

# PATCH for Teens Toolkit

Getting the health care you need and deserve:  
a lesson created WITH youth FOR youth



The *PATCH for Teens* lesson is intended to provide young people ages 12-18 with the basic knowledge and skills to become actively involved in their own health care. The content was developed WITH youth FOR youth and is designed to be an empowering experience for young people to get the care they need and deserve.

**"I love PATCH because as health educators we often tell our students, 'ask your doctor'. However, we don't teach the students HOW to ask their doctor. PATCH teaches students how to ask good questions, make appointments, and most importantly it teaches students the importance of being honest with their health care provider."** - School Health Educator

## About the Lesson

Teachers, health-related professionals, youth workers, and other adults can cover the material in 45-90 minutes (completed all at once or over the course of multiple sessions) depending on individual learning needs and activities included. It can be integrated into existing programming or school health curricula to fulfill certain components of the National Health Education Standards:

- Standard 1 - Core Concepts
- Standard 2 - Analyzing Influences
- Standard 4 - Interpersonal Communication
- Standard 8 - Advocacy

## Learning Objectives

1. Teens will understand the importance of learning to manage their own health care experiences.
2. Teens will learn how to advocate for their own health and well-being in health care settings.
3. Teen will explore steps they can take to make sure they get the care they need and deserve.

## Cost

To facilitate this lesson, simply purchase the *PATCH for Teens Toolkit* (\$250) at [www.patchprogram.org](http://www.patchprogram.org). You will gain access to the full Toolkit online. A printed and bound copy of the Facilitator Guide as well as additional materials for implementation will be mailed to you.

## The Toolkit Includes

**Full Facilitator Guide:** This printed guide provides detailed instruction to ensure a successful learning experience.

**Lesson Script:** This is your step-by-step guide to facilitating the *PATCH for Teens* Lesson, including suggested language and detailed directions for all activities.

**Lesson Materials:** All materials needed to facilitate a *PATCH for Teens* Lesson including worksheets, activity cards, and evaluations are included.

**Video Clips:** To capitalize on the power of youth voice and peer-to-peer education, PATCH teens have created four educational videos that complement lesson activities.

**Emoji Booklets:** These interactive response options allow students to select and share their emotional response to workshop questions, scenarios, and activities. (30 included)

**Brochures & Resources:** A variety of brochures and resources, including 50 full-color, glossy brochures for teens and 50 full-color brochures for parents and guardians, are included. They can be distributed during the lesson and shared throughout your community!

**Access to PATCH Online & PATCH Chat:** PATCH Online provides access to downloadable materials, additional resources, and an interactive platform (PATCH Chat) to connect with PATCH Staff and other educators across the nation who are also using this Toolkit.



Providers And Teens Communicating for Health

*Providers and Teens Communicating for Health (PATCH) is an innovative, youth-driven program working to ensure all young people are able to receive high-quality, youth-friendly health care. PATCH for Teens: Classroom Edition is one component of the larger initiative. A peer-to-peer educational component may also be available in your community. Visit [www.patchprogram.org](http://www.patchprogram.org) to learn more.*

Get the toolkit today at [www.patchprogram.org](http://www.patchprogram.org)!