Websites and Tools

- The American Congress of Obstetricians and Gynecologists: <http://www.acog.org>
- Bedsider: <https://bedsider.org/>
- Planned Parenthood: <http://www.plannedparenthood.org>

### Effectiveness

- Centers for Disease Control and Prevention (CDC). (n.d.). *Contraception*. <https://www.cdc.gov/reproductivehealth/contraception/index.htm>

## Healthy and Unhealthy Relationships

### Helpful Websites

- Power to Decide. (n.d.). *Teen Talk*. <https://powertodecide.org/teen-talk>

### Characteristics of Healthy Relationships

- Love is Respect. (n.d.). *Healthy relationships*. <https://www.loveisrespect.org/everyone-deserves-a-healthy-relationship/>
- TeensHealth.org. (n.d.). *Am I in a healthy relationship?* [http://teenshealth.org/teen/your\\_mind/relationships/healthy\\_relationship.html](http://teenshealth.org/teen/your_mind/relationships/healthy_relationship.html)

## LGBTQ Youth

### Creating Safer Spaces

- ACLU, Gender Spectrum, HRC, NCLR, & NEA. (2020). *Schools in Transition: A Guide for Supporting Transgender Students in K-12 Schools*. <https://hrc-prod-requests.s3-us-west-2.amazonaws.com/files/assets/resources/Schools-In-Transition.pdf>
- Advocates for Youth. (2020). *Creating Safer Spaces for LGBTQ Youth: A Toolkit for Education, Healthcare, and Community-Based Organizations*. <https://www.advocatesforyouth.org/resources/curricula-education/creating-safer-spaces-for-lgbtq-youth/>
- CDC. (n.d.). *Creating Safe Schools for LGBTQ+ Youth*. <https://www.cdc.gov/healthyyouth/safe-supportive-environments/PD-LGBTQ.htm>
- CDC. (2020). *LGBTQ Inclusivity in Schools: A Self-Assessment Tool*. [https://www.cdc.gov/healthyyouth/disparities/mai/pdf/LGBTQ\\_Inclusivity-508.pdf](https://www.cdc.gov/healthyyouth/disparities/mai/pdf/LGBTQ_Inclusivity-508.pdf)
- GLSEN. (n.d.). *Changing the Game*. <https://www.glsen.org/changing-the-game>
- GLSEN. (2016). *The Safe Space Kit: Guide to being an ally to LGBT students*. <https://www.glsen.org/sites/default/files/GLSEN%20Safe%20Space%20Kit.pdf>
- The National Child Traumatic Stress Network. (2015). *Safe places, safe spaces: Creating welcoming and inclusive environments for traumatized LGBTQ youth video*. <https://www.nctsn.org/resources/safe-places-safe-spaces-creating-welcoming-and-inclusive-environments-traumatized-lgbtq-0>

### Engaging LGBTQ Youth

- GLSEN. (n.d.). *Inclusive sexual health education for lesbian, gay, bisexual transgender, LGBTQ-inclusive sexual health education*. <https://www.glsen.org/sexed>

### Gender Terminology and Discussion Guide

- Gender Spectrum. (n.d.). *Understanding Gender*. <https://www.genderspectrum.org/resources>
- GLSEN. (n.d.). *Gender Triangle Education Guide*. <https://www.glsen.org/activity/gender-triangle-education-guide>

## Health

- CDC. (n.d.). *Health Considerations for LGBTQ Youth*. <https://www.cdc.gov/healthyyouth/disparities/health-considerations-lgbtq-youth.htm>
- CDC. (n.d.). *Lesbian, Gay, Bisexual, and Transgender Health: LGBT Youth*. <http://www.cdc.gov/lgbthealth/youth.htm>

## Laws, Policies, and Student Rights

- GLSEN. (n.d.). *LGBTQ+ Student Rights*. <https://www.glsen.org/activity/lgbtq-student-rights>
- GLSEN. (n.d.). *GLSEN Navigator: Advocate for LGBTQ+ youth in K-12 schools*. <https://maps.glsen.org/>
- Movement Advancement Project. (n.d.). *Equality Maps: LGBTQ Curricular Laws*. [https://www.lgbtmap.org/equality-maps/curricular\\_laws](https://www.lgbtmap.org/equality-maps/curricular_laws)
- Movement Advancement Project. (n.d.). *Equality Maps: Safe Schools Laws*. [https://www.lgbtmap.org/equality-maps/safe\\_school\\_laws/](https://www.lgbtmap.org/equality-maps/safe_school_laws/)

## Understanding, Supporting, and Affirming

- Poirier, J. M., Fisher, S. K., Hunt, R. A., & Bearse, M. (2014). *A guide for understanding, supporting, and affirming LGBTQI2-S children, youth, and families*. American Institutes for Research (AIR). <https://www.air.org/resource/guide-understanding-supporting-and-affirming-lgbtqi2-s-children-youth-and-families>
- The Trevor Project. (2022). *Guide to Being an Ally to Transgender and Nonbinary Young People*. <https://www.thetrevorproject.org/wp-content/uploads/2022/11/Guide-to-Being-an-Ally-to-Transgender-and-Nonbinary-Young-People.pdf>

## Positive Youth Development

### Evidence for PYD

- Family & Youth Services Bureau (FYSB). (n.d.). *Positive Youth Development*. <https://www.acf.hhs.gov/fysb/positive-youth-development>

### Key Principles

- youth.gov. (n.d.). *Key Principles of Positive Youth Development*. <https://youth.gov/youth-topics/key-principles-positive-youth-development>

## Sexual and Reproductive Health

### Helpful Websites and Tools

- AMAZE: <https://amaze.org/educators/>
- American Sexual Health Association: <http://www.ashasexualhealth.org>
- Scarleteen: <http://www.scarleteen.com/>
- Sex, etc.: <http://sexetc.org/>

### HIV and Sexually Transmitted Diseases (STDs)

- Centers for Disease Control and Prevention. (n.d.). *HIV*. <http://www.cdc.gov/hiv/>
- Centers for Disease Control and Prevention. (n.d.). *Sexually transmitted diseases (STDs)*. <http://www.cdc.gov/std/>
- Centers for Disease Control and Prevention. (n.d.). *Sexual risk behaviors can lead to HIV, STDs, & teen pregnancy prevention*. <http://www.cdc.gov/HealthyYouth/sexualbehaviors/>
- HIVinfo.HIV.gov. (2021, August 26). *HIV and Sexually Transmitted Diseases (STDs)*. <https://hivinfo.nih.gov/understanding-hiv/fact-sheets/hiv-and-sexually-transmitted-diseases-stds>

### Sexual Health Promotion

- American Academy of Pediatrics. (2014). *Adolescent Sexual Health*. <https://www.aap.org/en/patient-care/adolescent-sexual-health/>
- Centers for Disease Control and Prevention (CDC). (n.d.) *Sexual Health*. <https://www.cdc.gov/sexualhealth/Default.html>
- World Health Organization. (n.d.) *Sexual Health*. [https://www.who.int/health-topics/sexual-health#tab=tab\\_2](https://www.who.int/health-topics/sexual-health#tab=tab_2)

### Unintended Teen Pregnancy

- Power to Decide (formerly known as The Campaign to Prevent Unplanned Pregnancy): <https://powertodecide.org/>
- Centers for Disease Control and Prevention. (n.d.). *Reproductive Health: Teen Pregnancy*. <http://www.cdc.gov/teenpregnancy/>
- Office of Population Affairs. (n.d.). *Adolescent Health*. <https://opa.hhs.gov/adolescent-health>

## Trauma Informed Approach

### For Adolescent Sexual Health

- Schladale, J. (2013). *A trauma informed approach for adolescent sexuality*. Resources for Resolving Violence, Inc. <https://foster-ed.org/wp-content/uploads/2017/01/A-Trauma-Informed-Approach-for-Adolescent-Sexual-Health-2013.pdf>

### Guiding Principles to a Trauma-Informed Approach

- CDC. (n.d.). *Infographic: 6 guiding principles to a trauma-informed approach*. [https://www.cdc.gov/cpr/infographics/6\\_principles\\_trauma\\_info.htm](https://www.cdc.gov/cpr/infographics/6_principles_trauma_info.htm)