

Teen Talk is a youth health education service of Klinik Community Health Centre. We believe that a realistic, youth-oriented, harm-reduction approach is essential for the promotion of one's well being.

WORKSHOPS FOR YOUTH

Our skilled Youth Health Educators develop and deliver interactive workshops to youth aged 14 - 19 (S1 - S4) in schools and communities. Winnipeg workshops are available Tuesday through Friday (Friday AM only). Northern and Rural workshops are also available upon request. This service is free, however an honorarium is welcome.

PEER SUPPORT PROGRAM

Peer Support is an exciting, youth-directed volunteer opportunity for youth aged 14-19. We provide a 32-hour comprehensive training program to educate youth in the area of healthy relationships, sexual and reproductive health, mental health, and how to act as a link to community resources for their friends and peers. After training, peer supporters may initiate activities in their schools and communities such as skit presentations, resource lockers, 'zines, or newsletters. Training takes place throughout the year and across the province. This service is free to youth.

KLINIC SERVICES

Klinik adheres to all privacy and personal health information legislation. All medical and counselling services, whether received in person or by phone, are documented. It is the right of any client of Klinik to access their personal health information.

- Information 784-4090
- Health Services Appointments 784-4090
- Teen Klinik (teenklinik@klinik.mb.ca) 784-4090
- Public Education & Training 784-4066
- Teen Talk 784-4010
- Volunteer Information 784-4006
- Drop-In Counselling (dropin@klinik.mb.ca) 784-4067
- Family Violence Counselling (Evolve) 784-4070
- Dream Catchers 784-4042
- Post Trauma Counselling Appointments 784-4059
- Sexual Assault Crisis Counselling Appointments (sacpwpg@klinik.mb.ca) 784-4049

24-Hour Telephone Services:

- Manitoba Suicide Line Toll Free . . . 1-877-435-7170
- Crisis Counselling Line 786-8686
Toll Free . . . 1-888-322-3019
- Sexual Assault Crisis Line 786-8631
Toll Free . . . 1-888-292-7565
- TTY Deaf Access Counselling 784-4097

**If you have comments or concerns
please call and leave a message at 784-4018**

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December 2006

TEEN TALK

KLINIC COMMUNITY HEALTH CENTRE



PREVENTION EDUCATION IS IMPORTANT BECAUSE:

For each \$1.00 spent on child and youth prevention support we save \$7.00 on intervention services.

~ Healthy Child Manitoba, 2001

In Manitoba, 6 teenagers become pregnant every day (down from 7).

~ Manitoba Health, 2002

On issues of sexual behavior, girls with low self-esteem are more likely to engage in risky sexual behavior.

~ Health Canada, 2003

In Canada, Manitoba has one of the highest rates of sexual assaults.

~ Stats Canada, 2003

Sexually Transmitted Infections (STI) rates and the transmission of HIV/AIDS for 15-24 year old youth are on the rise.

~ Manitoba Health

For More Information:
Phone: 784 4010 • Fax: 784 4204
E-mail us at:
teentalk@klinik.mb.ca



TEEN TALK WORKSHOPS FOR YOUTH TOPICS:

Youth Sexuality: How do our values and society influence our sexuality?

Communication Skills: Passive, assertive, and aggressive styles are discussed as well as the benefits of effective communication.

Teen Dating Violence: Signs of abuse and healthy relationships are discussed.

Birth Control: The most common forms of birth control ranging from abstinence to condom use.

Pregnancy Options: A discussion of parenting, abortion, and adoption.

STIs: Symptoms, risky behaviors, and important preventative measures.

HIV/AIDS: How the virus is spread and how to prevent transmission.

Body Image: Explores the link between negative body image, risky behaviors and how we can feel better about our bodies.

Appreciating Diversity: Looks at types of discrimination in society such as racism, sexism, and homophobia and how it affects all of us.

Mental Health: Symptoms of various mental health issues, coping, and supports.

Substance Use Awareness: An interactive workshop that provides youth with information on the effects of different substances, examines the reasons why youth make the choices they do about alcohol and other drugs and provides harm reduction information.

Teen Dating Violence, Birth Control, Appreciating Diversity, and Mental Health have a part 2 for more advanced groups.

PEER SUPPORT TRAINING PROGRAM

Benefits of this program include:

- Direct training experience that can be added to a resume.
- Improved communication and public speaking skills.
- The ability to help peers deal with tough issues through support and referrals.
- Volunteer hours that can be put towards a high-school credit.
- An exciting and challenging volunteer opportunity.

Through this youth-directed program, Peer Supporters have accomplished:

- Developing and presenting educational skits.
- Creating & distributing a 'zine.
- Coordinating and answering Betty and Johnny Notes in schools.
- Organizing events such as a community action campaigns.
- Winning the Mayor's Volunteer Service Award and Premiere's Volunteer Service Award.

The options are endless!