

## CONTACT US

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**S**EXUAL

**H**EALTH

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## VISIT US

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# SHAPE

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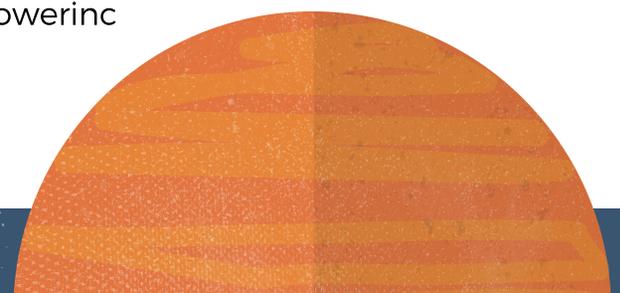
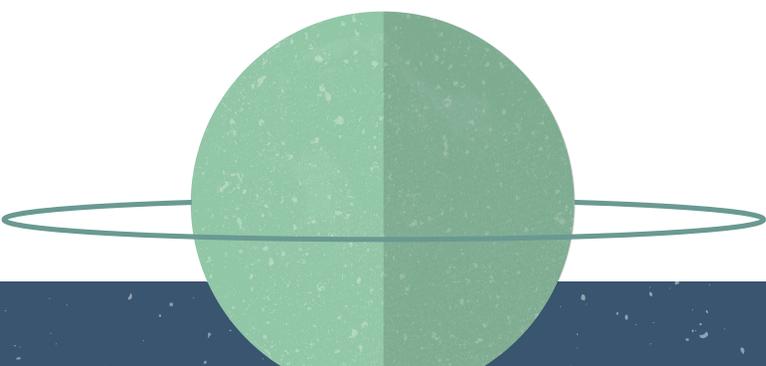
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# ABOUT US

SHAPE is a high school program created by the local non-profit organization Teen emPower! Students train through a retreat, camp, and volunteer work to become teachers for their younger peers. Our goal with SHAPE is to create a positive learning environment that shows teens can make a difference in their community and the world.

Sexual health, over the years, has been labeled a taboo subject. However, young people need to understand the importance of healthy relationships, how to handle emotions through puberty, and knowing an individual's boundaries to find independence and confidence successfully.

SHAPE students learn how to transition into adulthood while developing the skills to teach the same lessons to their younger peers!

## SUMMER RETREAT

JUNE 6TH - 10TH, 2022

As the summer begins, we host a retreat in downtown OKC. We provide a **free** week-long stay at a hotel, including suitemates, three meals per day, and snacks. During the day, Teen emPower! staff will introduce our curriculum taught in middle schools. Students learn about the reproductive systems, correct terminology, STI awareness, and more! We plan many activities for students to be knowledgeable about the basic sciences of sexual health.

## FALL CAMP

DURING FALL BREAK

Another multi-day training is required to learn the official peer educator lessons. Students choose from a selection of four lesson guides to study. **SHAPE students do not teach the science aspect of sexual health** since that is what the adults in our organization do. Instead they are to focus on exploring the social lessons, which are:

**Lesson 1 - The Risks of Early Sexual Involvement**

**Lesson 2 - Internal and Social Pressures**

**Lesson 3 - Relationships and Peer Pressure**

**Lesson 4 - Assertiveness Techniques**

## EXPECTATIONS

- Educating younger peers in a classroom setting, which includes public speaking and permission to be out of school **up to five days** during the school year
- Taking time to learn the lesson(s) he/she will teach
- Attending multi-day trainings (scheduled when school is not in session)
- Understanding that Teen emPower! schedules specific dates with schools which rely on us to be there – **this is a commitment**
- Maintaining a 2.75 or better GPA
- Avoiding excessive absences and any suspensions
- Creating an environment that is safe and free from judgment, shame, blame and guilt for their younger peers
- Keeping Teen emPower! staff informed of changes to contact information and schedules