This guide is designed to support facilitation of an interactive discussion about Counseling Adolescent Clients to Resist Sexual Coercion. Facilitators should feel free to adapt and revise this guide. Facilitators may choose to convene a one-time meeting with clinic staff about this topic or include this as part of larger training efforts.

By the end of the discussion, participants should be able to:

» Describe the Title X requirement for counseling adolescents to resist sexual coercion.
» Define sexual coercion for adolescent clients.
» Start a conversation with adolescents on how to recognize and resist sexual coercion.
» Explain what a healthy relationship is and is not to adolescent clients and discuss the characteristics of a healthy relationship.
» Show adolescent clients how to use refusal skills techniques to resist sexual coercion.

At least 60 minutes, with more time for discussion as schedules allow.

» PowerPoint Slides with Notes: Slides with speaker notes, activities, and discussion questions
» Counseling Adolescent Clients to Resist Sexual Coercion Video: This video demonstrates how to start a conversation with an adolescent client about sexual coercion.
» Speakers: To play videos during the session

This discussion is designed to be conducted virtually or in person.

Administrative, clinical, and all project personnel

Facilitators should review the PowerPoint Slides and the Counseling Adolescent Clients to Resist Sexual Coercion Video.
# DISCUSSION GUIDE

## Counseling Adolescent Clients to Resist Sexual Coercion

**Introducing the Title X requirement for Counseling Adolescent Clients to Resist Sexual Coercion**
- **10 minutes**
- Slides 1-4

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<tr>
<th>Present Slide</th>
<th>Facilitate</th>
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<tbody>
<tr>
<td>1</td>
<td>Counseling Adolescents Clients to Resist Sexual Coercion—Updated December 2019</td>
</tr>
<tr>
<td>2</td>
<td>Learning objectives</td>
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<td>3</td>
<td>Legislative mandate</td>
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<td>Annual training on sexual coercion</td>
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**Define sexual coercion for adolescent clients**
- **10 minutes**
- Slides 5-6

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<thead>
<tr>
<th>Present Slide</th>
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<tr>
<td>5</td>
<td>What is sexual coercion?</td>
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<td>6</td>
<td>Examples of sexual coercion</td>
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**Start a conversation with adolescents on how to recognize and resist sexual coercion**
- **20 minutes**
- Slides 7-14

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<tr>
<th>Present Slide</th>
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<tr>
<td>7</td>
<td>Best practices for provider-adolescent communication</td>
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<tr>
<td>8</td>
<td>Safety tip: key recommendation</td>
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<td>9</td>
<td>Discussing confidentiality: sample language</td>
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</tbody>
</table>
Counseling Adolescent Clients to Resist Sexual Coercion

10 Mandatory reporting

11 Five principles of quality counseling

12 Best practices for provider-adolescent communication (cont.)

13 Raising the issue: sample language

14 Responding to difficult emotions

Strategies for working with adolescent clients on resisting sexual coercion

20 minutes Slides 15-20

Present Slide Facilitate

15 Healthy relationship wheel & questions

16 Relationship spectrum

17 Refusal skills for delaying sexual activity

18 Refusal skills (cont.)

19 Counseling adolescent clients to resist sexual coercion video

Activity:
» Watch the video (approximately 7 minutes).

Discussion:
» How does the scenario in the video relate to experiences you have had with clients?
» What are some approaches you have found helpful for starting a conversation with adolescents about sexual coercion?
» What do you find most difficult when talking with adolescents about possible sexual coercion?
» What would you document in the client’s record?

20 Contact us

This discussion guide was supported by Award No. FPTPA006028-04-00 from the Office of Population Affairs (OPA). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of OPA or HHS.