

Track: Our Bodies

Title: Keepn' it 100 with My Lady Parts

Name: Jessica Samboy-BOOM! Health- GO GIRL Program, Health Educator/Program facilitator

Objective: Present on the ways the GO GIRL program supports the mission of ending HIV/AIDS among women in the Bronx community. Through our comprehensive approach to sex education, life skills and youth development we provide a safe space for young women to thrive and develop. The discussion of the female anatomy and its functions is an integral component to sexual and reproductive health in young women. Audience members will gain insight on GO GIRLS unique approach to youth supportive services.

Methods:

HIV prevention in young women is not only limited to HIV education but providing a safe platform for young women to ask questions about sex, their bodies and relationships. One vital component to the GO GIRL curriculum is the discussion of the female anatomy and its reproductive & sexual functions. For many young women GO GIRL is the only opportunity they have to learn about their bodies. GO GIRL is a safe space to ask questions in regards to their changing bodies and its functions. Our unique activities surrounding anatomy identification and sexuality enriches the HIV discussion.

Results:

Knowledge on the female anatomy and female sexuality increases notions of self-worth and self-esteem in young women. Education on the reproductive system allows young women to make connections between reproductive functioning and sex. Providing young women with a safe platform to discuss their bodies and their sexuality supports youth development and encourages better informed decisions in regards to safer sex attitudes & practices.

Conclusions:

GO GIRL creates a safe and supportive environment for participants to develop self-awareness and self-advocacy skills while focusing on safer sex practices, leadership development, goal setting and self-expression. We offer young women the opportunity to learn more about sex, STDs, HIV, & pregnancy prevention with our GO GIRL group. The GO GIRL program empowers young women with information/education on their bodies and relationships in an effort to increase better decision making. BOOM! Health through the GO GIRL program provides the Bronx community with a holistic program that addresses the many needs of young women. We are transforming lives with participant-centered programs that advocate for health and wellness.

