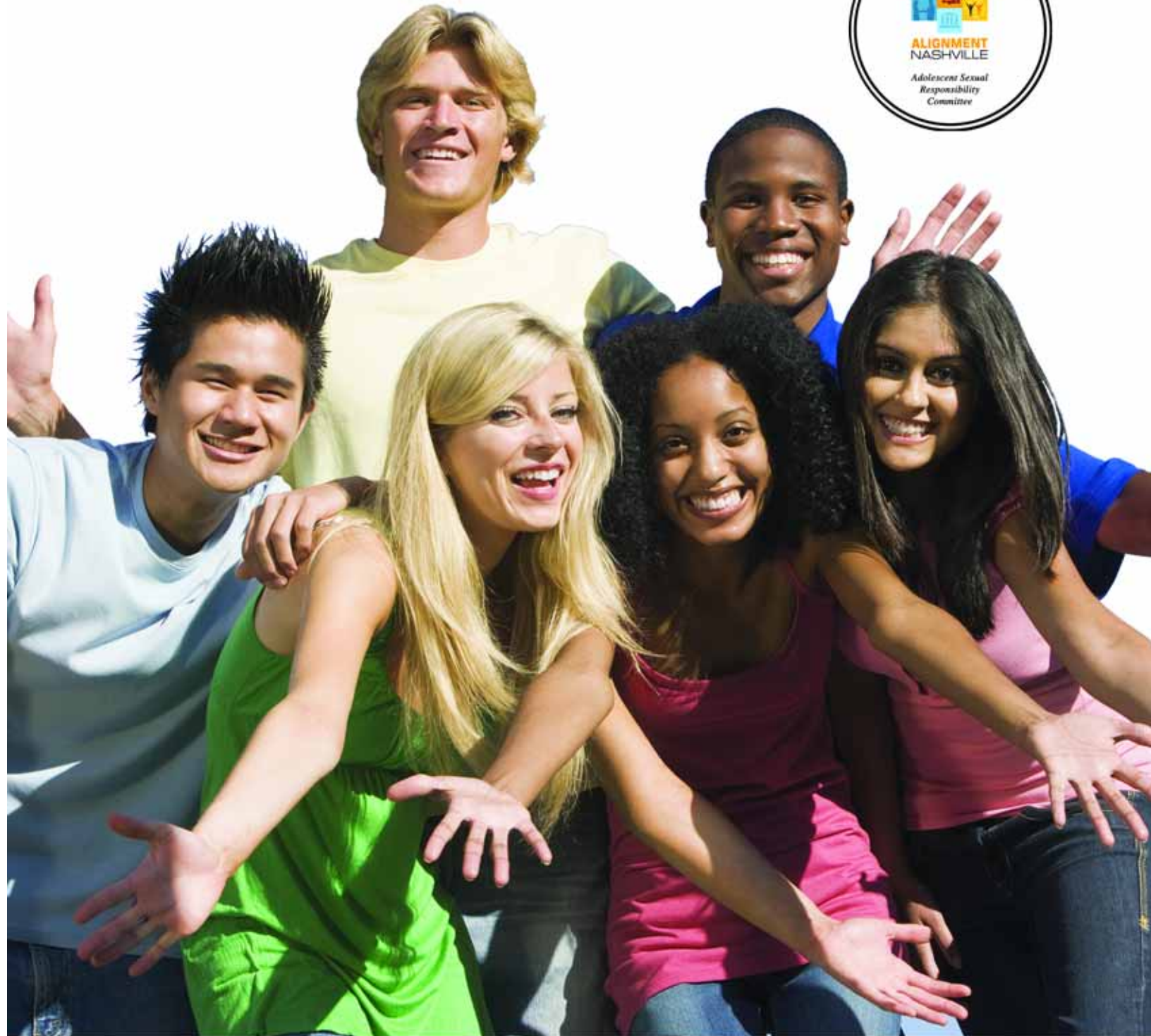


Adolescent Healthy Futures

A Guide for Connecting Young People to
Reproductive Health Resources





[About Alignment Nashville]

Alignment Nashville is a unique and scalable framework for developing community schools. Its mission is to align the city's organizations and resources to the Metro Nashville Public Schools strategic plan and to other community strategic plans, creating coordinated support of public school success, children's health, and the success of our community as a whole.

In the past, almost 200 nonprofit organizations worked in the schools and community individually, without coordination of their efforts. While each organization provided much-needed services, the problems facing public education and our children are too complex for any single group to address in isolation.

Alignment Nashville (AN) developed processes for collaboration that align the resources of schools, nonprofits, businesses, and the public sector toward common goals. The synergy generated by this community-wide collaboration, coordinated by AN, is essential for effective and efficient delivery of children's services - and for sustained improvement in public education and children's health.

The AN process provides these advantages:

- Greater returns on investment: By working together toward common goals, resources are leveraged, duplication is avoided, and efficiency is greatly increased.
- Higher-quality services: Utilizing expertise from multiple organizations guarantees a broader perspective and a wiser approach.
- Enhanced capacity: Very few organizations have the capacity for community-wide impact. A collective effort enhances the effectiveness of each organization while generating a much greater overall benefit for children.
- Leverage of local funding: AN collaborative initiatives have demonstrated they can attract national funding, increasing the impact of local financial support that helped build the pilot projects.



www.alignmentnashville.org

[A LETTER FROM THE COMMITTEE]

DEAR COMMUNITY MEMBERS AND PARENTS,

Adolescence is a precious time for self-exploration and the development of ideals, individualism and independence. Young people (ages 13 -18) need access to resources and support to develop healthy relationship skills to ensure their physical, social and emotional well-being. Nashville has numerous community resources to support healthy young people and their families, yet few youth-serving organizations, students and parents are aware of such support systems and how to gain access to them.

The Alignment Nashville Adolescent Sexual Responsibility Committee helps support young people and their parents to make healthy and responsible decisions by:

- Ensuring that Nashville adolescents are sexually responsible with the help of evidence-based reproductive health resources and pregnancy prevention information;
- Facilitating the ease of youth access to reproductive health services; and
- Providing training and professional development for educators, youth workers, youth-serving organizations, parents and community members to support the health and development of all youth in Nashville.

It is the committee's hope that this community Resource Guide will be used by parents and youth-serving organizations to provide information and guidance to youth and their families who need reproductive health services.

Our best regards,

D'Yuanna Allen
Metropolitan Public Health Department
Chair

Linda DePriest
Metropolitan Nashville Public Schools
Vice Chair

Adolescent Sexual Responsibility Committee

- D'Yuanna Allen, Chair
Metro Public Health Department
- Linda DePriest, Vice Chair
Metro Nashville Public Schools
- Joan Clayton-Davis
Community Volunteer
- Misty Ellis
Nashville CARES
- Ashleigh Hall
Centerstone
- Lillian Maddox-Whitehead
Metro Public Health Department
- Kayce Matthews
Planned Parenthood of
Middle and East Tennessee
- Melanie Scott
Students Taking A Right Stand
- Pamela Sheffer
Oasis Center
- Sharon Travis
Sexual Assault Center

Committee Accomplishments, Annual Events and Acknowledgements

- Produced first Alignment Nashville resource guide, the Lifetime Wellness resource guide for Metro Nashville Public Schools health and wellness teachers (2007).
- Designed the first full professional development workshop for High School Lifetime Wellness teachers. (2009, 2010 annually).
- Committee member agencies provided MNPS-approved sexuality and family life education for more than 800 students since January 2010.

This resource guide is not comprehensive nor is it meant to replace medical and/or legal information. If you are interested in being included in future resource guides, conferences and professional development opportunities, please visit the Alignment Nashville website or contact Anthony Johnson at anthony@alignmentnashville.org.

What is adolescent sexual responsibility?

Adolescent sexual responsibility - a young person's ability to consistently make healthy and responsible decisions regarding their sexuality - is everyone's responsibility. Each year, more than half of all high school students report having had sex at least once, and about 66% of all high school students nationwide report having sex before they graduate from high school. The Centers for Disease Control and Prevention estimates that about 1 out of every 4 high school students has a sexually transmitted infection like Chlamydia and/or Gonorrhea, and about half of those young people don't even know they have it. In addition, irresponsible and unhealthy decision-making also exposes young people to HIV and AIDS as well as unintended pregnancy.

Overall, young people need positive support from their parents, peers, and caring adults at school and in the community to learn to make healthy and responsible decisions. The Alignment Nashville Adolescent Sexual Responsibility Committee (ASR) recognizes that each young person may choose to define sexual responsibility based on the influences of their cultural, religious, individual and family ideas. Therefore, this committee supports adolescent sexual responsibility in the following ways:

- Support young people's decisions to abstain from having sex until marriage.
- Support parents as the best and single most influential source of information to support the health and development of their children.
- Support young people's access to medically accurate information about reproductive health services to make healthy decisions.
- Support young people's access to confidential reproductive health services.
- Support young people's correct and consistent use of birth control/contraceptives to prevent unintended pregnancies that may impact their academic, social and physical achievement.
- Support young people's correct and consistent use of condoms to prevent the transmission of HIV and other sexually transmitted infections.

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How to use this guide

This guide is divided into specific sections for youth-serving organizations and caring adults who work with youth to guide them to resources as needed.

For youth-serving organizations: Use Section One to identify organizations that offer responsible decision-making education for teens where you can refer a young person for assistance or ask for a presentation to the youth you serve.

For youth: Use Section Two to identify trained teens with whom you can speak or refer a friend about dealing with peer pressure, talking to your parents and getting support to make healthy, responsible choices to help you achieve your life goals.

For parents: Use Section Three to identify parent education resources including workshops, support groups and parent networks.

Sections Four and Five provide resources related to youth access to contraceptive services and sexual health services. Many of the organizations listed provide free or low-cost, confidential health services for youth. Some organizations provide "teen-only" clinics and other organizations provide the same services in the community. These sections are particularly helpful for youth and caring adults to link young people to needed services.

Section Six provides additional resources including information for GLBTQ youth and families.

The Quick Reference Grid is available for quick identification of resources based on need.

SECTION ONE: Responsible Decision-Making Education Resources

Resources listed in Section One provide community-based health education for young people. Many of the community-based education classes intentionally focus on building protective skills and reducing risk factors associated with sexual initiation, unintentional pregnancy, transmission of STDs/HIV, etc. Some of the agencies listed require parental permission before young people are allowed to participate in the classes. Please contact the agencies directly if you have questions about the resources they provide.



Research has shown that early, clear parent-child communication regarding values and expectations about sex is an important step in helping adolescents delay sexual initiation and make responsible decisions about sexual behaviors later in life. Parents are in a unique position to engage their children in conversations about HIV, STD, and teen pregnancy prevention because the conversations can be ongoing and timely.

Sexual Health and Risk Reduction Education Metro Public Health Department

Mission: To protect the health and well-being of all people in Metropolitan Nashville.

Contact: Brad Beasley
email: brad.beasley@nashville.gov

Location: Lentz Public Health Center
Address: 311 23rd Avenue North
Nashville, TN 37203

Phone: 615-340-5676

Teen education offered:

- Sexually Transmitted Disease (STD) Prevention- Descriptions of common STDs, symptoms, diagnosis, treatment and risk-reduction behaviors.

- HIV/AIDS - Descriptions of symptoms, diagnosis, treatment, risk-reduction behaviors, societal implications for positive diagnosis and resource linkages for people living with HIV/AIDS.

- STD Statistics - National, state and local statistics on rates of STD infections in the United States, the state of Tennessee and Nashville/Davidson County by age, gender and race/ethnicity.

Additional resources available:

- STD Fact Sheet Handouts
- PowerPoint Presentation of approved STD and HIV/AIDS information

Pregnancy Prevention and Parenting Skills Development Education Metro Public Health Department

Mission: To protect the health and well-being of all people in Metropolitan Nashville.

Contact: Lillian Maddox-Whitehead
email: lillian.maddox-whitehead@nashville.gov

Location: Lentz Public Health Center
Address: 311 23rd Avenue North
Nashville, TN 37203

Phone: 615- 340-2261

- Refusal and negotiation skills - Interactive session to help young people develop healthy communication skills with peers and dating partners to practice risk-reduction behavior and refusal skills for high-risk situations.

- Conception, Contraception and Consequences - Medically accurate description of conception, options for preventing unintended pregnancy and the societal consequences of unintended pregnancy. General information is provided on resources for teen parents in Nashville/Davidson County.

Teen education offered:

- Healthy relationship development - Interactive session to help young people distinguish healthy and unhealthy dating relationships and how to safely end unhealthy dating relationships.

Additional resources available:

- STD Fact Sheet Handouts
- Conception Anatomy and Physiology handouts
- Cycle of Domestic Violence/Dating Violence handouts



Be in Charge Program Centerstone Tennessee

Mission: Centerstone's mission is to prevent and cure mental illness and addiction.

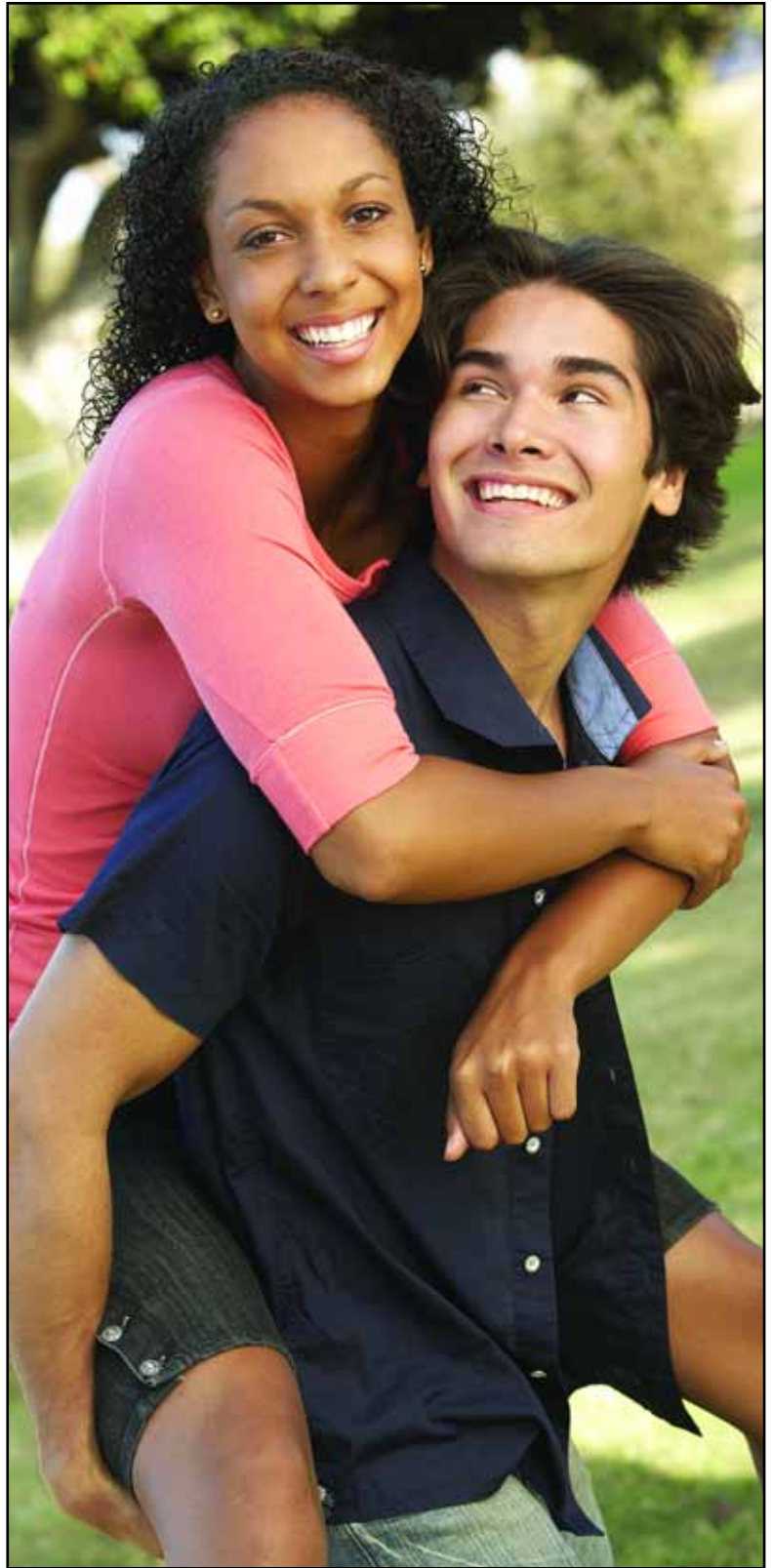
Contact: Amy Cannon
email: amy.cannon@centerstone.org

Location: Centerstone
Address: 332 Sumner Hall Drive
Gallatin, TN 37066
Phone: 615-210-9402

The "Be in Charge" Program uses the evidence-based curriculum Making a Difference to educate 7th- through 12th-graders.

Teen education offered:

- Sexually Transmitted Disease (STD) Prevention
- Healthy Relationship Development
- Self Respect in Decision Making
- Refusal Skills Development
- How to Avoid Risky Situations
- Consequences of Teen Pregnancy
- Setting Limits Through Self-Discipline
- How to Make Healthy Choices in the Future



Planned Parenthood of Middle and East Tennessee

Mission: The mission of Planned Parenthood of Middle and East Tennessee is to proudly provide the highest standards of quality and professionalism in providing access to reproductive, sexual and complementary health care services and information in settings that preserve and protect the right to privacy; providing educational programs that enhance understanding of human sexuality; and advocating for public policies that guarantee these rights and ensure access to these services.

Contact: Kayce Matthews
email: kaycem@ppmet.org

Location: Planned Parenthood of
Middle and East Tennessee
Address: 50 Vantage Way, Suite 102
Nashville, TN 37207
Phone: 615- 345-0952

The Promoting Healthy Decisions (P.H.D.) for Teens is a series of workshops that promote a comprehensive approach to healthy sexuality:

Teen education offered:

- **Puberty: Am I Normal?** encourages acceptance and understanding of body types by explaining reproductive anatomy and the physical and emotional changes during puberty.
- **Abstinence: Know If You're Ready** because saying "no" isn't always easy, builds refusal and decision-making skills, empowering young people to postpone sexual involvement and make healthy decisions.
- **Birth Control: When and If You Need It**, identifies behaviors that can lead to unplanned pregnancy; reviews birth control methods including abstinence, behavioral, barrier, and hormonal contraceptives.

- **Sexually Transmitted Infections 101**, surveys the most common sexually transmitted infections with a focus on possible symptoms, treatments, and prevention.
- **The Facts of Life: Reproductive Anatomy 101**, explains and debunks myths regarding male and female reproductive anatomy through a fun and interactive game.

Other teen education provided:

- **Building Healthy Relationships**, cultivates respect for oneself and others by focusing on communication skills, tolerance of differences, vulnerability and jealousy, and acceptance of sexual responsibility.
- **"That's so gay!"** explores issues surrounding gender, sexual orientation, and stereotypes to promote acceptance and understanding.
- **The Facts about HIV/AIDS**, dispels misconceptions about HIV/AIDS with facts about the HIV virus, transmission, protection, treatment and advances in vaccine research.
- **MySpace, YourSpace**, provides participants with information and skills to examine the influence of media on sexuality, decision-making, and relationships.



Sexual Assault Center

Mission: Our mission is to end sexual violence and provide healing for children, adults and families affected by sexual assault through counseling and education. We have been providing services for Middle TN since 1978 and have counseled more than 17,000 individuals.

Contact: Sharon Travis
email: stravis@sacenter.org

Location: Sexual Assault Center
Address: 101 French Landing Drive
Nashville, TN 37228
Phone: 615-259-9055

The Sexual Assault Center has developed a curriculum for teens through a collaboration involving educators, parents, counselors, police officers, other non-profits and of course, teens.

Teen education offered:

- **Safe@Last** is a personal safety curriculum designed for elementary school-age children that has been taught for over 10 years in over 80 Tennessee school districts. Education topics include: Healthy Relationships, Communication Skills, Media Literacy and Sexual Assault.
- **BE** is the personal safety curriculum designed for middle and high school youth. Education topics include: Healthy Relationships, Communication Skills, Media Literacy and Sexual Assault.
- **Male Peer Education** is outreach education available to teen and college students; includes the Male Peer Education training. College presentations available upon request.
- **Therapeutic Care** is personalized therapeutic care to individuals regardless of their ability to pay.

CHOICES Metro Public Health Department

Mission: To protect the health and well-being of all people in Metropolitan Nashville.

Contact: Lillian Maddox-Whitehead
email: lillian.maddox-whitehead@nashville.gov

Location: Lentz Public Health Center
Address: 311 23rd Avenue North
Nashville, TN 37203
Phone: 615-340-2261

The CHOICES Program uses the evidence-based SiHLE curriculum supported by the Centers for Disease Control and Prevention to offer 6- to 8-week education sessions for young adults ages 13 to 20. All classes are offered free of charge. Free food and incentives (movie passes, bus passes, t-shirts, etc.) are provided to participants who complete the education classes.

Teen education offered:

- **Goal Setting/Values Clarification** - Session focuses on helping young people clarify life goals and values that are important to them as basis for making choices that are consistent with those goals and values.
- **Pregnancy, HIV/AIDS and Sexually Transmitted Diseases (STD) Prevention** - Three-part education series to equip young people with refusal and self-efficacy skills to seek and use medical services.
- **Condom Negotiation** - Two-part education series to equip sexually active young people with the necessary skills to use consistently use condoms.
- * Please contact Lillian Maddox-Whitehead for more information. Education sessions are scheduled on an ongoing basis at the following Metro Parks and Recreation community centers:

Hartman Park Regional
East Park Regional
Watkins Park

Hadley Park Regional
Coleman Park Regional
Morgan Park

HIV/AIDS Prevention Education Street-Works

Mission: Street-Works' mission is to prevent the spread of HIV/AIDS and to provide care and supportive services for those infected and affected, through outreach, education, and advocacy in communities of greatest risk.

Contact: Leslie Davis
email: ldavis@street-works.org

Location: Street-Works
Address: 520 Sylvan Street
Nashville, TN 37206
Phone: 615-259-7676

The HIV/AIDS Prevention Education provided by Street-Works uses an education curriculum supported by the Centers for Disease Control and Prevention, free of charge.

*Education sessions are scheduled on an ongoing basis. Please contact Leslie Davis for more information about scheduling.

Teen education offered:

- Reproductive Health Education - Medically accurate information on how to protect one's reproductive health from long- and short-term harm through the prevention of STD transmission.
- HIV/AIDS Prevention Education and Counseling - Medically accurate information on how to protect one's health and one's partners' health from the transmission of HIV/AIDS.
- Support for Youth of HIV Positive Parents - Safe, confidential counseling support services for young people coping with an HIV positive parent(s); includes opportunities to speak to a trained, caring and knowledgeable adult at the 83 University Court location.



Additional youth resources:

- Movie library for teens
- Brochures and pamphlet information for teens
- Parent education offered: HIV/AIDS prevention counseling for parents and counseling and support services for parents of newly diagnosed HIV positive youth.
- Safe Place for youth: office functions as a safe place for youth to talk to a caring and knowledgeable adult.

Focus on Youth with ImPACT (FOY) Planned Parenthood

Mission: The mission of Planned Parenthood of Middle and East Tennessee is to proudly provide the highest standards of quality and professionalism in providing access to reproductive, sexual and complementary health care services and information in settings that preserve and protect the right to privacy; providing educational programs that enhance understanding of human sexuality; and advocating for public policies that guarantee these rights and ensure access to these services.

Contact: Kayce Matthews
email: kaycem@ppmet.org

Location: Planned Parenthood of Middle & East TN
Address: 50 Vantage Way, Ste. 102
Nashville, TN 37228
Phone: 615-345-0952

The Planned Parenthood Focus on Youth (FOY) is an 8-session education series that is recognized as a best-evidence effective behavioral intervention by the

Prevention Research Synthesis Program at the Centers for Disease Control and Prevention.

Teen education offered:

- FOY Session 1: Trust Building and Group Cohesion
- FOY Session 2: Risks and Values
- FOY Session 3: Obtaining Sexual Health Information
- FOY Session 4: Examining Consequences
- FOY Session 5: Assertive Communication
- FOY Session 6: Sexual Health & Showing You Care Without Having Sex
- FOY Session 7: Attitudes and Skills for Sexual Health
- FOY Session 8: Community Project

*Education sessions are scheduled on an ongoing basis. Please contact Kayce Matthews for more information about scheduling.



Journeys Program Metro Public Health Department

Mission: To protect the health and well being of all people in Metropolitan Nashville.

enhance youth knowledge of their changing and maturing bodies.

Contact: Lillian Maddox-Whitehead
email: lillian.maddox-whitehead@nashville.gov

- Communication 101 - Two-part education series to equip young girls with important skills to talk with their mothers and/or other maternal figures about healthy relationships and what it means to be a young woman.

Location: Lentz Public Health Center
Address: 311 23rd Avenue North
Nashville, TN 37203

- Relationship Bullying - Session focuses on helping young girls recognize unhealthy relationships with their peers and potential dating partners and how to seek help to handle those relationships.

Phone: 615-340-2261

The Journeys Program uses the evidence-informed Journey to Womanhood curriculum to offer 6- to 8-week education sessions for middle school girls ages 10 to 12. All classes are offered free of charge. Free food and incentives are provided to participants who complete the education classes.

* Please contact Lillian Maddox-Whitehead for scheduling information. Education Classes are offered on an ongoing basis at the following Metro Parks and Recreation community centers during designated after-school and summer camp programs:

Youth education offered:

- Goal Setting/Values Clarification - Session focuses on helping young people clarify life goals and values that are important to them as the basis for making choices that are consistent with those goals and values.
- Puberty and hygiene - Three-part education series to

Hartman Park Regional Community Center
Hadley Park Regional Community Center
East Park Regional Community Center
Coleman Park Regional Community Center
Watkins Park Community Center
Morgan Park Community Center
Sevier Park Community Center

Nashville CARES

Mission: To promote and participate in a comprehensive and compassionate response to HIV disease through community education for increased understanding and prevention of HIV transmission, advocacy for responsible public policy, and services that improve the quality of life for people living with HIV/AIDS and their families.

Address: 633 Thompson Lane
Nashville, TN 37204

Phone: 615-259-4866

Teen education offered:

Nashville CARES provides an HIV 101 session which covers the basic facts of HIV transmission, means of HIV prevention and nature of the HIV epidemic both biologically and socially.

Contact: Misty Ellis
email: mellis@nashvillecares.org

*Education sessions are scheduled on an ongoing basis. Please contact Misty Ellis for more information about scheduling; requires more than a 1-week notice to schedule presentations.

Location: Nashville CARES

Male Involvement Program Music City Healthy Start

Mission: The mission of the Metro Public Health Department is to protect and improve the health and well-being of all people in Metropolitan Nashville.

Contact: Robert Taylor
email: robert.taylor2@nashville.gov

Location: Music City Healthy Start
Address: 311 23rd Avenue, North
Nashville, TN 37203
Phone: 615-341-4374

Teen education offered:

The Music City Healthy Start Male Involvement Program provides various workshops related to fatherhood, preconception and inter-conception health (staying healthy before having another child) for new and expecting fathers and teen fathers.

Men and young men in particular are often marginalized in the reproductive health care system that focuses primarily on women and young women, yet young men often need as much if not more support to develop healthy and responsible decision-making skills.

The Music City Healthy Start Male Involvement Program also provides parent education workshops related to fatherhood, preconception and inter-conception health.

* The Music City Healthy Start Male Involvement Program also partners with the Middle Tennessee Men's Health Coalition to provide mentoring, job training, academic support, healthy male development (particularly for young men of color) and responsible fatherhood support for young men 13 and older.



STEP Up YMCA of Middle Tennessee

Mission: The YMCA of Middle Tennessee is a worldwide charitable fellowship united by a common loyalty to Jesus Christ for the purpose of helping people grow in spirit, mind, and body.

Contact: Amber Jackson
email: ajackson@ymcamidtn.org
web: www.ymcamidtn.org

Location: YMCA of Middle Tennessee
Address: 1000 Church Street
Nashville, TN 37203
Phone: 615-255-9622

Teen education offered:

- Students Teaching & Empowering Peers (STEP Up) works with students starting in the 5th through 12th grade. STEP Up uses the evidence-based curriculum, Reducing the Risk, and offers weekly sessions with

each group starting at the beginning of the school year and ending in May. There is also a 6-8 week peer prevention education summer program offered in the summer.

- Students Educating Active Leaders (SEAL) focuses on high school students. The SEAL Team uses evidence-informed resources and focuses on using drama and acting to create and develop skits to educate their peers. The SEAL Team meets once a week and has an extensive peer training and skit development camp during the summer.

Both programs work with youth to educate them on the risks of unhealthy behaviors.

- The YMCA of Middle has a variety of resources available to parents and families served in the various programs. Parents are encouraged to visit our website that caters to developing healthier families and, most importantly, youth.

Birthing Project - Nashville

Mission: The mission of Birthing Project-USA is to assist local communities in improving their health status by addressing the systemic causes of their lack of well-being. In conjunction with this mission, the Birthing Project - Nashville seeks to provide pregnant and parenting adolescents ages 12-23 with opportunities for positive youth development, mentoring, education and support in a safe, healthy and nurturing environment.

Contact: Jamila Walker
email: birthingprojectnashville@gmail.com
web: www.birthingprojectusa.org

Address: Church Street Station
PO Box 330640
Nashville, Tennessee 37203
Phone: 615-254-1844

Birthing Project Nashville provides monthly education to pregnant and parenting adolescents based on their pregnancy and parenting cycle.

Teen education offered:

- Pregnancy Resources & Support
- STDs/HIV/AIDS & Risky Behaviors
- Self Esteem & Body Image
- Teen Dating/Domestic Violence & Stress

Adolescent Gynecology Pediatric Specialists of Nashville

Mission: To be an extension of your relationship with your primary-care doctor by providing exceptional quality medical services, same-day or next-day appointments, and timely communication.

Contact: Trudy Williams
email: Trudywilliam@centpeds.com

Location: Pediatric Specialists of Nashville
Address: 310 25th Ave North, Suite 204
Nashville, TN 37203
Phone: 615-620-5151

Teen Education Offered:

- Education and counseling for adolescent girls and young adult women ages 12-26
- Benefits of delaying a young woman's sexual debut
- Definition, benefits and risks of sex
- Up-to-date screening and medical procedure recommendations
- Signs, symptoms and prevention of sexually transmitted diseases
- Risks and benefits of the various contraceptive methods
- HPV vaccination and cervical cancer prevention
- Normal female development and reproductive health
- Healthy diet and nutrition
- Healthy relationships

My Sister's Keeper Fashioned In His Image Total Women's Center, Inc.

Mission: To empower women, including teen girls, to be healthy and productive by applying Christian principles to everyday living.

Contact: Stephanie Harris or Anna Walker
email: spfihi@comcast.net or info@fihi.net

Address: 340-A W. Trinity Lane
Nashville, TN. 37207
Phone: 615-650-7475

The My Sister's Keeper (MSK) program provides support and mentoring for teen girls and young college women. The program is designed to provide support to counteract influences that negatively impact the lives of young women during crucial transitional periods in their lives, especially teen and college years. This is accomplished by providing a safe environment for young ladies to share and learn with their peers at

weekly and bi-weekly support meetings, offering life-skill workshops, and participating in outreach activities that are cultural enrichment, positive socially, and community-service oriented.

Teen education offered:

- My Sister's Keeper - Community - Opportunities to learn positive life styles skills and enhance capacity to make healthy life choices for teen girls ages 13-18.
- My Sister's Keeper - Collegiate - Opportunities to learn positive life styles skills and enhance capacity to make healthy life choices for young women enrolled in undergraduate and graduate colleges and universities. Program activities are currently held in Nashville and Murfreesboro, including the college campuses of Tennessee State University and Middle Tennessee State University.

Fashioned In His Image (FIHI) Girls Camp Fashioned In His Image Total Women's Center, Inc.

Mission: To empower women, including teen girls, to be healthy and productive by applying Christian principles to everyday living.

Contact: Stephanie Harris or Anna Walker
email: spfihi@comcast.net or info@fihi.net

Address: 340-A W. Trinity Lane
Nashville, TN. 37207

Phone: 615-650-7475

Teen Education offered:

The FIHI Girls Camp is a six-week interactive day camp for inner-city girls ages 8-15. The camp

participants learn the skills necessary to develop positive lifestyle patterns that motivate them to make healthy choices that will benefit them physically, mentally and spiritually.

The FIHI Girls Camp objectives are to improve camper's cardiovascular health by participating in daily recreational activities, and to increase their resiliency characteristics - such as self-esteem, good social skills, peer influence, and self-confidence - by participating in performing arts classes and instructional workshops. The summer day-camp promotes adventure, inspiration, character, creativity and confidence through the use of a wide variety of performing arts, educational and recreational activities.



Just Us

Mission: Just Us is a program at Oasis Center dedicated to helping lesbian, gay, bisexual, transgender, and questioning youth to achieve their full potential.

Contact: Pamela Sheffer
email: psheffer@oasiscenter.org

Location: Oasis Center
Address: 1704 Charlotte Ave, Suite 200
Nashville, TN 37206
Phone: 615-983-6862

Teen education offered:

- Pride Circle - Facilitated listening and conversation

groups offered on the second Tuesday of the month, September through May - Middle School Pride Circle is offered 6:30 p.m.-8:00 p.m.; High School Pride Circle is offered 4:30 p.m.- 6:00 p.m.; and College & Career Pride Circle is offered 6:30 p.m.-8:00 p.m.

- Equality 101 - Sessions provide educational and empowerment programming on the fourth Tuesday of the month, September through May - Middle School Equality 101 is offered 6:30 p.m.-8:00 p.m.; High School: 4:30 p.m.-6:00 p.m.; College & Career: 6:30 p.m.- 8:00 p.m.
- Just Java - Coffee house experience for young people 21 years old and under offered the last Saturday of the month, September through May - 7:00 p.m.-10:00 p.m.



SECTION TWO: Reproductive Health Peer Educator Resources

While parents are the most influential source of information for their children, knowledgeable peers can also positively support healthy decision-making. Peer educators are trained young people who provide health education for other young people and their parents.

Survivor Club Nashville CARES

Mission: To promote and participate in a comprehensive and compassionate response to HIV disease through community education for increased understanding and prevention of HIV transmission, advocacy for responsible public policy, and services that improve the quality of life for people living with HIV/AIDS and their families.

Contact: Misty Ellis
email: mellis@nashvillecares.org

Location: Nashville CARES
Address: 633 Thompson Lane
Nashville, TN 37204
Phone: 615- 259-4866

Survivor Clubs are extracurricular clubs comprised of high school students from all over the Metro area working together to make a community-wide impact. Participants are certified through a 6-week (or semester-long) training curricula provided by Nashville CARES. These trainings consist of cultural diversity, parent and peer communication, decision-making skills and basic biological information pertaining to sexual health education, particularly around HIV/STI prevention and reproductive anatomy.

Survivor Club (SC) is also a service learning project similar to what is offered to Vanderbilt Medical School students. Nashville CARES SC's have been in operation since 2002 throughout Davidson County.



PG-13 Players Planned Parenthood of Middle and East Tennessee

Mission: The mission of Planned Parenthood of Middle and East Tennessee is to proudly provide the highest standards of quality and professionalism in providing access to reproductive, sexual and complementary health care services and information in settings that preserve and protect the right to privacy; providing educational programs that enhance understanding of human sexuality; and advocating for public policies that guarantee these rights and ensure access to these services.

Contact: Kayce Matthews
email: kaycem@ppmet.org

Location: Planned Parenthood of Middle & East TN
Address: 50 Vantage Way, Ste. 102
Nashville, TN 37228
Phone: 615-345-0952

The PG-13 Players are teen actors from high schools in Middle Tennessee. As a group, they develop and perform skits dealing with a variety of teen issues: sexual decision-making, stereotypes & prejudice, depression, healthy relationships, sexual assault, and body image - all topics of concern to teens and to the adults who care about them.

Each performance consists of a series of these short skits. The situations presented are left unresolved so that audience members may explore the motivations, feelings, and choices of the characters. Through their participation, audiences help the characters make new and responsible decisions.

A traditional performance will last roughly one hour and consist of two skits. However, the Players can also offer a two-session series where their performance is coupled with an education session or a 3-4 hour workshop where students are invited to join the acting and practice the skills they are learning. The goal of the PG-13 Players is not to give out easy answers, but to explore options, increase sensitivity, and build the skills teens need to deal with real-life situations.

To arrange a workshop or training session, contact our Education and Training Department.



The PG-13 Players

SECTION THREE: Parent Education Resources

Parents are one of the most influential and powerful forces in their child's life. Young people continue to listen to and respond to their parents' values throughout their young adult life. The resources listed in this section provide a variety of parent support education to help foster healthy and positive communication between young people and their parents. Many of the parent education courses are offered for little or no cost and can be scheduled for individuals or for large groups such as Parent-Teacher Organizations and faith-based institutions. Please contact the agencies directly to schedule education classes or for follow-up questions.

Parent Survivor Club Nashville CARES

The mission of Nashville CARES is to promote and participate in a comprehensive and compassionate response to HIV disease through community education for increased understanding and prevention of HIV transmission, advocacy for responsible public policy, and services that improve the quality of life for people living with HIV/AIDS and their families.

Contact: Misty Ellis (mellis@nashvillecares.org)

Address: 633 Thompson Lane
Nashville, TN 37204
Phone: 615- 259-4866

Parent education offered: Parent Survivor Club provides training to outline common questions posed by youth, the answers they provide and how to help parents and other adults respond to questions about sexuality in honest and responsible ways.



You Have the Power

Mission: You Have the Power is a 501(c)3 nonprofit organization with the mission of educating the community to prevent violent crime. We present hundreds of seminars each year on a wide range of crime topics including acquaintance rape, elder abuse and child sex abuse.

Contact: Valerie Craig (valerie.craig@yhtp.org)

Address: 2814 12th Avenue South, Suite 211
Nashville, TN 37204
Phone: 615-292-7027

Parent education offered: Workshops are available to parents on how to talk with teens about sex and helping them make healthy decisions.

* Free workshops and education sessions scheduled upon request

Alignment Nashville Parent University

Parent education offered: The Tennessee Adolescent Pregnancy, Parenting and Prevention (TAPPP) Program offers the “Are You an Askable Parent” and “Sexually Bullying” workshops through the Alignment Nashville Parent University.

For more details, please visit Alignment Nashville at <http://www.alignmentnashville.org/committees/parent-university>

Mother/Daughter Communication Symposium Metro Public Health Department

Mission: To protect the health and well-being of all people in Metropolitan Nashville.

Contact: Lillian Maddox-Whitehead
email: lillian.maddox-whitehead@nashville.gov

Location: Lentz Public Health Center
Address: 311 23rd Avenue North
Nashville, TN 37203
Phone: 615-340-2261

Parent education offered: The unique Mother/Daughter symposium pairs mothers and their middle school daughters, age 10 to 13 years old, for a one and one-half day bonding experience to strengthen relationships, knowledge and communication skills. Because mothers are such a strong influence on their daughters' development of healthy self-image and sexuality, providing separate workshops for both moms and

daughters to learn new skills helps to create safety and trust in the relationships.

Mother/Daughter Symposium education topics covered:

Daughter Only Sessions

Puberty - menstrual cycle, hygiene, how to talk to my mother when asking questions about my body

Mother Only Sessions

Puberty - menstrual cycle, hygiene, how to answer your daughter's questions about her body

* All parent workshops are free and available on a monthly basis by request.



Exchange Club Family Center

Mission: To promote healthy, happy families by reducing the occurrence and effects of child abuse and neglect.

Contact: Ami Parker
email: aparker@familycentertn.org
website: www.familycentertn.org

Location: 139 Thompson Lane
Nashville, TN 37211
Phone: 615-333-2644 ext. 24

Parent education offered: Several classes are offered for parents including Families in Action for parents and caretakers of children ages 10-15. Classes provide education and support to parents of preteens and include discussion on peer pressure, sexual activity and gang involvement. Classes are taught by experienced mental health professionals.

Parents, Families, and Friends of Lesbians and Gays (PFLAG)

Mission: PFLAG promotes the health and well-being of gay, lesbian, bisexual and transgendered persons, their families and friends through: support, to cope with an adverse society; education, to enlighten an ill-informed public; and advocacy, to end discrimination and to secure equal civil rights. Parents, Families and Friends of Lesbians and Gays provides opportunity for dialogue about sexual orientation and gender identity, and acts to create a society that is healthy and respectful of human diversity.

Contact: Kathy Halbrooks
email: info@pflagnashville.org

Address: P.O. Box 2105
Nashville, TN 37011-2105
Phone: 615-366-0888

Parent education offered: PFLAG hosts dialogue and support groups as well as advocacy meetings for parents, families and friends on the third Tuesday of each month from 7:00 p.m.-8:30 p.m. except for December at the Oasis Center (1704 Charlotte Avenue).

When most parents think about talking with their children about sexuality, they realize that nothing could be more important or more nerve-racking! The following web resources offer tips and additional information for parents to start the conversation with their children:

To Start: A Few Conversation Tips from the National Campaign to Prevent Teen Pregnancy

(Available at <http://www.thenationalcampaign.org/resources/parents>)

- Use "teachable moments" to start conversations with children and young people. Teachable moments can include any opportunity from discussing the lyrics in the young person's favorite song, to talking about a particular scene in a movie or television program to simply listening to the young person share their experiences.
- Parents are the single best and most trusted resource for information for young people, and caring adults can support healthy relationships between youth and their parents. Encourage dialogue and open question-asking from young people.
- Try to be open and available when young people need and want to talk to you. Don't let fear prevent you from answering questions and listening to young people share their perspectives. It may a difficult topic, but there are lots of resources to help!

From The National Campaign to Prevent Teen and Unplanned Pregnancy

(Available at <http://www.thenationalcampaign.org/resources/parents>)

Summary: Parents and Parental Involvement section offers numerous downloadable tips and briefs for parents and caring adults who work with young people as well as resources for young people.

From Advocates for Youth

(Available at <http://www.advocatesforyouth.org/>)

Summary: Advocates for Youth is the only organization that works both in the United States and in developing countries with a sole focus on adolescent reproductive and sexual health.

From 4parents.gov

(Available at <http://girlshealth.gov/parents>)

Summary: Supported by the U.S. Department of Health and Human Services, the site provides videos, talking tips and materials to support parent conversations with youth and young adults about making healthy and responsible decisions.

From the Tennessee Department of Health Adolescent and Young Adult Programs

(Available at <http://health.state.tn.us/MCH/Adolescent/>)

Summary: Compiled list of state and national resources for educators, parents, faith communities, teens and caring adults.



Planned Parenthood of Middle and East Tennessee

Mission: The mission of Planned Parenthood of Middle and East Tennessee is to proudly provide the highest standards of quality and professionalism in providing access to reproductive, sexual and complementary health care services and information in settings that preserve and protect the right to privacy; providing educational programs that enhance understanding of human sexuality; and advocating for public policies that guarantee these rights and ensure access to these services.

Contact: Kayce Matthews
email: kaycem@ppmet.org

Location: Planned Parenthood of Middle & East TN
Address: 50 Vantage Way, Ste. 102
Nashville, TN 37228
Phone: 615-345-0952

Parent education offered: What To Say After You've Cleared Your Throat: How to Talk with Children and Youth about Sexuality Issues - workshops that equip parents with information, skills, and comfort needed to discuss different sexuality topics with their children. Workshops are conducted with groups of parents for one or more sessions by trained sexuality educators. Helpful for parents of children of any age, from infants through teenagers. Other parent workshop titles:

- Typical development: what's happening when
- Getting comfortable answering difficult questions
- What kids should know and when
- Clarifying and teaching your family's values
- Understanding sexuality, and What is sexuality?
- Identifying do's and don'ts when talking with youth about sexuality



Special topic workshops provided: Workshops can also be tailored to fit group needs by including specific topics that are relevant to issues that their teens are facing.

Topics include:

- Understanding and explaining puberty changes
- Identifying danger signs in unhealthy relationships
- Discussing sexual decision-making (abstinence, safer sex, birth control)
- Helping teens combat negative peer influence and develop refusal skills
- Addressing the media influence on teen sexuality

SECTION FOUR: Access to Contraceptive Services

There are federal and state laws that allow young people under the age of 18 (minors) to receive certain reproductive health care services without prior permission from their parents (parental consent). The laws are important for young people who need reproductive health services to have access whenever they are needed. While parental involvement is desirable and young people who are sexually active should talk with their parents, many minors will remain sexually active but do not seek services if they have to tell their parents. As a result, confidentiality is vital to ensuring minors' access to contraceptive services. Contraceptive services or birth control and contraceptive counseling are available without parental consent to young people who are at least 13 years of age. Young people can get the following services without their parents' consent:

- Urine pregnancy testing
- Birth control counseling to discuss best options
- Birth control prescriptions

Young people in need of contraceptive services should be referred to the following locations for help:



Metro Public Health Department

Mission: To protect the health and well-being of all people in Metropolitan Nashville.

Services provided: Urine pregnancy testing, birth control counseling, contraceptives, pap smears

Location: Lentz Public Health Center

Address: 311 23rd Avenue North
Nashville, TN 37203

Phone: 615-340-5658

Hours of Operation: 8:00 a.m. - 4:30 p.m.
Monday - Friday

Location: East Public Health Center

Address: 1015 East Trinity Lane
Nashville, TN 37216

Phone: 615-862-7916

Hours of Operation: 8:00 a.m. - 4:30 p.m.
Monday - Friday

Location: Woodbine Public Health Center

Address: 224 Oriol Street
Nashville, TN 37210

Phone: 615- 862-7940

Hours of Operation: 8:00 a.m. - 4:30 p.m.
Monday - Friday



Meharry Pediatric Adolescent Clinic

Mission: Meharry Medical College is an academic health center that exists to improve the health and health care of minority and underserved communities by offering excellent education and training programs in the health sciences. True to its heritage, Meharry places special emphasis on providing opportunities for people of color, individuals from disadvantaged backgrounds and others regardless of race or ethnicity; delivering high-quality health services; and conducting research that fosters the elimination of health disparities

Location: Meharry Pediatric Adolescent Clinic

Address: Old Hospital, Room 2042
1005 Dr. D. B. Todd Blvd
Nashville, TN 37208

Phone: 615- 327-5915

Hours of Operation: Thursdays 1:00-6:00 PM;
Tuesdays or Fridays
8:00 AM -12 PM.

Services provided: Urine pregnancy test, contraceptive care, PAP smears; the Adolescent Clinic also provides acute care, preventive care, immunizations, school and sports physicals and general physical exams.

Payment Options:

The clinic accepts TennCare, Private Insurance, Fee for service and Metro indigent rates.

Planned Parenthood of Middle and East TN

Mission: The mission of Planned Parenthood of Middle and East Tennessee is to proudly provide the highest standards of quality and professionalism in providing access to reproductive, sexual and complementary health care services and information in settings that preserve and protect the right to privacy; providing educational programs that enhance understanding of human sexuality; and advocating for public policies that guarantee these rights and ensure access to these services.

Location: Planned Parenthood Clinic

Address: 412 D.B. Todd Blvd.
Nashville, TN 37203

Phone: 615-321-7216

Services provided: Pregnancy testing and pregnancy options counseling; Gynecological exams; Contraceptive services and counseling; Free condoms

Hours of Operation: Monday 9:00 AM -6:00 PM;
Tuesday - Friday
8:00 AM -4:00 PM;
Saturday
8:00 AM -4:00 PM
(every other Saturday)

After-Hours Teen Clinic on Monday evenings from 3:00-6:00 p.m. Obviously, teens can schedule an appointment at any time; however, these hours are set aside so that teens can come after they have completed the school day.

Teens who are 18 and under will have little to no cost depending on the service provided.

SECTION FIVE: Access to Sexual Health Services

There are federal and state laws that allow young people under the age of 18 (minors) to receive certain sexually transmitted disease (STD) services without prior permission from their parents (parental consent) including HIV testing and counseling. Confidentiality is vital to ensuring minors' access to STD services. STD screening and treatment services as well as counseling are available without parental consent to young people who at least 13 years of age.

Young people can get the following services without their parents' consent:

- Urine testing for Chlamydia and Gonorrhea
- Rapid HIV testing with initial test results available within 20 minutes (cotton swab in the mouth)
- Blood testing for syphilis and other STDs
- Partner notification for all positive test results (a trained professional contacts all potentially exposed partners) and free testing for notified partners
- HIV and STD behavioral counseling
- Free condoms



Young people in need of STD screening and treatment services as well as counseling should be referred to:

Metro Public Health Department

Mission: To protect the health and well-being of all people in Metropolitan Nashville.

Services provided: STD and HIV testing, treatment and counseling; free condoms

Cost: HIV testing is free; STD testing is based on family income and for most people is a minimum of \$10. Partner notification and testing is also free.

Location: Lentz Public Health Center
Address: 311 23rd Avenue North
Phone: 615- 340-5647
Hours of Operation: 8:00 a.m. - 4:00 p.m.
Monday - Friday

Location: East Public Health Center
Address: 1015 East Trinity Lane
Phone: 615- 862-7916
Hours of Operation: 8:00 a.m. - 4:00 p.m.
Monday - Friday

Location: Woodbine Public Health Center
Address: 224 Oriel Street
Phone: 615- 862-7940
Hours of Operation: 8:00 a.m. - 4:00 p.m.
Monday - Friday

CHOICES Outreach Program Metro Public Health Department

Mission: To protect the health and well-being of all people in Metropolitan Nashville.

Contact: Lillian Maddox-Whitehead
email: lillian.maddox-whitehead@nashville.gov

Location: Lentz Public Health Center
Address: 311 23rd Avenue North
Nashville, TN
Phone: 615- 340-2261

Services provided: STD, HIV and pregnancy testing, treatment and counseling; free condoms

Cost: All testing is free

Location: Confidential screenings are provided, especially for teens 13-19 years of age, at the following Metro Parks and Recreation community centers:

Hartman Park Regional Community Center
Hadley Park Regional Community Center
East Park Regional Community Center
McFerrin Park Community Center
Sevier Park Community Center
Watkins Park Community Center
Morgan Park Community Center

Screenings are scheduled on the 2nd and 4th Wednesday of each month. Young people can receive free condoms as well as free incentives for participation.

Hours of Operation: Wednesdays,
3:30-6:00 PM.

Nashville CARES

Mission: The mission of Nashville CARES is to promote and participate in a comprehensive and compassionate response to HIV disease through community education for increased understanding and prevention of HIV transmission, advocacy for responsible public policy, and serves that improve the quality of life for people living with HIV/AIDS and their families.

Contact: Misty Ellis
email: mellis@nashvillecared.org

Services provided: Free Rapid HIV testing (Ora-Quick); free Chlamydia, Gonorrhea and Syphilis testing; comprehensive support services for those infected with HIV as well as those affected by HIV.

Location: Nashville CARES
Address: 633 Thompson Lane
Nashville, TN 37204
Phone: 615- 259-4866

Hours of Operation: 8:00 am to 6:00 pm, Monday - Friday;
no appointment needed
2nd Saturday of the month (9 am-12 pm)
for Chlamydia, Gonorrhea and Syphilis testing.

Street-Works

Mission: Street-Works' mission is to prevent the spread of HIV/AIDS and to provide care and supportive services for those infected and affected, through outreach, education, and advocacy in communities of greatest risk.

Contact: Ron Crowder
website: www.street-works.org

Services provided: Free Rapid HIV testing and counseling;
24-hour HIV and counseling help-line: 615- 259-7676

Location: 520 Sylvan Street 83 University Court
2013 25th Ave., North Nashville, TN 37210
Nashville, TN 37206
Phone: 615- 259-7676 615-248-1905

Hours of Operation: 8:00 am - 5:00 pm, Monday - Friday
(both locations)

*Outreach events on weeknights and weekends

Additional Resources

The resources listed in this section are for reference and are not meant to be comprehensive; they do not constitute medical and/or legal advice, nor are they intended to serve as a substitute for professional medical and/or legal information.

According to the Centers for Disease Control and Prevention (CDC), sexual minority students are more likely than heterosexual students to experience multiple health risks leading to an unhealthy life and premature death - such as tobacco use, alcohol and drug consumption, sexual risk-taking and violence. For example, young gay and bisexual males have disproportionately high rates of HIV, syphilis, and other sexually transmitted diseases (STDs)^{1,2}. Overall, the CDC recommends that schools and communities work together to create safe and supportive environments for all students.

Best Practice opportunities to support young people:

1. Public health and school health policies and practices should be identified and implemented to support the establishment of safe and supportive environments for sexual minority students.
2. Provide annual and on-going training for school staff and others who work with young people and sexual minority youth in particular to better understand how to support their health and well-being.
3. Create referral linkages for young people to access needed services in safe and confidential settings.
4. Clarify values with young people and use a reproductive life plan/goal setting journal to help them understand the connections between their present decisions and the future effects of those decisions.
5. Focus on the health and development of the whole person, not just on topical issues. Connect young people to caring, knowledgeable adults.

1. CDC. HIV surveillance in adolescents and young adults. Atlanta: U.S. Department of Health and Human Services; 2010.

2. CDC. Sexually Transmitted Disease Surveillance 2009. Atlanta: U.S. Department of Health and Human Services; 2010.

- Planned Parenthood LGBT Services-**
<http://www.plannedparenthood.org/>
 Nashville's health center supports and welcomes clients regardless of sexual orientation, gender identity, or biological sex, including but not limited to lesbian, gay, bisexual, transgender, questioning, and intersex clients.
 Contact: 615-345-0952
- AIDS/HIV/STD Hotline-**
<http://health.state.tn.us/hotlines/hotlines.htm>
 Call 1-800-525-2437 (within TN only) for questions or concerns regarding HIV or sexually transmitted disease issues. The hotline is staffed Monday through Friday from 7:30 a.m. to 3:30 p.m. CST with counselors trained to provide information about the symptoms of HIV disease, how the virus is transmitted, where to get tested, and how to contact support groups.
- Tennessee Crisis Intervention Hotline-**
<http://www.crisisinterventioncenter.org/>
 Offers service 24 hours a day and 7 days a week.
 Contact: 1-800-359-0056 Toll Free
- Nashville in Harmony-**
<http://www.nashvilleinharmony.org>
 Nashville in Harmony uses music to build community and create social change. They are open to all adults who support the advancement of rights for GLBT people regardless of race, ethnicity, gender expression, sexual orientation, or religious belief.
- Human Rights Campaign, Nashville Steering Committee-**
<http://nashville.hrc.org/>
 The Nashville Steering Committee of the Human Rights Campaign is a diverse volunteer group of individuals working each and every day to bring the mission of HRC to gay, lesbian, bisexual, and transgender and straight-supportive people in this area.
- One-In-Teen Youth Service -**
info@one-in-teen.org (email for information)
 Offers education, social, and support programs for lesbian, gay, bisexual, transgender, and questioning youth between the ages of 14 and 21.
- Parents, Family and Friends of Lesbians & Gays -**
<http://pflagnashville.org>.
 PFLAG provides opportunity for dialogue about sexual orientation and gender identity, and acts to create a society that is healthy and respectful of human diversity.
- Brothers United-**
<http://www.brothersunited.com/outreach>
 The Brothers United Network is a collection of African American Gay/SGL Men that seeks to provide community empowerment and self-actualization. The organization strives to provide continuous psychosocial support, life coaching, affirming pastoral care, and healthy social supports to the African American LGBT community to enhance their life. Contact: 615-259-4866 (ext. 269)

Quick Reference Grid

Organization	Responsible Decision Education (Section 1)	Peer Education (Section 2)	Parent Education (Section 3)	Access to Contraceptive Services (Section 4)	Access to Sexual Health Services (Section 5)
Alignment Nashville/MNPS (Parent University)			✓		
Birthing Project-Nashville	✓				
CenterStone	✓				
Fashioned In His Image Total Women's Center, Inc.	✓				
Exchange Club Family Center			✓		
Just Us at Oasis Center	✓				
Meharry at Metro General Hospital Adolescent Clinic				✓	
Metro Public Health Department	✓		✓	✓	✓
Music City Healthy Start Male Involvement Program	✓				
Nashville Cares	✓	✓	✓		✓
Pediatric Specialists of Nashville	✓				
Parents, Families, and Friends of Lesbians and Gays (PFLAG) at Oasis Center			✓		
Planned Parenthood of Middle & East Tennessee	✓	✓	✓	✓	
Sexual Assault Center	✓				
Street-Works	✓				✓
YMCA of Middle Tennessee	✓				
You Have The Power	✓		✓		

More Resource Guides
available at
www.alignmentnashville.org



421 Great Circle Road, Suite 100
Nashville, Tennessee 37228