

SEXUAL HEALTH INFORMATION NETWORK AND EDUCATION

Sexual Health Information Network and Education (SHINE) is a free inclusive health enrichment program for young people 14 to 19 years old or up to 21 if pregnant or parenting. The program helps teens build healthy relationships, teaches them how to avoid STIs and unplanned pregnancy, and provides answers to sexual health questions.



The SHINE program is offered at Fall Mountain Regional High School, Granite Hill School, Newport Middle High School, Stevens High School, and other locations across Sullivan County. The program is free and participants can earn \$100 if they complete the program. Anyone who hasn't completed the program may register.

Liza Draper

Liza is a certified teacher with degrees from the University of Pennsylvania and Dartmouth College.

SHINE can help answer many of the questions you may have about dating, sexual health and relationships in a supportive and safe group of your peers. SHINE can help you learn more about:

- Sexual health
- Adolescent development
- Reproductive anatomy
- Understanding coercion vs. consent
- Birth control
- Safe sex
- Recognizing and resisting peer pressure
- Signs, symptoms, and consequences of STIs
- Avoiding unplanned pregnancy
- Understanding gender identity and sexual orientation
- Communicating with a partner
- Having a healthy relationship with a partner
- Personal risk assessment
- Substance abuse
- Sexual assault

*Funding provided by State of NH Dept.
of Health and Human Services*



PO Box 1098
Claremont, NH 03743
(603) 542-1848
www.tlcfamilyrc.org