

Online Toolkit

A Toolkit for Supporting the Sexual and Reproductive Health of Adolescents and Young Adults Across Systems

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About the Activate Center

Young people experiencing the child welfare or justice system, homelessness, or disconnection from school and work face unique and often overlapping challenges and needs related to their sexual and reproductive health. However, research on the sexual and reproductive health of these young people is often not easily accessible or actionable for youth-supporting professionals.

Activate translates research into resources to help youth-supporting professionals better serve these populations of young people, based on annual needs assessments (surveys and listening sessions) that identify pressing informational needs and priorities among youth-supporting professionals.

Activate: *The Center to Bring Adolescent Sexual and Reproductive Health Research to Youth-Supporting Professionals* bridges the gap between research and practice in support of the Office of Population Affairs' aims to promote adolescent health and prevent unintended teen pregnancy. Activate translates research and creates research-based resources for professionals who support young people experiencing the child welfare or justice system, homelessness, or disconnection from school and work (i.e., opportunity youth).

[Child Trends](#) leads Activate, in partnership with [Chapin Hall](#). Activate is supported by a [Research Alliance](#) of researchers, youth-supporting professionals, young people, and other experts.

About the Toolkit

This toolkit organizes Activate practice tools published through 2026 into topic-based modules. Each module includes a navigation matrix to help users identify relevant resources, with links to access each resource on the Activate website. A [downloadable version](#) of the toolkit and all included resources is also available. For a version that includes the research summaries that informed the development of these practice tools, see the full Compendium, [Supporting the Sexual and Reproductive Health of Adolescents and Young Adults Across Systems: A Compendium of Activate Research and Practice Resources](#).

Want more information?

Scan the QR code or visit our website, www.activatecenter.org, to learn more about our work, explore our full library of research summaries and practice tools, and check out the searchable Resource Explorer.



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How to Use These Resources

The resources in this toolkit provide accessible, research-informed guidance for youth-supporting professionals working to support young people's sexual and reproductive health through direct service, training, or program development and refinement. Additionally, these resources may be useful for parents, caregivers, and young people looking to know more and support health and well-being.



Below is more information about how these resources can support individuals in the following roles:

Youth-Supporting Professionals

Use these resources to stay up-to-date on research, guide sensitive conversations with young people, help young people understand their sexual and reproductive health and options, and make the most of opportunities to support young people's sexual and reproductive health and well-being.

Supervisors, Managers, and Organization Leaders

Learn more about the state of research on young people's sexual and reproductive health and well-being, incorporate these resources into staff handbooks or professional development, and use them to support staff who are navigating discussions about sexual and reproductive health with adolescents and young adults.

Policymakers

Skim these resources for a nonpartisan overview of the state of research on pressing topics related to young people's sexual and reproductive health and well-being, as well as opportunities for youth-supporting professionals and systems in your jurisdiction.

Parents and Caregivers

Gain knowledge about research on young people's sexual and reproductive health; find helpful tips for having conversations about sexual and reproductive health with the young people you love and empowering them to make informed choices related to their sexual and reproductive health and well-being.

Young People

Find helpful facts, resources, and tools related to promoting sexual and reproductive health and well-being, as well as tips and sample language to support self-advocacy in interactions with caregivers, peers, and health care providers.

Toolkit Roadmap

This toolkit organizes Activate resources into five **modules**. Each module starts with a **cover page** that previews what you'll find inside that module, as well as a **navigation matrix** that uses icons to indicate the resource type, overlap with other module topics, and youth populations addressed in each resource.



The toolkit is organized into five modules. Each module contains practice tools offering research-based strategies and resources to support professionals' daily practice and conversations with young people about their sexual and reproductive health.



Module 1: Data and Data Use

Resources contain key data (and data collection guidance) related to sexual and reproductive health among adolescents and young adults experiencing homelessness, involvement with the child welfare system or juvenile justice system, or disconnection from school and work.



Module 2: Healthy Relationships

Resources provide practical guidance and conversation tools to help youth-supporting professionals discuss healthy relationships, consent, boundaries, communication, peer influence, and shared power with young people.



Module 3: Violence Prevention and Intervention

Resources offer research-informed guidance for professionals working with young people at risk for experiencing workplace sex-based harassment, sex trafficking, and intimate partner violence.



Module 4: Pregnancy and Parenting

Resources address the unique experiences of young parents, with emphases on young fathers and parenthood in the contexts of child welfare or justice system involvement.



Module 5: Sexual and Reproductive Health Care

Resources include guidance to help professionals support young people's understanding of contraception options, identify barriers to sexual and reproductive health care, and connect young people to accessible, youth-centered services.

Resource Types



Practice
Guide



Infographic



Conversation
Support



Q&A
Resource



Training



Tip
Sheet



Module 1: Data and Data Use



What's Inside? Resources contain key data (and data collection guidance) related to sexual and reproductive health among adolescents and young adults experiencing homelessness, involvement with the child welfare system or juvenile justice system, or disconnection from school and work.

Contents

Data on young people experiencing:

- Homelessness
- Child welfare system involvement
- Justice system involvement
- Disconnection from school and work

Research and data related to:

- Risk behaviors and sexually transmitted infections
- Contraception and pregnancy
- Sex education and health care access
- Sexual violence

Practical tools

- Infographics
- Data visualizations
- Links to practice resources
- Data collection and data use guidance





Module 1 Navigation Matrix

Data and Data Use

This matrix provides an at-a-glance overview of the resources in Module 1. Use the icons to quickly identify the resource type, overlap with other module topics, and the population(s) of young people emphasized. Click a resource title below to jump directly to that resource on the Activate website!

Resource Title	Topic Overlap:			Young People Experiencing...
 Sexual and Reproductive Health Among Youth Experiencing Homelessness				✓ Homelessness
 Sexual and Reproductive Health Among Youth Who Experience the Child Welfare System				✓ Child Welfare System
 Sexual and Reproductive Health Among Youth Who Experience the Justice System				✓ Justice System
 Key Data for Understanding the Sexual and Reproductive Health of Opportunity Youth				✓ Homelessness ✓ Disconnection
 A Practical Tool for Building Data Collection and Data Use Capacity in Youth-Supporting Organizations				✓ Child Welfare System ✓ Justice System ✓ Homelessness ✓ Disconnection

Resource Types:  Infographic  Practice Guide

Topics:  Data & Data Use  Violence Prevention & Intervention  Pregnancy & Parenting  Sexual & Reproductive Health Care



Module 2: Healthy Relationships



What's Inside? Resources provide practical guidance and conversation tools to help youth-supporting professionals discuss healthy relationships, consent, boundaries, communication, peer influence, and shared power with young people.

Contents

Relationship characteristics

- Healthy communication
- Boundaries and limits
- Relationship norms
- Positive peer influences
- Power dynamics

Consent guidance

- Seeking, giving, and receiving consent
- Verbal and nonverbal cues
- Situational influences on consent
- Sexual decision-making

Support strategies for professionals

- Trauma-informed approaches
- Digital and interpersonal safety
- Creating supportive spaces
- Youth-centered communication

Practical tools

- Conversation starters and tips
- Reflection and follow-up prompts
- Skill-building activities
- Tips for being a supportive adult
- Ready-to-use training





Module 2 Navigation Matrix

Healthy Relationships

This matrix provides an at-a-glance overview of the resources in Module 2. Use the icons to quickly identify the resource type, overlap with other module topics, and the population(s) of young people emphasized. Click a resource title below to jump directly to that resource on the Activate website!

Resource Title	Topic Overlap:			Young People Experiencing...
 Crucial Conversations about Healthy Romantic Relationships: A Toolkit for Youth-Supporting Professionals				✓ Child Welfare System ✓ Justice System ✓ Homelessness ✓ Disconnection
 A Practice Guide for Understanding Consent				
 How to Decode Signs of Sexual Cyberbullying and Support Teens and Youth				
 A Practice Guide for Promoting Youth Mental Health and Sexual and Reproductive Health as a Supportive Adult				
 A Technical Assistance Tool for Helping Youth Navigate Peer Influence				
 Conversation Strategies for Talking with Young People about Healthy Relationships				

Resource Types:



Practice Guide



Tip Sheet



Training

Topics:



Healthy Relationships


Violence Prevention
& Intervention

Pregnancy
& Parenting

Sexual & Reproductive
Health Care



Module 3: Violence Prevention and Intervention



What's Inside? Resources offer research-informed guidance for professionals working with young people at risk for experiencing workplace sex-based harassment, sex trafficking, and intimate partner violence.

Contents

Research on sex trafficking and intimate partner violence

- Definitions
- Prevalence
- Warning signs and risk factors
- Connections to system involvement and homelessness

Workplace harassment

- Defining sex-based harassment
- Identifying workplace risk factors
- Prevention and intervention strategies

Practical tools

- Conversation starters
- Screening and assessment tools
- Evidence-based programs and supports
- Resource directories and hotlines





Module 3 Navigation Matrix

Violence Prevention and Intervention

This matrix provides an at-a-glance overview of the resources in Module 3. Use it to quickly identify each type of resource, overlap with other module topics, and the population(s) of young people emphasized. Click a resource title below to jump directly to that resource on the Activate website!

Resource Title	Topic Overlap:		Young People Experiencing...
 A Research-Based Question and Answer Resource on Sex Trafficking for Youth-Supporting Professionals			✓ Child Welfare System ✓ Justice System ✓ Homelessness ✓ Disconnection
 How to Start a Conversation With a Young Person Who May Be a Sex Trafficking Survivor			
 A Research-Based Question and Answer Resource on Intimate Partner and Teen Dating Violence for Youth-Supporting Professionals			✓ Child Welfare System ✓ Justice System ✓ Disconnection
 How to Start a Conversation With a Young Person Who May Be Experiencing Intimate Partner Violence or Teen Dating Violence			

Resource Types:



Conversation Support



Q&A Resource

Topics:



Healthy Relationships



Violence Prevention & Intervention



Pregnancy & Parenting



Sexual & Reproductive Health Care



Module 4: Pregnancy and Parenting



What's Inside? Resources address the unique experiences of young parents, with emphases on young fathers and parenthood in the contexts of child welfare or justice system involvement.

Contents

Research on:

- Adolescent and young adult pregnancy
- Challenges, strengths, and resilience among young parents
- Parenting while being parented
- Navigating co-parenting
- Impacts of early parenthood on family systems and conflict

Specific practice approaches

- Intergenerational approaches
- Engaging caregivers in services
- Building on family strengths

Guidance for working with young fathers

- Young fatherhood in the child welfare and justice systems
- Engagement strategies

Practical tools

- Conversation starters
- Reflection and follow-up prompts
- Perspective-taking activities
- Concrete tips





Module 4 Navigation Matrix

Pregnancy and Parenting

This matrix provides an at-a-glance overview of the resources in Module 4. Use it to quickly identify each type of resource, overlap with other module topics, and the population(s) of young people emphasized. Click a resource title below to jump directly to that resource on the Activate website!

Resource Title	Topic Overlap:		Young People Experiencing...
 Tips to Guide Young Parents and Adult Caregivers Through Young Parenthood			✓ Child Welfare System ✓ Justice System ✓ Homelessness ✓ Disconnection
 A Conversation Guide to Support Young Fathers in Child Welfare and Juvenile Justice			✓ Child Welfare System ✓ Justice System ✓ Disconnection

Resource Types:



Tip Sheet



Conversation Support

Topics:



Healthy Relationships



Violence Prevention & Intervention



Pregnancy & Parenting



Sexual & Reproductive Health Care



Module 5: Sexual and Reproductive Health Care



What's Inside? Resources include guidance to help professionals support young people's understanding of contraception options, identify barriers to sexual and reproductive health care, and connect young people to accessible, youth-centered services.

Contents

Research on:

- Social determinants of health
- Access to sexual and reproductive health care

Tools for supporting access to care

- Engaging young people in sensitive conversations
- Identifying unmet sexual and reproductive health needs
- Connecting young people to providers and services

Contraception resources

- Overview of options
- Birth control methods matrix

Practical tools

- Actionable tips
- Community resource mapping tool





Module 5 Navigation Matrix

Sexual and Reproductive Health Care

This matrix provides an at-a-glance overview of the resources in Module 5. Use it to quickly identify each type of resource, overlap with other module topics, and the population(s) of young people emphasized. Click a resource title below to jump directly to that resource on the Activate website!

Resource Title	Topic Overlap:	Young People Experiencing...
 Practice Tips for Professionals Who Support Youth in Foster Care		✓ Child Welfare System
 6 Tips for Youth-Supporting Professionals for Talking with Youth About Sexual and Reproductive Health		✓ Child Welfare System ✓ Justice System ✓ Homelessness ✓ Disconnection
 Identifying Accessible Sexual and Reproductive Health Resources in Your Community		
 Helping Young People Choose the Birth Control Method Right for Them: A Guide for Youth-Supporting Professionals		

Resource Types:



Tip Sheet



Practice Guide

Topics:



Healthy Relationships



Violence Prevention & Intervention



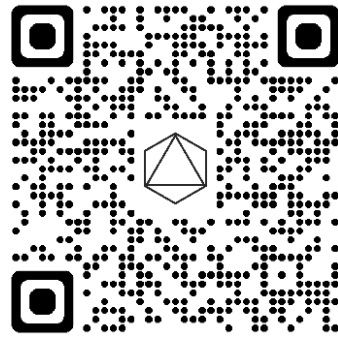
Pregnancy & Parenting



Sexual & Reproductive Health Care

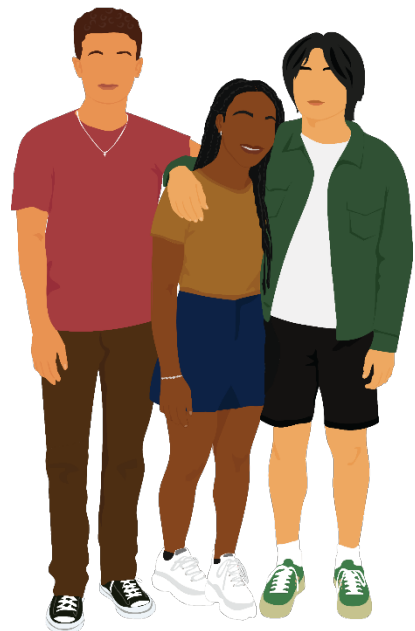
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