



2025

ANNUAL REPORT

*Our mission is to equip young people
and trusted adults with knowledge
and skills to thoughtfully navigate the
intersections of relationships, bodies,
and digital well-being.*

✉ P.O. Box 51984
East Palo Alto, CA 94303

🌐 health-connected.org

🌐 lets-talk.how

A photograph of a classroom. A male teacher in a blue polo shirt stands at the front, pointing towards a large black screen. Several students are seated at wooden desks, facing the teacher. In the foreground, a student with curly brown hair is seen from behind, with their right arm raised high. Other students in the background are also raising their hands. The room is brightly lit with natural light from windows on the right.

WE EMPOWER YOUNG PEOPLE

Health Connected is a nonprofit organization based in East Palo Alto, dedicated to supporting young people as they navigate their health, relationships, and overall well-being. In March, our organization grew through a merger that added My Digital TAT2 to our work, allowing us to better respond to the evolving challenges young people face in both their personal lives and online environments.

We believe conversations about health should be ongoing, supportive, and accessible. This includes sexual health, relationships, and digital well-being. Our programs blend medically accurate information with an interactive and nonjudgmental approach that centers the real experiences of young people. We work with students and trusted adults across CA to create spaces where participants feel respected, understood, and empowered to engage.

Our goal is not simply to provide information, but to help young people build the confidence, reflection, and decision-making skills they need to apply that knowledge in their lives today and in the future. With the addition of My Digital TAT2, Health Connected now offers a more complete framework of support that equips youth with the tools, insight, and encouragement they need to make thoughtful choices about their health, relationships, and digital world.

CHIEF EXECUTIVE OFFICER LETTER

Dear Supporters of Health Connected,

As we close out this year, I want to begin with a simple message: thank you. Because of your belief in our mission — and your steadfast support of the communities we serve — Health Connected has continued to grow in both reach and impact. In a year that brought complexity and change across education, healthcare, and the virtual space, your partnership helped ensure that more people could access the services, support, and inclusive-content they deserve.

Expanding Our Mission into Digital Wellness

This year, Health Connected took a major step forward by formally joining forces with **My Digital TAT2**, bringing together two organizations with a shared commitment to supporting young people's health and well-being. For years, we worked side-by-side and saw firsthand how deeply intertwined sexual health education and digital literacy and well-being have become in young people's lives. As adolescents navigate relationships, identity, and mental health in a world where online and in-person experiences are increasingly blurred, we recognized that our organizations were naturally aligned — and that uniting our expertise would allow us to serve young people even more powerfully.

Looking Ahead

We have updated our strategic plan and are extremely excited to focus on the following three areas over the next three years: being the best in class experience, ensuring access, and investing in sustainable growth. With these three key areas at the forefront, we are creating plans to ensure our organization is equipping students with the skills, knowledge, and support to understand and advocate for their health this year and beyond.

CORE VALUES



AGENCY



EQUITY



CONNECTION



GROWTH



CURIOSITY

CHIEF EXECUTIVE OFFICER LETTER



We know the work ahead is significant — but so is the opportunity. This moment calls for both innovation and steadfastness. We will continue to grow responsibly, guided by what communities tell us they need, grounded in evidence, and committed to partnership.

A Closing Word of Gratitude

To our constituents, partners, donors, volunteers, and advocates: you are the reason Health Connected continues to thrive. You make it possible for us to meet real needs with real solutions — and to envision a future where wellness is not a privilege, but a shared standard.

On behalf of our board and staff, thank you for standing with us. We are energized for what's next and honored to continue this work alongside you. Looking ahead, we will continue to strengthen our programs, explore new partnerships, and expand innovative offerings that help young people thrive in the realities of the 21st century — and work toward what's possible at this powerful intersection.

Thank you for your continued support.

Steadfast in the work,
Alex LeeNatali



**ALEX
LEENATALI**

Chief Executive Officer

STUDENT IMPACT

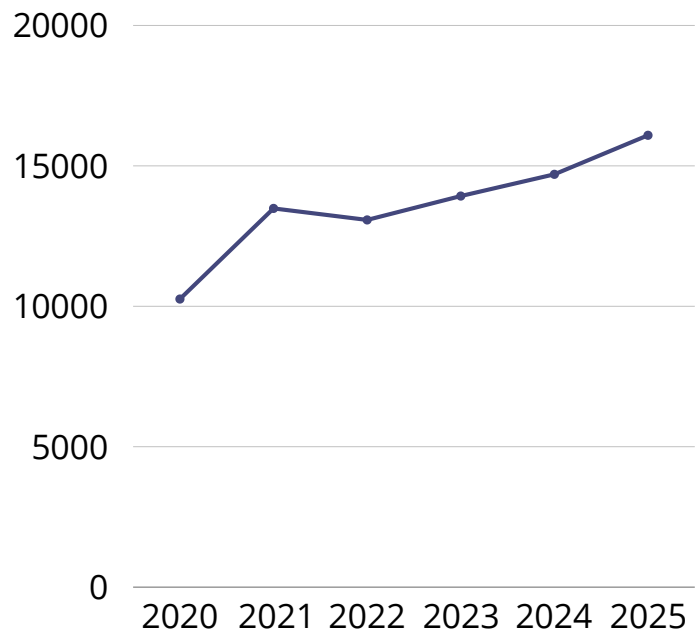
+9.46%

*enrollment increase
since last school year*



Student Enrollment

STATISTICS



WHAT DID STUDENTS SAY?

95%

Puberty
Talk

95% of students thought the Health Connected Educator *created a safe space to ask questions.*

80%

Teen Talk
Middle
School

80% of students are going to *talk with a friend or intimate partner about personal boundaries.*

81%

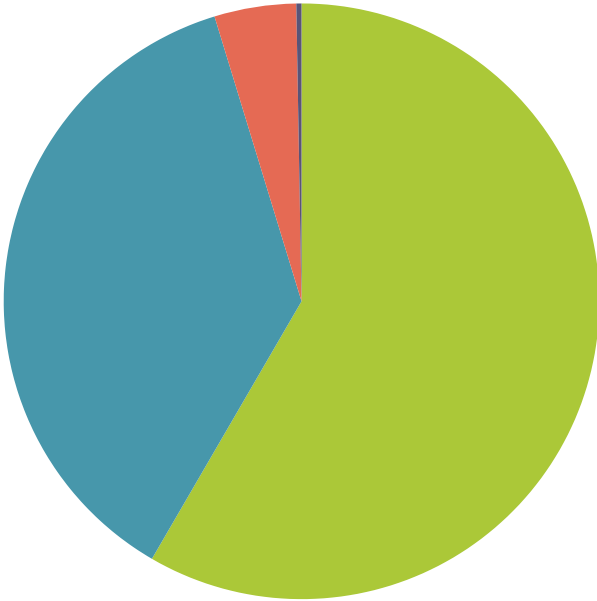
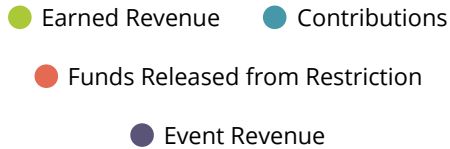
Teen Talk
High
School

81% of students agree that they are likely to talk with a current or future sexual partner about a *plan to prevent STIs or pregnancy.*

REVENUE HIGHLIGHTS

Last Year's

REVENUE



+19.7%

revenue growth



Building on the strong momentum of 2024's 15% growth, this year Health Connected achieved an even greater 19% increase, reflecting both rising community demand and the successful expansion of our programs. A major milestone in this growth was the continued development and reach of My Digital TAT2, which allowed us to deepen our impact with youth, families, and educators navigating today's digital landscape.

Rather than pursuing rapid expansion, we focused on intentional, sustainable growth, carefully aligning our resources with mission-driven outcomes and long-term stability. This approach ensured that every investment strengthened program quality, expanded access, and positioned Health Connected for continued success in the years ahead.

EXPENDITURE BREAKDOWN

+15.7%

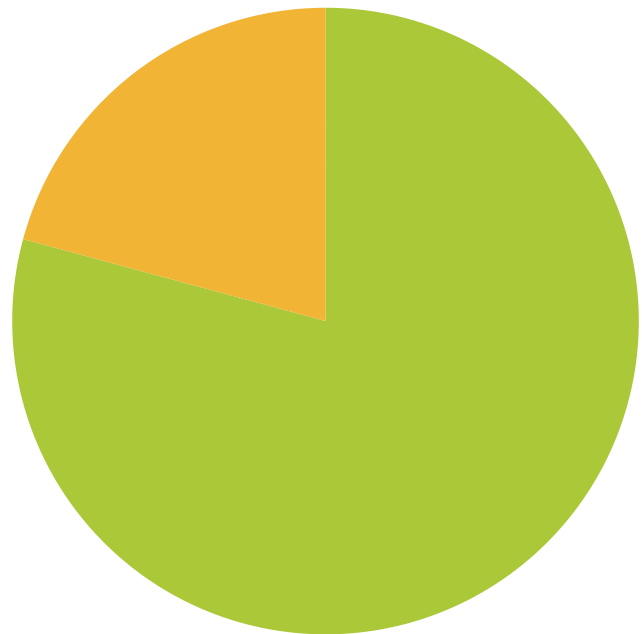
expense increase



Last Year's

EXPENSES

● Programs & Services ● Misc Expenses



Health Connected continued its strong financial trajectory this year, with overall expenses increasing by 15.7%, nearly double last year's growth rate of 8.8%. This increase was directly tied to the expansion of our programming and the rising demand for our services across schools, families, and community partners.

The growth in expenses reflects deliberate investments made to support the continued reach and quality of our work, including the ongoing expansion of My Digital TAT2 and other core initiatives. These strategic investments strengthened program delivery, increased capacity, and reinforced the trust our partners place in Health Connected. Together, this financial progress demonstrates both organizational stability and a deepening commitment to long-term impact.

CURRICULUM HIGHLIGHTS

Updates from 2025

Over the past year, we proudly delivered on our commitment to expand and strengthen our Teen Talk Adapted for All Abilities curriculum. What began as an ambitious plan has now become a fully realized and dynamic program that is transforming how inclusive sexual health education is delivered. The updated AAA curriculum places accessibility at the center, integrating visual, auditory, tactile, and kinesthetic learning strategies to ensure students with diverse learning needs are meaningfully engaged.

The curriculum now includes comprehensive lessons adapted from both our Puberty Talk for upper elementary students and Teen Talk for middle and high school students, designed specifically for learners who benefit from additional instructional support and simplified content. Educators are equipped with thoughtfully developed slides, printable worksheets and activity cards, as well as instructor guides that provide structure, consistency, and flexibility, empowering them to customize lessons while maintaining high-quality, inclusive instruction. This milestone reflects Health Connected's continued commitment to meeting students where they are and ensuring that every young person has access to education that is respectful, accessible, and affirming.

We also published 2025 editions of Puberty Talk, Teen Talk Middle School, and Teen Talk High School to align with new legislation, updated standards, and current health research. All three curricula added the *Menstruation Matters* activity to meet requirements of the "Know Your Period Act" and incorporated information related to the "TAKE IT DOWN Act" and national dating violence support resources. Teen Talk curricula also expanded clinic and student resource lists, and added content on recent medical developments such as DoxyPEP and the new copper IUD Miudella.

Looking Ahead

Health Connected is entering a new strategic phase for My Digital TAT2 (MDT2) curriculum, informed by recent research on barriers to school-based adoption. In 2026, we will pilot a strategic shift that centers parents, caregivers, and youth-serving professionals as its primary audience, recognizing the critical role trusted adults play in shaping young people's digital experiences. In this next phase, MDT2 will develop educational webinars, discussion-based workshops, and curated resources for trusted adults, while continuing to center youth voice through the Youth Advisory Board and Summer Internship. This direction positions MDT2 to deepen impact, strengthen sustainability, and meet clearly articulated needs across the broader ecosystem that supports young people's digital well-being.

MY DIGITAL TAT2

Our Newest Program

The addition of My Digital TAT2 has significantly expanded Health Connected's ability to support young people and the adults who guide them. Through this program, we serve students, parents and caregivers, and youth-serving professionals with education that strengthens media literacy, digital wellness, and healthy technology habits. By equipping students and the adults who support them with practical tools, shared language, and space for honest conversation, the program helps communities build healthier norms around technology use, communication, and connection.

One of the most exciting outcomes of this expansion has been the development of an intersectional workshop on pornography that blends My Digital TAT2's media literacy and digital wellness framework with Health Connected's long-standing sexual health education curriculum. This integrated approach was piloted with Palo Alto Unified School District and demonstrated the power of addressing young people's real digital experiences alongside medically accurate sexual health education in a way that is thoughtful, relevant, and deeply impactful.



This year, My Digital TAT2 also received the Call Me Maybe grant funded by Young Futures, which will allow Health Connected to respond directly to growing concerns around cell phone use in schools. Through this initiative, we are partnering with school communities to design practical, equitable cell phone policies. Our process centers listening first. We are surveying students, families, educators, and administrators to understand their experiences and needs, and using that feedback to develop a workshop that supports schools in creating policies that promote focus, well-being, and healthy technology use.

Together, these efforts reflect Health Connected's continued commitment to evolving alongside the communities we serve and providing education that meets young people where they are in today's digital world.

OUR TEAM

This year's progress would not have been possible without the dedication of our staff, both current and former, whose passion drives our mission every day. We are equally thankful for the leadership of our Board of Directors and Medical Advisory Council, whose insight and steady support continue to shape the impact of our work.

Staff

Sandra Allen	DaShanna Jones-Miles	Perryn Reis
Laine Carlsness	Julia Laden	Omar Rivera
Sara Cisneros	Jimena Lara	Melissa Rosenberger
Josie DiPaola	Alexandria LeeNatali	Arjun Sheth
Hannah Freeland	Eloísa Martínez	Cyril So
Sadie Frye	Liz Ojeda	Vivek Tanna
Kehau Gunderson	Tamara Pacheco	L. Teasley
Milania Harris	DeAnna Quan Infante	Cristina Velazquez
Nina Havivi	Katie Reeder	Amanda Wucher-Onorato

Board of Directors

Jamie Barnett
Jennifer Booker
Romandha Celestin
Rick Dodd
Lester Ezrati
David Foster
Alexis Haselberger
Noelle Rapago
Fernando Trejo
Deborah Whitman

Medical Advisory Council

Ramsey Khasho, PsyD
Anne Liu, MD
Jessica Rosenberg, NP
Niki Saxena, MD, MS, MBA

