

Resources for Supporting Healthy Relationship and Sexuality Development for Foster Care in Alaska

Rights, Responsibilities, & Foster Care

- **Alaska**
 - [Foster Youth Rights](#)
 - [Resource Family Bill of Rights](#)
 - [Rights of LGBTQIA2S+ Youth in Foster Care in Alaska](#)

- **Sexual & Reproductive Health**
 - [Sexual & Reproductive Health Services for System-Involved Youth](#)
 - [Bridging the Gap: How Caseworkers and Caregivers Can Support the Sexual & Reproductive Health of System Involved Youth](#)
 - [Inputs and Outcomes of PREP Programs Serving Youth in Foster Care](#)
 - [Reproductive Health Equity Project for Foster Youth \(California\)](#)
 - [Resources for Youth, Child Welfare, Health Providers, and Caregivers](#)
 - [Developmentally Appropriate Approaches to Discussing Sexual and Reproductive Health Rights with Foster Youth](#)
 - [Caring for LGBTQ Children & Youth: A Guide for Child Welfare Providers](#)

- **Adolescent Brain Development**
 - [Understanding the Adolescent Brain and Its Implications for Young People Transitioning from Foster Care](#)
 - [Video: Unlocking the Adolescent Mind](#)

- **Impacts of Trauma**
 - Trauma-Informed Practice with Young People in Foster Care
<https://www.aecf.org/m/resourcedoc/jcyoi-IssueBrief5TraumaInformedPractice-2012.pdf>
 - Trauma and Resilience: An Adolescent Provider Toolkit
<https://rodriguezgsarah.files.wordpress.com/2013/05/traumaresbooklet-web.pdf>
 - A Trauma Informed Approach for Adolescent Sexual Health
<http://resourcesforresolvingviolence.com/wp-content/uploads/A-Trauma-Informed-Approach-forAdolescent-Sexual-Health.pdf>

- **For Youth**
 - [Rights, Responsibilities, and Resources: A Guidebook for Foster Youth in Alaska](#)
 - [Alaska Youth Law Guide, a Resource for Teens and Young Adults](#)
 - [Sex, Drugs, & Rock N' Roll](#)
 - [Facing Foster Care in Alaska](#)
 - [UAA Office of Youth Empowerment](#)

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Parents & Caregivers Tips & Tools

- Planned Parenthood for Parents
 - <https://www.plannedparenthood.org/learn/parents>
- Amaze.org
 - Videos with information about relationships, sexual orientation, sexuality, puberty, etc., <https://amaze.org/>
- Sexual Health Toolkit for Parents of Youth with IDD
 - <https://teenpregnancy.acf.hhs.gov/resources/sexual-health-toolkit-parents-youth-idd>
- Real Talk
 - Videos of people, including individuals with disabilities, discussing a wide variety of relationship and sexual health topics, <https://www.real-talk.org/>

- **Conversation Tips**
 - Healthy Sexuality for Youth in Foster Care - Tip Sheets:
 - <https://www.fosterparenttalk.org/home>
 - Communication Strategies
 - Contraceptive Options
 - Safety
 - Sexual Orientation and Gender Identity
 - [Top Tips for Youth Engagement \(in foster care\)](#)
 - [Texas Foster Youth Health Initiative – Resources for Caregivers & Professionals](#)
 - Planned Parenthood
 - [Videos for Parents](#)
 - [Tips for Talking](#)
 - [Talk Now, Talk Often AK](#) (Conversation starter cards for teens, Alaska based)
 - [Pledge to be an Askable Parent – Amaze.org](#)
 - [Center for Parent and Teen Communication](#)

- **Healthy/Unhealthy Relationships**
 - Love Is Respect
 - Easy to read information and interactive quizzes about healthy relationships and abuse, <https://www.loveisrespect.org/>
 - “We Think Twice” Plug & Play Activities
 - [Free engaging lessons from the Family & Youth Services Bureau](#)
 - Roller Coaster Relationships, Romance, and Destiny: Media Messages in the Real World <https://bit.ly/3ZyWJv5>
 - Building Healthy Relationships <https://bit.ly/48Aq1O4>

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Parents & Caregivers Tips & Tools Cont.

- **Consent**
 - Video about consent for everyone: <https://www.advocacydenver.org/sex-ed-shorts-consent-for-everyone/>
 - Consent and Tea Video: <https://youtu.be/pZwvrXVavnQ?si=MmQR-lw0DOTtuEDF>
 - Consent wheel: <http://teentalk.ca/consentgame/>
 - Rules for Dating Video: <https://youtu.be/xyzCjybOv6o>

- **Social Media and Online Safety**
 - Common Sense Media
 - Articles and videos about all forms of social media and how to teach others about using social media - <https://www.commonsensemedia.org/articles/>
 - Social Media Test Drive
 - Created by Cornell University Social Media Lab in collaboration with Common Sense Education
 - <https://socialmediatestdrive.org/modules.html>
 - Teaching Digital Citizenship to Students Who Learn and Think Differently
 - <https://www.commonsense.org/education/articles/teaching-digital-citizenship-to-students-who-learn-and-think-differently>
 - “Being Tech Smart”
 - Help young people discover the benefits of using digital technology in a healthy way and avoid the dangers with this free, interactive lesson from the Family & Youth Services Bureau <https://bit.ly/456hdwk>

- **Masturbation**
 - Amaze: "Having the Talks," <https://amaze.org/video/having-the-talks-masturbation/#parents>
 - National Council on Independent Living (NCIL) YouTube video series, Sex Ed for People with I/DD: <https://www.youtube.com/watch?v=wZ6T8wrqjAE&list=PLuEvYNNQ-dHeVhbyeJHx9s8ogsvBk621v>
 - Bedsider: <https://www.bedsider.org/sex-and-relationships/masturbation>
 - Real Talk: <https://www.real-talk.org/topics/pleasure>

- **Resources Organized by Age Groups**
 - Planned Parenthood for Parents <https://www.plannedparenthood.org/learn/parents>
 - Talk with Your Kids <https://www.talkwithyourkids.org/>
 - [Talking About Consent and Healthy Relationships at Every Age](#)
 - Amaze Jr (ages 4+) – <https://amaze.org/jr/>
 - Every Body Curious (ages 9-12+) – <https://everybodycurious.com/>
 - Common Sense Media - <https://www.commonsensemedia.org/articles/> and <https://www.youtube.com/@CommonSenseEducation/>

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For Teens/Young Adults

- **I Know Mine** <https://www.iknowmine.org/>
 - Alaska based, culturally relevant

- **Social Media & Online Safety**
 - [Social Media: Tips for Youth in Foster Care](#)
 - Teen Voices video series
 - Common Sense Media YouTube channel: <https://www.youtube.com/@CommonSenseEducation/>
 - Example from series = Teen Voices: Who You're Talking to Online: https://youtu.be/Dii8Lj0_TGQ
 - Relationships & Technology Video
 - Amaze.org <https://www.youtube.com/watch?v=HxySrSbSY7o>
 - Online Dating When You Have a Disability
 - The Arc of Minnesota's easy-to-read guide
 - https://arcminnesota.org/wp-content/uploads/2021/09/OnlineDatingWhenYouHaveaDisability_TheArcMinnesota.pdf

- **Sexual & Reproductive Health**
 - Scarleteen – <https://www.scarleteen.com/>
 - Bedsider
 - Information about birth control methods and safe sex, <https://www.bedsider.org/>
 - Includes visual representation and descriptions of different birth control methods: <https://www.bedsider.org/methods>
 - Teen Source
 - (California based) <https://www.teensource.org/>

- **Healthy/Unhealthy Relationships**
 - Love is Respect <https://www.loveisrespect.org/>
 - We Think Twice™
 - a movement designed with teens, for teens, with tools and resources to help you make healthy decisions, set goals, manage money, improve leadership skills, look out for your mental health, and resist peer pressure.
 - Teens Talk Relationships video series - <https://www.wethinktwice.acf.hhs.gov/teens-talk-relationships-video-series>
 - How to Connect with Parents/Caregivers <https://www.wethinktwice.acf.hhs.gov/how-connect-parents-caregivers>
 - [Center for Parent and Teen Communication: for Teens](#)
 - [Video: What teens think about: Healthy relationships](#)

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For Teens/Young Adults cont.

- **Gender, Sexual Orientation, LGBTQ+**
 - [Information and Resources for LGBT Youth in Foster Care](#)
 - The Trevor Project
 - Information about sexual orientation, gender identity, and support for LGBTQ people to give them a welcoming world
 - <https://www.thetrevorproject.org/>
 - PFLAG
 - Provides confidential peer support, education, and advocacy to LGBTQ+ people, their parents and families, and allies. <https://pflag.org/>
 - It's Pronounced Metrosexual
 - Free online resource for learning and teaching about gender, sexuality, and social justice, <https://www.itspronouncedmetrosexual.com/>
 - Trans Student Educational Resources
 - Gender Unicorn and other graphics and posters about gender identity and LGBTQ youth, <https://transstudent.org/>

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Education Opportunities

- **UAA Center for Human Development**
 - Friendships & Dating Program
 - Family Services Training Center
 - ECHO
 - Family ECHO
- **TBRI**
- **HEALTHY SEXUALITY FOR YOUTH IN FOSTER CARE: AN ONLINE TRAINING FOR PARENTS**
 - Foster children aged 10+
 - Free, on-demand
 - <https://www.fosterparenttalk.org/home>
 - Webinar overview of the training:
 - <https://teenpregnancy.acf.hhs.gov/resources/healthy-sexuality-youth-foster-care-online-training-parents>
- **ADDRESSING THE SEXUAL AND REPRODUCTIVE HEALTH OF YOUTH IN SYSTEMS**
 - <https://teenpregnancy.acf.hhs.gov/resources/addressing-sexual-and-reproductive-health-youth-systems>
- **POWER THROUGH CHOICES**
 - Sexual health program designed for youth in systems of care (ages 13-18)
 - 10 session evidence-based prevention curriculum
 - Facilitator Trainings
 - <https://www.healthyteennetwork.org/project/power-through-choices/>
- **Social Media Safety for Young Adults with IDD**
 - Presented by Dr. Mary Jo Krile with The Arc of Northern Virginia
 - <https://youtu.be/27gZlWyJ5Dc>
- Child & Youth Sexual Developmental Stages