

III. APPENDICES



PRESENTATION EVALUATION

M / F:

Age:

Date:

Location:

1. How useful was the information provided by the presenter?

- very useful
- might be useful later on
- not useful at all because

2. The presenter answered all my questions

- yes
- no, I still have questions (please write them below)

3. I find the materials that the presenter gave out to be:

- very helpful
- somewhat helpful
- not very helpful

4. Are there other issues you would have liked to hear more about?

5. Which activity did you enjoy the most? The activity you enjoyed the least?

6. Overall, did you enjoy the presentation?

- Yes, it was great
- It was OK
- No, I did not enjoy the presentation

7. Is there any advice you'd give the presenters? Do you have any comments on the presentation?

APPENDIX B

**Please contact the Health Curriculum Coordinator at AHWG at 415-576-1170 to request for free copies of referral cards*

NEW GENERATION HEALTH CENTER
(GYN and primary care for men and women up to age 24)
625 Potrero Ave.502-8336
Bus lines: 9, 48
Hours: M 10am-3:30pm, T 11am-5:30pm, W 10am-4pm, Th 9am-3:30pm, F 10am-3:30pm
Drop in (pregnancy & EC):
W&F 10am-3:30pm; W 2-5pm male clinic


GOOD SAMARITAN FAMILY RESOURCE CENTER FAMILY PLANNING CLINIC
1294 Potrero Ave.824-9475
(btwn 24th & 25th)
Bus lines: 33,9,48, BART 24th & Mission to #48 MUNI; Hours: W 12-6:30pm

OTHER

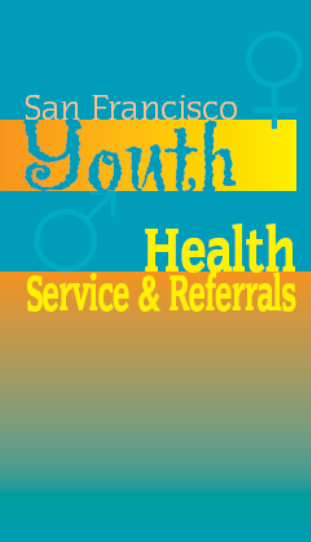
PACKARD CHILDREN'S HOSPITAL HEALTH VAN
(traveling comprehensive primary care)
Information line:1-888-711-TEEN or 1-800-690-2282
Tenderloin Playground 570 Ellis St.
2nd Tuesday of the month, 2-7pm

To get hooked up with free or low cost health insurance, call
1-800-300-9950.

Special thanks to the Department of Children, Youth and their Families for sponsoring the printing of this card.



www.ahwg.net



HOTLINES:

Bay Area Youthline(888) 977-3399

California AIDS Hotline(800) 367-AIDS

California Youth Crisis Line .(800) 843-5200

National Domestic Violence (800) 799-7233

National Runaway Switchboard (800) 621-4000

San Francisco Suicide Hotline (415) 781-0500

LYRIC (a talk line for queer & questioning youth)(800) 246-PRIDE

Emergency Contraception Hotline (888) NOT-2-LATE

CDC National STD Hotline . .(800) 277-8922

Poison Control(800) 582-3387

La Casa de la Madres (teen specific domestic violence shelter & support) (877) 923-0700

CASARC (sexual assault line for those up to age 18)(415) 206-8386

HIGH SCHOOL CLINICS AND WELLNESS CENTERS:

Gaileo High School 1150 Francisco St. 749-3430	Mission High School 3750 18th St. 241-6240
Lincoln High School 2162 24th Ave. 759-2700	Washington High School 600 32nd Ave. 750-8400 x3174
Lowell High School 1101 Eucalyptus Dr. 759-2730 x 129	O'Connell High School 2355 Folsom St. 695-5370
Thurgood Marshall High School 45 Conkling St. 695-5612	Balboa Teen Health Center 1000 Cayuga Ave. Rm. 156 469-4512

Rev. 05/04

CLINICS:
(Call first...sometimes schedules change!)

CHINATOWN/MARKET/DOWNTOWN/TENDERLOIN:

CHINATOWN PUBLIC HEALTH CENTER
1490 Mason Street.....364-7600
Bus lines: 30, 45, 83, 12, cable car
Hours: M-F 8am-5pm, closed 12-1pm

LARKIN STREET MEDICAL CLINIC
(Homeless/HIV services for youth up to age 24)
1138 Sutter Street673-0911 x259
Bus lines: 2, 3, 4, 19, 76
Hours: M/W/Th/F 9:30am-5pm, T 11am-5pm

PLANNED PARENTHOOD
815 Eddy Street.....(800) 967-7526
Bus lines: 5,7,31,38, F Market, All Civic Center BART & MUNI lines
Hours: M/Th 9am-5pm, T/F 7:30am-5pm, W 11am-7pm, S 8am-2pm

NORTH EAST MEDICAL CENTER
1520 Stockton Street.....391-9686
Bus lines: 15, 30, 45
Hours: M-F 8:30am-5pm, S 9am-4:30pm

MISSION/CASTRO:

MISSION NEIGHBORHOOD HEALTH CENTER
240 Shotwell552-3870
Bus lines: 27, 48, 22, 14, 49, 33
Hours: M-F 8am-5pm
Teen specific hours: M 1-5pm

VALENCIA HEALTH SERVICES
1647 Valencia Street647-3666
Bus lines: 14, 49, 26, 24th St BART
Hours: M/T/Th/F 9am-4:30pm, closed 12:30-1:30pm, W 9am-11:30am
Drop in Teen specific hours: M 2-4pm

CASTRO-MISSION HEALTH CENTER
3850 17th St487-7500
Bus lines: 24, 35, 37, J Church, F Market, K Ingleside, L Taraval, M Oceanview
Hours: M/W/F 7:45am-5pm, T 7:45am-9pm, Th 7:45am-5pm, Closed 12-12:45pm everyday
Dimension (Health services for Queer and Questioning youth) hours: Th 5-9pm

LYON-MARTIN WOMEN'S HEALTH SERVICES
1748 Market Street, Suite 201.....565-7667
Bus lines: All Market Street Transport
Hours: M/T/Th/F 8:30am-5pm, W 4-7:30pm
Drop in: M/T/Th 12:45pm

WESTERN ADDITION/HIGHT/PANHANDLE:

COLE STREET YOUTH CLINIC
(For youth up to 24)
555 Cole Street.....751-8181
Bus lines: 6, 7, 43, 71, 37, 33, 24
Hours: M/T/F 9am-5:30pm, W 9:30-1pm, Th 9:30-6pm, Drop in: Th 2-6pm

MAXINE HALL HEALTH CENTER
1301 Pierce Street292-1300
Bus lines: 31, 38, 22, 24
Hours: M/W/F 8am-5pm, T/Th 8am-6:45pm
(Hours will vary, call to confirm)
Drop in Teen Clinic: T 3-4pm

UCSF/MOUNT ZION MEDICAL CENTER -TEEN SERVICES
2330 Post Street, #320885-7742
Bus lines: 38, 24, 2, 4
Hours: M-F, 9am-5pm

UCSF MEDICAL CENTER, TEEN CLINIC
400 Parnassus Avenue, 2nd floor ...353-2002
Bus lines: N Judah, 6, 43, 66
Hours: M/W/F 1-5pm, Th 3-5pm, closed on T

KAISER PERMANENTE TEEN CLINIC
2200 O'Farrell St, 5th Flr.833-TEEN
Bus lines: 38
Hours: M/W/F 9am-5pm; T 9am-6:30pm

POTRERO HILL/EXCELSIOR/ VITACION VALLEY:

POTRERO HILL HEALTH CENTER
1050 Wisconsin Street.....648-3022
Bus lines: 19, 48, 53; Hours: M-F 9am-4pm
Closed 12-1:30pm everyday

SILVER AVENUE FAMILY HEALTH CENTER
1525 Silver Avenue.....715-0300
Bus lines: 9, 44; Hours: M-W/F 8am-5pm, Th 8am-8pm

HAWKINSVILLE (TEEN HEALTH CENTER)
1099 Sunnydale Ave., 3rd Floor585-2451
Bus lines: 9, 15; Drop in Hours: W 3-7pm

HIP HOP TO HEALTH CLINIC
(located in IT Bookman Center)
446 Randolph Street.....337-4719
Bus lines: K Ingleside, M Oceanview (comprehensive services for 12-14)
Hours: T&F 1pm-5pm

SAN FRANCISCO GENERAL HOSPITAL CHILDREN'S HEALTH CENTER
1001 Potrero Avenue, Main Hospital 6M
Physicals by appointment.....206-8376
Bus lines: 9, 33, 48; Drop in clinic/urgent care 7:30am-11pm every day (in evening come before 9:30pm to get seen)
Questions/advice line.....206-8383

APPENDIX C

**Please contact our current Health Curriculum coordinator at 415-576-1170 to ask for free copies of emergency contraception pamphlets*

APPENDIX D

**Please contact our current Health Curriculum coordinator at 415-576-1170 to ask for free copies of the Got Insurance?™ cards*

Mental Health Services

Name of Organization	Address	Phone	Description
Bay Area Young Positives	518 Waller St	487-1616	Provides service to HIV positive young people up to age 27
CA Pacific Medical Center	2323 Sacramento St. 2 nd Floor	923-3247	Outpatient Mental Health Clinic provides therapy for children, adolescents, and families
Child/Adolescent Sexual Abuse Resource Center	995 Potrero Ave, Building 80, Ward 82	206-8386	Serves children and adolescents who have been sexually abused
Chinatown North Beach Mental Health Services	729 Filbert St.	352-2000	Offers an array of mental health services to adolescents
Family Mosaic Project	1309 Evans Ave	206-7600	Provides mental health and support services for out of home and at risk youth to age 18
New Leaf: Services for our community	1853 Market St	626-7000	Provides outpatient counseling, info, and referrals to LGBTIQ youth
SF Women Against Rape	3543 18 th St	861-2024, hotline 647-7273	Comprehensive services for rape survivors, significant others, family, and friends
SF Suicide Prevention		984-1900, hotline 781-0500	Offers a suicide prevention hotline

Shelters

Name of Organization	Address	Phone	Description
Guerrero House	899 Guerrero St	550-4478	20 bed transitional housing program for young adults 18-24
Huckleberry House	1292 Page St	621-2929	Residential shelter providing 24 hour crisis housing for youth ages 11-17
Larkin Street Youth Services	1138 Sutter St	673-0911	Drop in center provides food, showers, laundry facilities
Riley Center	3543 18 th St	552-2943	Eight week emergency shelter for battered women and their children

Family Planning Services

Name of Organization	Address	Phone	Description
Buena Vista Women's Consultation Services	3000 California St.	771-5000	Offers confidential family planning services, free pregnancy testing, STI screening and treatment, abortion services
Choice Medical Group	1700 Pierce St.	922-6656	Offers basic gynecological services, free pregnancy testing, and low cost emergency contraception, abortion services
New Generation Health Center	625 Potrero Ave	502-8336	Reproductive health clinic that provides services for youth up to age 24, offers pelvic exams, STI testing and treatment, HIV testing and counseling
Planned Parenthood Golden Gate	815 Eddy St.	441-7858, hotline 1-800-230-PLAN	Offers STI testing and treatment, birth control, pelvic exams, abortion services, pregnancy testing, emergency contraception, anonymous HIV/AIDS testing
SF City Clinic	356 7 th St.	487-5500	Offers anonymous and confidential HIV testing, STI screening and testing, pap smears
Women's Community Clinic	2166 Hayes St, Suite 104	379-7800	Provides complete gynecological and family planning services, STI testing, pregnancy testing, HIV testing, homeopathy, acupuncture

Places to get emergency contraception

Name of organization	Phone number
AG Pharmacy	647-3757
Balboa Teen Health Center	469-4512
Castro Mission Health Center	487-7500
Cole Street Youth Clinic	751-8181
Pharmacy Access	626-4341
Golden Gate Pharmacy	661-0790
Larkin St Youth Clinic	673-0911
Maxine Hall Health Center	282-1300
Mission Neighborhood Health Center	552-3870
New Generation Health Center	502-8336
North East Medical Services	391-9686
Walgreen's	Check for listing closest to you!
Wellman's Pharmacy	362-3622
Women's Community Clinic	379-7800

Cool health websites for youth

Organization name	Website	Description
The EC website	Not-2-late.com	Info on what is EC, list of providers that give out EC
EC-help	Ec-help.org	Info on what is EC, how to get EC, pharmacy locations, FAQ
Advocates for Youth	www.advocatesforyouth.org/teens	Info on general health and well being, lots of information on sexual health
Advocates for Youth	www.mysistahs.org	A website for and by young women of color to share ideas, thoughts and opinions about issues related to sexual health
Advocates for Youth	www.ambientejuven.org	A Spanish-language website for Latino LGBTQ youth
Go Ask Alice	www.goaskalice.columbia.edu	Tons of questions and answers on all kinds of health topics including alcohol and other drugs, nutrition, emotional health, general health, sexuality and sexual health
Planned Parenthood	www.plannedparenthood.org/teens or www.teenwire.com	Information on sexual health and developing health relationships
Lyric	www.lyric.org	Includes info, resource guides, and web links that address the needs of LGBTQ youth all over the globe

Health Definitions You Want to Know!

Testicular exam
Anonymous
Sliding scale
Confidential
Sensitive services

Health Care Provider
Medi-Cal
Symptoms
Pelvic exams

- _____ A doctor, nurse, nurse practitioner, physician’s assistant, social worker, acupuncturist, or any other professional person who provides health care.
- _____ Nameless. It means the health care provider will not ask your name.
- _____ Costs based on this means you either pay as much as you can or it may mean they will determine the cost based on how much you make.
- _____ This is an exam that doctors perform on young males by feeling their testicles and the area around them to detect for possible problems, including the presence of a hernia or a tumor.
- _____ A sign from your body that you have an illness, such as chills, headache, sores, cough, and pain. It’s important to tell your doctor or nurse about these signs, especially anything that seems to be unusual so that your provider can figure out what’s wrong with you.
- _____ Secret. It usually means that only the doctor or staff will hear what you say or read what’s in your chart. It means different things in different clinics, so it’s important to ask.
- _____ Special free program to pay for people’s health care. This public insurance program requires that you make less than 100% of the Federal Poverty Level. You have to fill out paper work to qualify.
- _____ A procedure women need to make sure everything is OK with their reproductive organs. This includes: checking the uterus for lumps or anything unusual.
- _____ These are services requiring a special level of confidentiality. In California, this includes pelvic exams, pregnancy testing, abortion and counseling, STI testing and HIV testing, among others.

Scenario 1

Read the following situation below. Circle 3 things that don't seem right about Lana's experience at the clinic. Write down what her next step should be after this visit.

It was only the second time Lana had ever been to a clinic and she was scared. Lana was coming to the clinic to get a pregnancy test. When she walked into the clinic, the waiting room was white and almost empty. The only poster on the wall had had a picture of a scary looking boy and girl saying "Practice Abstinence."

Lana: Hello, my name is Lana. I am here to take a pregnancy test? (*whisper*)

Receptionist: Did you say that you are here for a pregnancy test? (*loud voice, direct tone*)

Lana: Yes (*quiet and embarrassed*)

Receptionist: Take a seat in the waiting room until you are called.

Lana sits in the waiting room and waits for over 30 min. She is growing increasingly more nervous, and feels sick to her stomach. She was thinking maybe I shouldn't have come here. Finally, the receptionist calls her to see the doctor.

Doctor: So you are here for a pregnancy test. (*Disapprovingly, looking down at a notebook*)

Lana: Yes

Doctor: Haven't you heard of protecting yourself against pregnancy?

Lana: Well, it was just one time. We were at a party, and one thing just led to another. We weren't thinking about using a condom.

Doctor: You should be more responsible before engaging in sexual activities. Have you thought about what you would do if you are pregnant?

Lana: I haven't thought about it yet. I am just hoping that the test is negative.

Doctor: You should have thought about the consequences before you decided to have sexual intercourse. Because of this risky behavior, I think it is good idea that you have a full examination. Take this gown and undress completely and I'll be back to examine you with this. (*Doctor hands patient a hospital gown and takes out the speculum, waving it in the patients fact.*)

Lana: But....but....Do I have to get completely naked? What exactly are you testing for?

Doctor was already walking away and didn't answer.

Discussion

What was happening in the skit?

How did the doctor act?

How did the patient act?

How could the doctor have made the appointment better?

How could the patient have made the appointment better?

How could the clinic been run more efficiently?

Characteristics of bad doctor: rude, rushes, judges patient, doesn't explain procedures

Characteristics of bad patient: shy about their body, not prepared for their appointment, distrustful

Main Point: make the appointment count by being prepared, asking questions, and making sure you understand the answers. Remember that you have the right to know what's going on during your visit. Health care is not just for the rich or for adults. Doctors are busy, but you deserve every minute of care.

Scenario 2

Good doctor/Good patient

Doctor: Hi Chelsea! My name is Dr. Gonzalez, but you can call me Isabel. I'm glad you have chosen me as your gynecologist.

Chelsea: Hi Isabel. It's my first time to have a breast exam and pelvic exam. I'm really nervous!

Doctor: That's ok. If there's any information you would like to know about the exam, we can discuss it before we proceed with the breast exam. I will do the breast exam first, and then the pelvic exam.

Chelsea: Ok, well.. I do have a question before we start. I just started having sex about two months ago, and my friends told me it's a good idea to have this exam when I started having sex. I just want to make sure you don't tell my parents because they would kill me if they knew what I was doing!

Doctor: Don't worry Chelsea; everything you have told me is confidential. I will not tell your parents.

Chelsea: Thank you Isabel. I'm so relieved! I thought it was mandatory that you tell my parents everything I say to you.

Doctor: Yes Chelsea, everything you tell me is confidential unless you tell me you are being abused, physically and/or sexually, you are going to hurt yourself or someone else, you are under 16 and having sex with someone 21 years or older, you are under 14 and having sex with someone 14 years or older you need emergency medical services that aren't related to confidential services (i.e. treatment for a sprained ankle). Do you have any other questions or concerns before we begin?

Chelsea: No. Can you let me know step by step what you will be doing?

Doctor: Yes. If you feel any discomfort, I will stop and continue when you are ready.

Chelsea: Oh! And one more thing... Can I see inside my cervix when you get to the pelvic exam?

Doctor: Sure.

Chelsea: Thank you!!

Doctor: No problem.

***Scenario 1:** Mario goes to his doctor’s office because he thinks he has anal warts. He feels very scared and embarrassed. He has a lot of questions he wants to ask his doctor. When he gets to the clinic, one of the clinic staff rushes him into a room and tells him to wait for the doctor to come in. When the doctor finally comes in, Mario feels really rushed and is intimidated to ask the doctor the questions he has. If you were Mario, how would you deal with the situation?

***Scenario 2:** Caroline is going in for her first pelvic exam. She feels nervous because she does not know what to expect and she feels uncomfortable having someone inspect her “down there.” Caroline arrives at the clinic and she is more nervous than she has ever before. If you were Caroline, what would you do now?

***Scenario 3:** Paul goes into the clinic to get a STI test and HIV/AIDS test. At the clinic, he sits down with a health educator. The health educator asks him about his sexual behaviors including the number of partners he has had and how many people he had unprotected sex with. Paul mentions that he knows that he wants to use condoms but is intimidated to ask his partners to use them. The health educator starts to lecture him and accuse him of being irresponsible for having unprotected sex. If you were Paul, how do you deal with the situation?

***Scenario 4:** Jane goes into the clinic to get more information on birth control. The doctor at the clinic mentions that she has many options, including the birth control pill, the patch, and the Nuva Ring. Jane expresses interest in the Nuva Ring—a ring that is inserted by the user into her vagina. However, the doctor insists that the birth control pill would probably be a better option for her since she may be uncomfortable with inserting something into her vagina. She feels that she is being judged by the way she looks. If you were Jane, how do you deal with the situation?

***Scenario 5:** Sam started experimenting with smoking around his friends. However, he is worried about the negative effects that it may have on his body. He wants to talk to his doctor about it but does not know how to bring it up or how his doctor will respond to him. He arrives at the doctor’s office and he starts to wonder if he is doing the right thing. If you were Sam, how do you deal with the situation?

***Scenario 6:** Josh has just come out as a gay youth. He wants to ask his clinician about specific health issues relating to being a gay man but he does not know how to initiate the conversation. He is also scared of how his doctor will respond and whether or not his doctor will tell his parents (who do not know yet). What are ways Josh can deal with this situation?

(List of Icebreakers)

Silent Identification

Each participant is asked to write words or draw pictures that describe themselves. This is done silently. They pin the picture on their chests, walk around and have everyone look each other over. Pictures are then shuffled and participants are asked to identify the person to which the picture belongs.

Name Game

Sit in a circle. One person starts by using an adjective starting with the same letter as their first name, followed by their first name (i.e. Clever Claire, Kind Karen). The next person and following has to repeat the first person's adjective and name and then add their own. It goes around the circle and the last person has to repeat all other names in order and end with their own.

Balloon Game

Pass one balloon around the circle and have each person write a question on that balloon. They pass the balloon around the circle and each person has to answer three questions on the balloon.

Non-verbal birthday lineup

Ask everyone to line up according to the month and day of birth without any talking. This should inspire some interesting means of communication towards a common goal.

Paper Bag Skits

First split your group into teams consisting of three to six members. Give each team a paper bag filled with assorted objects. The objects can be almost anything, i.e. a wooden spoon, a screw, a bar of soap, a computer disk, etc. The object of the game is to present a skit using all of the props provided. The props may be used as they would be in normal life, or they may be imaginatively employed. Give each group a topic to base their skit on. When all the skits have been planned and rehearsed they are performed for the amusement of all

The Name Continuum

Put a sign that has a large A on it on one wall of the classroom. Put a sign that has a large Z on it on the opposite wall. Then have all participants arrange themselves in alphabetical order between the letters. You might do first name order first, then repeat for family name order. Variations: See whether students can do this without saying a word! You might have them organize themselves in order by birth date, height, or another piece of orderable information.

Silent Telephone

The students are divided into two equal single file lines. The students at the head of the line are closest to the chalkboard and have a writing device. The two students in the back of the line choose one symbol and draw it on a piece of paper which is folded and not shown or told to any of the other students. The student who came up with the symbol has to trace that symbol on the students back in front of them. Each student traces the symbol that they feel being drawn on their back on the students back in front of them. After the symbol is traced on the students at the front of the line they draw what symbol they felt on the board. Both groups compare their symbol. The real symbol is then drawn on the board for the students compare.

Fortune Cookie Ice Breaker

In this icebreaker, quotations magnify central themes and raise issues that result in lively debate and discussion. Quotations are identified that are appropriate for your target audience. Insert the quotations in fortune cookies (or tape them to the cellophane wrapper). You'll find that tweezers work well if you need a tool for removing and replacing fortune cookie scripts. If time is limited, simply fold the strips of paper and place them in a container. Distribute the fortune cookies (or strips of paper) to individuals, pairs or teams. Provide 10-minutes for participants to reflect and

formulate a response (e.g. agree/disagree and/or relevance of the quotation). Debrief - display each quotation on a flip chart, whiteboard, or PowerPoint slide in turn to ensure everyone can reflect on the quotation.

Human Knot

The group is broken down into smaller groups of approximately the same size (groups should not be too large nor too small or the game is too difficult/easy). Each group stands in a circle and everyone is asked to close their eyes and extend their hands in to the center of the circle. On the count of three everyone grabs another hand. The object is then to untangle the knot without letting go of any hands. We have had times when two separate circles have been formed or there is a knot that simply cannot become untangled. It is a lot of fun watching everybody in each group cooperating and trying to figure out how to undo the knot without letting go. The first team to untangle the knot and return the group to a plain circle "wins."

Stinger

Have the group form a circle and close their eyes. Facilitator circles the group and selects a "stinger" by squeezing an individual's shoulder. The group then opens their eyes and spends time introducing themselves to others while shaking hands (and trying to spot the stinger). The stinger tries to eliminate everyone without getting caught. The stinger strikes by injecting poison with their index finger, while shaking hands. A person stung may not die until at least five seconds after they are stung. The more dramatic the death, the better! When someone thinks they have discovered who the stinger is, they may announce that they know. If they get a "second" from someone else in the group within 10 seconds, the two of them may make an accusation. If the person does not get a second, he/she must wait to challenge again, after another person dies. If another person does step forward to second the challenge, both point to who they think it is on a count to three. If they do not point to the same person, or they both point to the wrong person, they both are automatically dead. If they select the correct person, the stinger is dead and the game is over.

Answer Yes

Ask questions and if the guest answer with a "Yes" they must get up from their chair and move one place to their left. They may end up sitting on someone's lap or two laps. Here are the questions which you can vary with your own: Do you have black shoes on? Did you walk here? Do you have three or more children? Are you wearing earrings? Are you wearing pearls? Do you have blue jeans on? Is it your birthday this month? Are you wearing the color red? Etc. The first person to get back to her original seat is the winner of a prize