

# TORCH

## WORKSHOPS

Do the youth you work  
with have questions about  
health and sexuality?

**We can help them find  
the answers.**



**Teen Outreach Reproductive CHallenge**

# ALL ABOUT TORCH

## What is TORCH?

Teen Outreach Reproductive CHallenge, known as TORCH®, is a nationally recognized program that combines peer health education and leadership training for New York City youth, with a strong emphasis on empowerment and team building. Addressing the critical issues of reproductive health care through peer outreach and education, community organizing, and advocacy, TORCH Peer Leaders build their self-esteem, develop leadership skills, and learn to make responsible choices. After a rigorous training program, TORCH Peer Leaders share their knowledge with other teens by facilitating workshops around New York City.

## Why is TORCH Important?

- **Because 39%** of public New York City high school students have had sex.
- **Because over a quarter** of sexually active New York City public high school students did not use a condom the last time they had sex.
- **Because youth need accurate information** about sexual and reproductive health to help them build self-esteem and make the decisions that are right for them.

**Because the best people to teach teens about sensitive topics and making healthy choices are other trained teens.**

## **Who are TORCH Peer Leaders?**

TORCH Peer Leaders are a diverse group of high school students trained to present to other teens on topics ranging from human sexuality, contraception and STIs, abortion, body image/self-esteem, and healthy adolescent relationships.

TORCH Peer Leaders are selected through a competitive application process. After completing a rigorous after-school training program on sexual health and rights, TORCH Peer Leaders travel throughout New York City presenting workshops to youth at community-based organizations, after-school programs, libraries, fairs, or anywhere we are needed! TORCH Peer Leaders build valuable skills that help them become confident leaders in their communities.

## **What are TORCH Workshops?**

We offer dynamic, interactive, and engaging workshops that get teens talking about sex and sexuality. Each is approximately one hour and is facilitated by our trained Peer Leaders. We recommend that workshops be presented as a series, but each is also available as a stand-alone workshop.

For more information or to request our workshops online, visit us at [www.torchprogram.org](http://www.torchprogram.org) or email us at [info@TORCHprogram.org](mailto:info@TORCHprogram.org).

Call **212-343-0114** or **212-343-2031** and select option "5" from our menu to speak to TORCH staff.

**Know a teen who would be a great Peer Leader?  
Visit [www.torchprogram.org](http://www.torchprogram.org) for details on how to apply!**

# EXPLORING HUMAN SEXUALITY



## **Human Sexuality 101**

In this workshop, TORCH Peer Leaders facilitate a discussion about sexuality, including decision-making, beliefs and values. We will also discuss various myths

that adolescents may hold about sexuality.

## **Exploring Gender Identity and Sexual Orientation**

In this workshop, TORCH Peer Leaders challenge the misconceptions around sexual orientation and gender identity. We will engage the audience in a discussion about forms of discrimination and the reasons to respect and celebrate the spectrum of gender identity and sexual orientation.

## **Adolescent Male Sexuality**

In this workshop, Peer Leaders explore the rarely discussed topic of male sexuality. Participants will be asked to challenge misconceptions about male sexuality and discuss the ways in which men can negotiate safer sex methods. The male sexuality workshop is recommended for all adolescents.

# SELF-ESTEEM AND HEALTHY RELATIONSHIPS



## **Self-Esteem and Body Image**

In this workshop, Peer Leaders explore self-esteem and body image and its effects on the everyday lives of

adolescents. This workshop also explores why adolescents may feel embarrassed or ashamed about themselves. Finally, we will discuss ways to fight negative images that adolescents face every day.

## **Healthy Adolescent Relationships**

In this workshop, Peer Leaders discuss the various signs of harmful relationships, from emotional and mental abuse to physical and sexual violence. Peer Leaders will also discuss what makes a relationship healthy, emphasizing communication and the identification and application of personal values.

# SEXUAL HEALTH: FACTS, MYTHS, & METHODS



## Sexually Transmitted Infections (STIs)

In this workshop, Peer Leaders provide an overview of sexually transmitted infections, including what they are,

how they are transmitted, where to get tested and treated, and how to practice safer sex.

## Contraception

In this workshop, Peer Leaders provide a thorough overview of all effective contraceptive methods, how to use them, and the pros and cons of each method. This workshop will also include information about emergency contraception and IUDs.

## Abortion

In this workshop, Peer Leaders provide accurate, straightforward answers to many questions adolescents have about abortion. The goal is to create a safe space for learning and discussion, free from judgment, regardless of opinion or experience.

# ADOLESCENT HEALTH CARE COMMUNICATION



Adolescents and adults don't always speak the same language when it comes to sexual and reproductive health issues. Sharing sexual and reproductive health

problems and questions with adult health care providers can be difficult and embarrassing. TORCH offers multiple strategies to reduce this barrier.

## **Keeping It Real with Your Doctor**

In this workshop, Peer Leaders try to close the communication gap between adolescent patients and health care providers by educating adolescents on their health care rights and empowering them to become proactive, educated health care consumers.

To help reduce this communication barrier between providers and their adolescent patients, we also offer a complimentary workshop to health care providers titled **Keeping It Real With Your Patient**.

# TORCH IS FUNDED BY:

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TORCH® (the Teen Outreach Reproductive Challenge) is a program of the National Institute for Reproductive Health and NARAL Pro-Choice New York. TORCH is dedicated to increasing adolescents' access to reproductive health services. By working with adolescents and health care providers, we ensure that young people have the resources they need to make healthy and safe reproductive health care decisions.

## TORCH

National Institute for Reproductive Health/NARAL Pro-Choice New York  
470 Park Avenue South, 7th Floor South  
New York, NY 10016

Tel: 212-343-0114 or 212-343-2031 · Fax: 212-343-0119  
[www.TORCHprogram.org](http://www.TORCHprogram.org)  
[info@TORCHprogram.org](mailto:info@TORCHprogram.org)



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