

JANUARY 2022

S.H.A.R.E.

SEXUAL HEALTH ACCESS, RESOURCES, AND EMPOWERMENT FROM NWCASA

WHAT'S IN THIS MONTH'S EDITION:

1. Introducing S.H.A.R.E.
2. Let's Communicate!

SO, WHAT IS THIS EMAIL??

from NWCASA Educator Liv Harmening (she/her)

The NWCASA Prevention Education team is proud to introduce S.H.A.R.E.: our Sexual Health Access Resources & Empowerment monthly email. These messages will provide caregivers, parents, teachers, administrators, social workers, and anyone who interacts with PEOPLE more tools and tips to tackle sexual health and safety conversations.

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Sexual Health: Why would we focus on Sexual Health at NWCASA? We know that when children have accurate, comprehensive, sexual health education, they are more likely to identify unsafe touches and have less shame about their bodies. Teens with evidence based, comprehensive, inclusive sexual health education are more likely to delay partnered sex, less likely to have unintended pregnancy, and know the green and red flags of relationships. Our well-being, self-esteem, healthy relationship skills, and competency about reproduction, gender, sexuality and attraction that affirms other dimensions of our lives are all components of Sexual Health we will highlight in SHARE email!

Access & Resources: Each month, a resource will be highlighted with a recommendation or two on how to utilize it. There will be books, websites, articles, lesson plans, and MORE! We hope this helps to save you time and builds up your library of credible, inclusive information that is easy to use for everyone and reflects the diversity of the folks we serve.

Empowerment: We hope this support boosts your confidence, and helps you navigate conversations about sexual health to benefit YOU, your peers, families, and young people to make their own decisions about their bodies and pleasure.

RESOURCE FOR YOUNG KIDS

Not everyone loves hugs, but there are so many ways to say hello and show we care.

[Check out "Can I Give You A Squish" by Emily Neilson.](#)

Please consider purchasing from a local independent bookseller like [Semicolon Bookstore](#). Or, visit your library to borrow this book. If it's not already on their shelves, your inquiry or request could help your library grow their collection of consent resources!

How can I use this book?

- Read it with a young child in your life
- Ask an older child, family member, or role model to read it with your younger child
- Share the book as a baby shower gift
- Ask an older child or teen to read it, and start a discussion about it's merits
- Include it in a school or classroom library
- Reference the book when we ask for consent or give reminders to ask for consent

RESOURCE FOR TEENS

Is your teen struggling to find the words? Unsure about setting boundaries? Needing to reject someone, or feeling hurt?

[Connect them with our favorite Ghostwriter Justine Ang Fonte, M.Ed, MPH \(she/they\) on instagram. @_good.byes_](#)

You can also follow Justine's other accounts:

[Sexual Health and Education](#) @imjustineaf
and
[Raised Pinay](#) @RaisedPinay

How to use this resource:

- Share these instagram pages with teens in your life
- Share these instagram pages with other parents and guardians
- Model the communication styles presented or reference it if a teen asks for advice. Then peruse the page together!
- Ask the teenagers in your life what they think about the Ghostwriter's suggestions. Could they ever be relevant? Would you rewrite any of them?
- Ask the teenagers in your life if any of the posts could help in their friend group

Have a resource you love and want to SHARE? Needing Erin's Law programming and you're not sure if it is trauma informed (thus not meeting the state requirement)? Wondering how to support students who have been impacted by sexual harm? Just want to chat about sexual health, SB 818, and violence prevention?

SEND LIV AN EMAIL at lharmening@nwcasa.org