



## MONTANA ADOLESCENT HEALTH SECTION

### Programs Within the Adolescent Health Section (AHS)

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#### Optimal Health for Montana Youth (OHMY)

OHMY works with middle schools, high schools, alternative schools, and other agencies to educate Montana youth and prepare them for success. OHMY supports several curriculums (please see list below) that address topics such as: establishing boundaries, goal-setting, healthy relationships, peer pressure, abstinence, HIV/STDs, and contraceptives.

#### Sexual Violence Prevention & Victim Services (SVPVS)

SVPVS works to prevent sexual violence before it occurs. The program strives to reduce statewide incidences of sexual violence through prevention efforts focused on influencing the knowledge, attitudes, and behaviors of those most at risk to perpetrate. This program has 5 focus areas: promote social norms, teach prevention skills, empower girls and women, create protective environments, and support victims/survivors.

#### Healthy Young Parent Program (HYPP)

HYPP provides support to expectant and parenting youth (ages 24 and younger) in high schools, higher education institutes, and health departments. The program works to facilitate the self-sufficiency of young expectant and parenting families to build their parenting capacity, encourage post-secondary education and workforce preparedness, and support the healthy growth and development of their children.

### List of Curriculums That OHMY Supports\*

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**Draw the Line/Respect the Line**

**Native It's Your Game**

**Making Proud Choices**

**Power Up, Speak Out**

**Reducing the Risk**

**Families Talking Together**

**Native STAND**

**Love Notes SRA**

**Native Voices**

**Fourth R**

\*Other curriculums may be accepted by the Adolescent Health Section as well. If you are interested in any of the curriculums above, please do not hesitate to reach out to Cassidy Walter whose contact information can be found at the end of this handout.



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## Takeaways

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1. Create a Safe Space
  - a. Use correct pronouns
  - b. Become familiar with terminology associated with the LGBTQ+ community
  - c. Establish ground rules – emphasize respect
  - d. Get trained online – put up a Safe Space poster
  
2. Become a More Approachable Adult
  - a. Have a nonjudgmental outlook
  - b. Provide a listening ear
  - c. Be open-minded
  - d. Use a calm demeanor
  - e. Be lighthearted whenever possible

<https://www.healthyteennetwork.org/blog/5-ways-become-approachable/>
  
3. Teachable Moments
  - a. Notice a negative behavior
  - b. Intervene in the situation
  - c. Use this as a teaching moment
  - d. Discuss real-life scenarios as a class

## Online Resources

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Test Your Own Implicit Bias: <https://perception.org/research/implicit-bias/>

Test your own implicit bias with one of these surveys created by Harvard University. Your results may reveal preferences in your subconscious that you were not aware of before.

Teacher's Guide to Sex Ed: <https://www.healthyteennetwork.org/resources/teachers-guide-sex-ed/>

This resource can help you assess how comfortable you feel talking about topics related to sexual health education. It is also a great tool to use to refresh your memory on important topics such as: puberty, preventing pregnancy and infection, healthy relationships, gender and sexuality, and more.

## Want to Know More About How AHS Can Help You?

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Visit our website: <https://dphhs.mt.gov/publichealth/adolescenthealth>

OR

Contact: Cassidy Walter  
[cassidy.walter@mt.gov](mailto:cassidy.walter@mt.gov)  
(406) 443-2135



MONTANA  
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HEALTH SECTION**

Interested in Attending an FTT Training?

**SAVE  
the  
DATE**

FAMILIES  
TALKING  
TOGETHER  
TRAINING



All costs will be covered. Space is limited (no more than 2 attendees per organization).

**AUGUST 26-28 | HELENA, MT**

Families Talking Together is a **training of facilitators** designed to promote effective communication skills, build parent-adolescent relationships, help parents develop successful monitoring strategies, and teach adolescents assertiveness and refusal skills. This program is compatible with Sexual Risk Avoidance Education funding.

Program Objectives

- Increase target parenting behaviors designed to impact adolescent sexual decision-making
- Delay too early sexual debut among adolescents
- Reduce frequency of adolescent sexual intercourse

To register, email Kirsten Johnson at [kirsten.johnson@mt.gov](mailto:kirsten.johnson@mt.gov)

