To book at your site contact Theresa Fox: 619.501.2016
peace91977@hotmail.com

Sex, Drugs & Hip-Hop

A Comprehensive Sexual Health Conversation With Theresa F

Theresa F has been teaching sex education curriculums to 6th grade, middle and high school students since 2007. She has taught these 8-12 hour multi-sessions to over 1500 students throughout San Diego County, as part of the state funded Community Challenge Grant for teen pregnancy prevention purposes.

Requests began to come in from different schools and organizations, outside of the grant's targeted service area, seeking one-time presentations. Theresa combined her substance abuse and pregnancy prevention experience to create ***Sex, Drugs & Hip-Hop*** presentations, which range from 30-90 minutes in length.

During these conversations she uses spokenword poetry, knowledge of current hip-hop messages and teen culture, to gain their attention, their respect and their input. Her message is addressed to and for the youth of today.

"Sex, Drugs & Hip-Hop: A Conversation"* includes*:

Sex: SpokenWord poetry is used to open the dialogue. Information is given about abstinence, teen pregnancy prevention, sexually transmitted infections/diseases, teen relationship violence (TRV), as well as, inclusion of LGBTQ youth. Family-PACT clinical linkage referral information and a condom demonstration will also be provided. **Disclaimer: "slang terms" for reproductive anatomy are used in the introduction of the presentation, after that point, only the correct medical terms are to be used by all participants.**

Drugs: Substance abuse prevention messages are used which highlight the role alcohol and drugs play in increasing the risk for unplanned pregnancies, acquaintance rape, TRV, and the transmission of sexually transmitted infections/diseases.

Hip-Hop: The messages of current and popular Hip-Hop and R&B music played on commercial radio, as well as the gender-biased images portrayed in music videos are discussed, dissected and debated by the group.

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Theresa has been invited to lead ***Sex, Drugs & Hip-Hop*** conversations at:

1. Escondido high schools: Valley High School, Orange Glen High School, & Escondido High School: November 3, 2007- November 1, 2008
2. YMCA of San Diego County-Youth & Family Services: School Outreach Services staff trainings: March 18, 2008
3. Clairemont High School: April 4, 2008
4. San Diego Gang Commission's Youth Empowerment Summit: January 30, 2009
5. The Southeastern Teen Center: March 13, 2009
6. San Diego Job Corps : March 17, 2009-current
7. Crawford High School CHAMPS campus: April 2, 2009
8. Monarch School: June 12, 2009
9. UCSD Upward Bound Program: July 13, 2009
10. Point Loma High School: July 28, 2009
11. Access, Inc. YES Transition Network: September 24, 2009
12. Access, Inc. YES Transition Network: September 30, 2009
13. Manhattan Youth Drop-In Center: October 5, 2009
14. South Bronx Job Corps: October 7, 2009
15. Mid-City CAN Teen Sexual Health (TSH) Team: October 15, 2009
16. Valley HS I: October 17, 2009
17. Valley High School II: November 14, 2009
18. San Diego Youth Services: November 18, 2009
19. Marine Corps Teen Summit: December 5, 2009
20. Toussaint Academy I@ YMCA Youth Center: December 15, 2009
21. Toussaint Academy II @YMCA Youth Center: December 22, 2009
22. Santa Barbara City College: February 2, 2010
23. Phoenix Academy-Descanso, CA: 2009-current
24. Mira Mar Marine Base Boys & Girls Club: March 9, 2010
25. Crawford High School CHAMPS campus: March 18, 2010
26. TMSF XXI Conference for After School Educators: March 27, 2010
27. San Diego Job Corps School of Health Care: April 6, 2010
28. Goodwill Education Center-Victorville, CA: April 29, 2010
29. 2010 BOOST Conference-Palm Springs, CA: April 30, 2010
30. Charter Schools of San Diego-Woodman: May 7, 2010

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31. 2010 TSH CORE- Main Speaker: June 17, 2010
32. East Mesa Juvenile Detention Facility: September 8 & 15, 2010
33. Kearny Mesa Juvenile Detention Facility: September 18, 2010
34. TMSF XXII Conference for After School Educators: November 13, 2010
35. Charter Schools of San Diego-Jackson Drive: November 19, 2010
36. Rock The School Bells4 Conference & Concert- San Bruno, CA: March 26, 2011
37. 2011 BOOST Conference-Palm Springs, CA: April 30, 2011

BOOST Conference 2011
Sex, Drugs & Hip-Hop Workshop-April 30th
National Resources

Resources for youth:

1. www.advocatesforyouth.org
2. www.teensource.org
3. Gay, Lesbian, Bisexual and Transgender National Hotline 1.888.843.4564
4. www.sexetc.org
5. www.itsyoursexlife.com
6. www.stayteen.org
7. www.amplifyyourvoice.org/youthresource (LGBTQ & questioning youth & their allies)
8. www.goaskalice.columbia.edu
9. www.positive.org
10. www.glsen.org (LGBTQ & questioning youth & their allies)
11. www.plannedparenthood.org/teen-talk/
12. www.scarleteen.com
13. www.nyacyouth.org (LGBTQ & questioning youth & their allies)
14. www.loveisrespect.org (Teen dating abuse)
15. National Teen Dating Abuse Helpline 1.866.331.9474
16. www.iwannaknow.org
17. www.hivtest.org

Resources for adults:

1. www.nationalcampaign.org
2. www.guttmacher.org
3. www.childrennow.org
4. National Child Abuse Hotline 1.800.422.4453
5. www.cdc.gov/HealthyLiving/
6. www.siecus.org (Sexuality Information and Education Council of the United States)

Relationship Bill of Rights

- *I have the right* **to express all of my feelings positive or negative**.
- *I have the right* **to change my mind.**
- *I have the right* **to make mistakes and not have to be perfect.**
- *I have the right* **to follow my own values and standards**.
- *I have the right* **to determine my own priorities**.
- *I have the right* **to act only in ways that will promote my own brand of dignity and self-respect.**
- *I have the right* **not to be responsible for other's behaviors, actions, feelings, or problems.**
- *I have the right* **to say no to anything when I feel I am not ready, it is unsafe, or it violates my values and not feel guilty.**
- *I have the right* **to expect honesty from others.**
- *I have the right* **to be angry at someone I love.**
- *I have the right* **to be uniquely myself and feel good about myself.**
- *I have the right* **to say, "I'm afraid."**
- *I have the right* **to say, "I don't know."**
- *I have the right* **not to give excuses or reasons for my behavior**.
- *I have the right* **to be playful and silly.**
- *I have the right* **to my personal space and time.**
- *I have the right* **to spend as much time with my family and friends as I want.**
- *I have the right* **to change and grow.**
- *I have the right* **to have my needs and wants respected**.
- *I have the right* **to be happy.**

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Relationship Bill of Rights

- *I have the right* **to feel safe, free from emotional, physical, mental and spiritual abuse.**
- *I have the right* **to be respectfully asked, rather than "ordered".**
- *I have the right* **to live free from criticism and judgment.**
- *I have the right* **to end the relationship for whatever reason I choose.**
- *I have the right* **to**
- *I have the right* **to**
- *I have the right* **to**
- *I have the right* **to**
- *I have the right* **to**

February 24, 2011