

# HERE'S WHY Sex(Ed)Matters

using the Making Proud Choices curriculum

## Students

**Feel comfortable** asking questions, sharing your knowledge, and gaining new information on how to keep yourself safe and prepared in your relationships.

**Gain confidence** in your ability to speak openly with your partner and healthcare providers about topics relating to sexual and relationship health.

**Relax** knowing you'll be learning in a safe, judgement-free space with a group of peers and an educator who has the facts.

## Parents + Guardians

**Offload** some of the burden of having to be the expert in training your kids in this subject. Evidence-based materials for continuing the conversation at home are provided, so you don't have to guess.

**Gain time back** for yourself while your kids are in good hands for the day.

**Rest easy** knowing your kids will enjoy quality, factual training on how to stay safe in their relationships as young adults — all in a fun, supervised environment.

# Sex Ed is more than just sex. Our classes cover:

- Birth control options
- Condom use + importance
- STD/STI prevention
- HIV/AIDS prevention
- Setting personal boundaries
- Consent
- Relationships and technology
- Healthy communication

**More questions?**

healthpromotions@uhkc.org  
(816) 404-6493

ages 12-18

free

lunch + snacks



sign up + learn more  
[jcph.org/SexEd](http://jcph.org/SexEd)

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Making Proud Choices curriculum