



Health Education Resources Available in Spanish

Obtain resources by directly contacting individual organizations listed.

This list of resources has been compiled by the Minnesota Organization on Adolescent Pregnancy, Prevention, and Parenting (MOAPPP)
1619 Dayton Ave., Suite 111 ♦ St. Paul, MN 55104 ♦ 651.644.1447 or 800.657.3697 ♦ moapp@moapp.org ♦ www.moapp.org

ETR Associates, PO Box 1830, Santa Cruz, CA 95061-1830. 800.321.4407. www.etr.org

Abstinence

- *Abstinence and Self-esteem/ Abstinencia y autoestima*, pamphlet. \$16.00 for 50 copies; \$30.00 for 100 copies.
- *Abstinence: Think About It/ Abstinencia: Piénselo*, pamphlet. \$16.00 for 50 copies, \$30.00 for 100 copies.
- *101 Reasons to be Abstinent/ 101 razones para practicar la abstinencia*, pamphlet. \$16.00 for 50 copies, \$30.00 for 100 copies; \$56.00 for 200 copies.
- *101 Reasons to Make Love Without Doin' It and 101 ways to say NO to sex / 101 maneras de amarnos sin tener sexo y 101 maneras de decir NO al sexo*, pamphlet. 50 copies for \$16.00; 100 copies for \$30.00, 200 copies for \$56.00.
- *101 reasons to be abstinent and 101 reasons to be monogamous/ 101 razones para practicar la abstinencia y 101 razones para practicar la monogamia*, pamphlet. 50 copies, \$16.00; 100 copies, \$30.00.00; 200 copies for \$56.00.

Birth Control & Pregnancy Prevention

- *Am I Parent Material?/ Pensando en ser Padre o ¿Madre?*, pamphlet. 50 copies for \$16.00; 100 copies for \$30.00.
- *Birth control facts/ Los Métodos de control*, pamphlet 50 copies for \$16.00; 100 copies for \$30.00; 200 for \$56.00.

HIV

- *HIV facts/ El VIH: Lo que todos deben saber*, pamphlet. 50 copies for \$18.00; 100 copies for \$34.00; 200 copies for \$64.00.
- *HIV: The Answers/El VIH: Las respuestas*, pamphlet. 50 copies for \$16.00; 100 copies for \$30.00; 200 for \$56.00.
- *HIV: Think about it/ VIH: piénselo*, bilingual Pamphlet. 50 copies for \$16.00; 100 copies for \$30.00; 200 for \$56.00.
- *Teens and HIV!/ ¿Los jóvenes y El VIH!*, pamphlet. 50 copies, \$16.00; 100 copies, \$30.00; 200 copies, \$56.00.
- *Women and HIV: Think about it/Las mujeres y el VIH: piénselo*, bilingual Pamphlet. 50 copies for \$16.00; 100 copies for \$30.00; 200 for \$56.00.
- *Alcohol and HIV: Think about it/Alcohol y VIH: piénselo*, bilingual Pamphlet. 50 copies for \$16.00; 100 copies for \$30.00; 200 for \$56.00.
- *Drugs and HIV: Think about it/ Drogas y VIH: piénselo*, bilingual pamphlet. 50 copies for \$16.00; 100 copies for \$30.00; 200 copies for \$56.00.

Monogamy

- *101 Reasons to Be Monogamous/101 razones para practicar la monogamia*, pamphlet. 50 copies, \$16.00; 100 copies, \$30.00; 200 copies, \$56.00.

Pregnancy

- *Pregnancy Facts/El embarazo*, pamphlet. 50 copies, \$18.00; 100 copies, \$34.00; 200 copies, \$64.00.
- *Prenatal Care/ Cuidado prenatal*, pamphlet. 50 copies, \$18.00; 100 copies, \$34.00; 200 copies, \$64.00.

Puberty

- *Growing up: An Educator's Bilingual Guide to Teaching*, book, targeted to grades 4-7. \$27.50. Available in Spanish and English.
- *Feeling Good About Growing Up*, video, targeted to grades 4-7. \$89.00. Available in Spanish and English.
- *Menstruation Facts/ La menstruación*, pamphlet. 50 copies, \$18.00; 100 copies, \$34.00; 200 copies, \$64.00.
- *Puberty Facts/ La pubertad*, pamphlet. 50 copies, \$18.00; 100 copies, \$34.00; 200 copies, \$64.00.

STD

- *Individual pamphlets on STDs, including Gonorrhea, Herpes and Chlamydia*. 50 copies, \$16.00; 100 copies, \$30.00; 200 copies, \$56.00. Available in English and Spanish.
- *Condoms: Think about it/Condomes: piénselo*, bilingual pamphlet. 50 copies, \$18.00; 100 copies, \$34.00; 200 copies, \$64.00.
- *STD Facts/ ETS: Las Enfermedades Transmitidas Sexualmente*, pamphlet. 50 copies, \$18.00; 100 copies, \$34.00; 200 copies, \$64.00.
- *STD: Think About It /ETS: piénselo*, pamphlet. 50 copies, \$16.00; 100 copies, \$30.00; 200 copies, \$56.00.

Sexuality and Information Council of the United States (SIECUS), 130 West 42nd St Suite 350, New York, NY 10036-7802. 212.819.9770. www.siecus.org

- *How to Talk to Your Kids about AIDS/ Como Hablar Con Sus Hijos Sobre El SIDA*, booklet that contains information for preschoolers, young children, preteens, and teenagers. \$2.00 each.
- *Talk About Sex/ Hablemos de Sexo*, booklet to help teenagers communicate more openly and effectively about issues related to sexuality and HIV/AIDS. \$2.00 each.
- *Oh No! What Do I Do Now?/Ay No! Que Hago Ahora?*, booklet includes eight situations to help parents of preschool children analyze their feelings about sexuality issues. \$2.00 each.
- *Sexuality Resources From Around the World/ Fuentes de la Sexualidad en Todo el Mundo*, a bibliography of books and international organizations. \$3.00 each.
- *SIECUS Guidelines for Comprehensive Sexuality Education: Kindergarten-12th grade/ Guia Para Una Educación Sexual Integral Para La Juventud Hispana/Latina: Kindergarten-12 grado*, includes a resource section on materials for Hispanic/Latino youth. \$7.95 each.
- *Making the Connection: Sexuality and Reproductive Health/Establecer el Vinculo: Cairo, Sexualidad y Salud Reproductiva*, a guide to help program planners, providers and policymakers worldwide understand the connection between sexuality and reproductive health.

Campaign for Our Children, Inc., 120 West Fayette St Suite 1200, Baltimore, MD 21201. 410.576.9015. www.cfoc.org

- *"Don't like the odds? Don't have sex"/¿No te quieres arriesgar? Dile no al sexo.*, 11" x 28" poster. \$5.00.
- *"It's amazing how many of these guys disappear when one of these shows up"/Es sorprendente ver cuántos hombres desaparecen cuando se presenta uno de éstos.*, 14" x 19" poster designed to promote the delay of sexual activity and to educate young males about the responsibilities of fatherhood. \$5.00
- *"Talk to Your Children About Sex."/Hable con sus niños sobre el sexo.*, poster. \$5.00.
- *"Abstinence Makes the Heart Grow Fonder"/La abstinencia alimenta el amor verdadero.*, poster. \$5.00.
- *"Brain Battle"*, poster designed to encourage abstinence. \$5.00

Planned Parenthood of MN/SD, 1200 Lagoon Ave. Dept 300, Minneapolis, MN 55408. 612.823.6568

- *Unplanned Pregnancy Options*, a thoughtful decision-making guide for a woman or a couple faced with an unplanned pregnancy. 2-199 copies, 40 cents each; 200+ copies, 35 cents each. Available in English and Spanish.
- *Your Contraceptive Choices*, includes information on all of the contraceptive methods currently available. 2-199 copies, 30 cents each; 200+ copies, 30 cents each. Available in English and Spanish.

**Advocates for Youth, 1025 Vermont Ave NW Suite 200, Washington, DC 20005. 202.347.5700.
www.advocatesforyouth.org**

- *Como Planear Mi Vida*, a life education curriculum for youth ages 13-18. \$54.00.
- *Make A Life for Yourself*, workbooks that cover planning for the future, making good choices about school, career, and parenthood – for teachers, parents, teens, and youth professionals. \$5.00 each
- *In Our Own Words: Teens and AIDS*, 20-minute video profiling five teens infected with HIV through unprotected sexual intercourse. Available in English and Spanish. \$99.95.
- *Catálogo Latinoamericano y del Caribe de Materiales Educativos Sobre Salud Sexual Juvenil*, a CD that allows users to find the best and most current educational materials developed in Latin America and the Caribbean relating to adolescent reproductive and sexual health by suitability for a given audience. Available only in Spanish. \$10.00.
- *Guía Para Abogar Por la Salud Integral de los/las Adolescentes, Con Énfasis en Salud Sexual y Reproductiva (Spanish Advocacy Kit)*, discusses organizing at the local level to affect policy change related to adolescent reproductive and sexual health in Latin America and the Caribbean. \$30.00.
- *Serving the Future*, results of a detailed survey of nearly 500 adolescent reproductive health programs in 170 developing countries. Available in Spanish, French and English. \$30.00.

**National Alliance for Hispanic Health, 1501 Sixteenth St. NW, Washington, DC 20036.
202.387.5000. www.hispanichealth.org**

- *El fortalecimiento de las familias: Programa para padres hispanos*, a curriculum that focuses on strengthening Hispanic parents' skills (within a context of cultural and societal transition) in leading the family; understanding children's physiological development; and communicating values to children about postponing sex and promoting behaviors which support their health and well-being. Available in English and Spanish. \$125.00
- *A Cultural & Empowerment Approach to HIV Prevention among Latinas/Hispanic women*, a 12-module training curriculum. Available in English. \$67.00.
- *La Tardeada*, a video and discussion guide packaged designed for community educators working with Hispanic youth. Free, while supplies last.
- *Families, Adolescents and Children Training (FACT) Resource Kit*, materials forming a comprehensive approach to addressing sociocultural barriers to health care, including strengthening families, preventative health care and performing Hispanic health needs assessments. \$225.00.

National Campaign to Prevent Teen Pregnancy, 1776 Massachusetts Ave., Suite 200, Washington, DC 20036. 202.478.8500. www.teenpregnancy.org

- *Talking Back: Ten Things Teens Want Parents To Know About Teen Pregnancy/ Los Jóvenes Responden: Diez Cosas Que Desean Que Los Adultos Sepan Sobre El Embarazo En La Adolescencia*, pamphlet. Up to 5 copies, free; 100 copies, \$1.00 each; over 100 copies, 70 cents each.
- *Nine Tips To Help Faith Leaders And Their Communities Address Teen Pregnancy/ Nueve Consejos Para Ayudar A Líderes Espirituales Y Sus Comunidades A Hacerle Frente Al Problema Del Embarazo En La Adolescencia*, pamphlet. Up to 5 copies, free; 100 copies, \$1.00 each; over 100 copies, 70 cents each.

- *Ten Tips for Parents to Help their Children Avoid Teen Pregnancy/ Diez Consejos Para Los Padres De Familia: Ustedes Pueden Ayudar A Sus Hijos E Hijas A Evitar El Embarazo En La Adolescencia*, pamphlet. Up to 5 copies, free; 100 copies, \$1.00 each; over 100 copies, 70 cents each.
- *Thinking About The Right-Now: What Teens Want Other Teens to Know About Preventing Pregnancy/ Pensemos En Este Momento: Lo Que Los Adolescentes Quieren Que Otros Adolescentes Sepan Sobre La Prevención Del Embarazo*, pamphlet. Up to 5 copies, free; 100 copies, \$1.00 each; over 100 copies, 70 cents each.
- *Teen Pregnancy and Childbearing Among Latinos in the United States/Datos y Cifras: El Embarazo y La Maternidad Entre Las Adolescentes Latinas en Estados Unidos*, pamphlet. Up to 5 copies, free; 6-100 copies, \$1.00 each; over 100 copies, 70 cents each.

Selected organizational resources

- **National Council of La Raza**
1111 19th Street NW, Suite 1000, Washington, DC 20036. www.nclr.org
- **National Latina Institute for Reproductive Health**
1200 New York Avenue NW, Suite 206, Washington, DC 20005. 202.326.8970. www.nlirh.org
- **Chicanos Latinos Unidos En Servicio (CLUES)**
220 South Robert Street, St. Paul, MN 55107. 651.292.0117
- **Minnesota Hispanic Education Program, Inc.**
1821 University Avenue West, St. Paul, MN 55104. 651.917.1913