

Teen Talk - Clinic Community Health Centre is offering a training program for youth. This program is specifically designed to educate youth on issues relating to sexuality and other issues relevant to youth. The need for this peer-to-peer support program is obvious:

- o **Manitoba has one of the highest teen pregnancy rates in Canada: 46 pregnancies each week.** - Manitoba Health
- o **Sexually Transmitted Infection (STI) rates and the transmission of HIV/AIDS for 15-24 year old youth are on the rise.** - Manitoba Health
- o **Youth feel most comfortable discussing sexuality, reproductive health and violence issues with other youth.**—Dialogue with Youth, 1996



Training Topics:

Youth Sexuality
 Communication skills
 Birth Control
 Pregnancy Options
 Appreciating Diversity
 Teen Dating Violence
 Mental Health + Suicide Prevention
 Sexually Transmitted Infections
 Body Image

Peer-to-peer support training will enable you to help your friends and fellow students deal with difficult times in their lives. This particular program will also help you to develop the tools to dispel myths and misinformation surrounding birth control and teenage pregnancy.

Benefits of this training include:

- o **direct training experience you can put on your resume;**
- o **networking with youth and service providers;**
- o **specific and comprehensive knowledge in the areas of sexuality, reproductive health, anti-violence and mental health;**
- o **a free comprehensive training manual;**
- o **improved communication skills;**
- o **being a support for your peers in your school or community and being able to help them with important issues that they may be faced with.**

Things Peer Supporters have accomplished after the training:

... developing, preparing and presenting educational skits ... creating a 'zine' ... organizing events ... running info tables ... answering health and relationship questions for peers ... presenting at and attending conferences ... the options are limitless!!!

Trainings can be sponsored by groups, schools and communities.

Call us for details.



If you are interested in becoming a part of the Teen Talk Peer Support Program, please fill out the information below and return to us by mail, phone, e-mail or fax.

Name: _____

Are you a: student _____
 educator _____
 health nurse _____
 other _____

Address: _____

City/Town: _____

Postal Code: _____

School/Organization: _____

Home/Work Phone Number: _____



Space and dates are limited in this no-cost program, so please return this form to us as soon as possible if you are interested in taking part.

Please tell us a bit about yourself by answering the following questions. Attach more paper if necessary.

Why would you like to be a peer supporter? If you are already a peer supporter, why did you become one? If you are an adult, how would this program fit into your school/community?

What type of education (if any) have you (or your students) received on sexuality, pregnancy prevention, reproductive health and violence prevention?

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Who we are

Teen Talk is an established youth health education service of Klinik Community Health Centre. We provide services from a youth perspective to youth in school, youth at risk and service providers. We believe that realistic prevention education focusing on sexuality, reproductive health, anti-violence and mental health is essential to one's well-being. We adhere to the belief that by providing youth with accurate, non-judgmental information they will make healthier decisions and choices for themselves. This program is co-facilitated by experienced youth-directed trainers.

What past participants have said:

“The training has opened opportunities within our school and will help us take more leadership roles in helping our fellow students.” ... “I now feel that I could talk to a student and give true helpful advice about anything teens face.” ... “You made a huge difference in my life and all the lives I help out there.”



Peer Support Training Program

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