SPARKLERS
Strengths-Based Approaches to Adolescent Sexual Health

Examples of Strengths-Based Approaches to Adolescent Sexual Health

- Use sensitivity and maintain neutral language and body language with adolescents, withholding judgment related to sensitive subjects, such as sexual health, substance use, interpersonal violence, gender and personal expression, and mental health.
- Listen to teens and consider their viewpoints with respect
- Provide accurate information
- Reinforce healthy decisions

Take a moment to reflect upon an interaction where you discussed sexual health with a young person.

Reflection Questions:

1. Which strengths-based approaches did you utilize?
2. Were there any opportunities to make the interaction more strengths-based?
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- Listen to teens and consider their viewpoints with respect

- Provide accurate information

- Reinforce healthy decisions

**Youth:** “My partner and I started having sex, but we don’t use a condom. We trust each other...we don’t need to use protection.”

**Reflection Questions:**

1. What are some possible responses to this young person?
2. What strengths-based approaches could you use during this interaction?
After a sexual health education workshop, a 16-year-old tells the adult facilitator the following:

**Youth:** “The last few times my partner and I had sex, we had both been out drinking with friends beforehand. I don’t even remember most of the night.”

**Reflection Question:**

1. What strengths-based approaches could the facilitator use in this situation?