I. Introduction and context
   a. Sexuality-related crossword/word search ice-breaker
   b. Provider comfort in addressing the topic
   c. Commonality of language
II. Trauma-informed approaches to sexuality
   a. Sex positive approach
      i. Two fundamental assumptions:
         1. Mutual consent
         2. Non-coercion
      ii. Affirms sexual pleasure
      iii. Affirms right to control one’s own sexuality and choice in:
         1. Self-identification
         2. Partners
         3. Behaviors
         4. Safety
   b. Creating comfort and safety
      i. Impacts of sex-negative attitudes on identity and self-expression
      ii. Impacts of sex-negative attitudes on safety
      iii. Sensitivity around culture-specific sexual norms
   c. Person-first language
      i. Eradicating objectification
   d. Non-demeaning language
      i. Impact of sexually-related or gender-related terms as insults
      ii. Impact of sexually-related or gender-related terms as swearwords
   e. Open, authentic discussions of sexuality
III. Normative Sexual Developmental Stages in youth
   a. Physiological
      i. Gonadal changes
      ii. Changes in physical composition
      iii. Hormonal changes
      iv. Brain development
      v. Sexual functioning
   b. Psychological
      i. Effects of hormones on mood
         1. Interaction with self-esteem
         2. Implications for mental health and substance use
      ii. Effects of frontal lobe development on mood and behaviors
         1. Executive functioning
         2. Impulse control
         3. Decision making
4. Longitudinal consequential thinking

iii. Effects of physical changes on mood
   1. Thyroid
   2. Sleep
   3. Weight/body image

   c. Relational
      i. Changes in caregiver-child relationships
         1. Need for autonomy and independence
         2. Rebellion and limit testing
         3. Continued need for modeling, mentoring, and protection
            a. Discussions about sexual values
            b. Discussions about sexual development
            c. Discussions about sexual health
            d. Discussions about sexual boundaries
      ii. Centrality of romantic relationships
         1. Role of sexuality in relationships
         2. Sexual exploration
         3. Establishment of sexual boundaries
      iii. Centrality of peer relationships
         1. Comparison and competition with peers
         2. Need for affirmation and acceptance
         3. Peer pressure and internalization of social norms
      iv. Social messaging
         1. Making sense of different social and cultural norms
            a. Familial
            b. Cultural/religious
            c. Media
            d. Social media

IV. Identity
   a. Sexual Identity
      i. Straight
      ii. Gay or lesbian
      iii. Bisexual
      iv. Pansexual
   b. Gender Identity
      i. Cisgender
      ii. Transgender
         1. Binary self-definition
         2. Non-binary/fluid self-definitions

V. Bias
   a. Role of bias
   b. Provider inventory
   c. Types and consequences of bias
      i. Attitudes about sexual behaviors
ii. Sexism and misogyny
iii. Heteronormative cultural assumptions
iv. Cisgender bias
v. Weaponization of ignorance or malevolence to perpetuate bias for the purposes of continued (or new) discrimination or efforts to assert dominance or control

VI. Consent and ethics
   a. Appropriateness of provider discussions with youth
      i. Role of parents
      ii. Necessity of parental permission?
      iii. Conflicting values
         1. Between provider and youth
         2. Between provider and parents
         3. Between parents
         4. Between parent(s) and youth
      iv. Privacy
   b. Age of consent for sex
      i. Sexual activity
      ii. California penal code
      iii. Child abuse reporting
   c. Age of consent for treatment
      i. Medical treatment
      ii. Drug and alcohol treatment and counseling
      iii. Mental health treatment and counseling
      iv. Family planning and contraception
      v. Pregnancy
      vi. Abortion
      vii. HIV/AIDS
      viii. Infectious, contagious, or communicable diseases (including STI/STD)
      ix. Rape
      x. Sexual assault

VII. Sexual exploration
   a. Sexuality education
      i. Types of education and content
         1. Comprehensive
         2. Abstinence-only/plus
         3. Birth control and unwanted pregnancy
         4. STD/STI protection
      ii. Sources of education
         1. Parents
         2. School
         3. Religious organization
         4. Health care provider
         5. Peers
      iii. Sexual models
1. Mixed messages
   b. Range of sexual behaviors
      i. Masturbatory
      ii. Partnered
         1. Socially sanctioned
         2. Peripheral or alternative
   c. Healthy sexual behaviors
      i. Developmental appropriateness
   d. Unhealthy sexual behaviors
VIII. Sexual exploitation
   a. Sexual harassment
      i. Verbal slurs
      ii. Inappropriate jokes, teasing
      iii. Cyber-bullying
      iv. Unwanted sexual advances
   b. Sexual assault
      i. Statistics
      ii. Sexual abuse by adult
         1. With penetration
         2. Without penetration (molest)
      iii. Rape
         1. Stranger
         2. Family, friend, authority figure, or peer
         3. Within a romantic relationship
   c. Relationship violence
      i. With or without sexual assault
   d. Sex trafficking
   e. Exploitative sex work
IX. Review, Summary, & Closing