National Health Education Standards addressed in

Heart 2 Heart

• Health Promotion and Disease Prevention
• Health Influences
• Health Information, Products and Services
• Using Communication Skills to Promote Health
• Reducing Health Risks
• Setting Goals for Good Health
• Health Advocacy

314-286-0460
bjcschooloutreach.org
During the transition from childhood to adulthood, teens are forming their own identities and relationships.

This can be a time of uncertainty and conflict as well as a time of learning and growth. Teaching teens to make healthy decisions regarding their relationships and sexual behavior also strengthens their confidence as individuals.

Heart 2 Heart High School is a six-session, abstinence-based program designed for grades 9-12. It addresses teen sexual health, positive dating and prevention of sexually transmitted infections. Sessions are taught by a trained health educator with experience discussing relationships and sexual behavior with teens.

The program includes a pre- and post-test with the following topics:

- Media and other influences on sexuality
- Identity and self-image
- Sexually transmitted infections
- Setting relationship boundaries
- Recognizing signs of unhealthy relationships
- Impact of sexual decisions
- Consent
- Effective communication skills

For more information, call the BJC School Outreach and Youth Development Program Line at 314-286-0460 or go to bjcschooloutreach.org.