

## **Adolescent Development and Sex Ed**

After briefly reviewing key components of adolescent development, an application activity allows participants to apply this information to real-life scenarios and identify age-appropriate content using a variety of resources.

## **Answering Tough Questions**

This session introduces a question protocol to identify, classify and practice strategies for addressing the types of questions young people often ask about sex.

## **Building a Culture of Consent**

To start the session, participants will develop a shared understanding of consent. We will then review examples of consent throughout recent pop culture history, and close by providing and discussing how educators can build a culture of consent.

## **Circles of Sexuality**

This topic, adapted from Advocates for Youth, presents a holistic theoretical model of sexuality. The activity helps participants understand how the multifaceted nature of sexuality can affect both the way we teach as well as the way youth learn about it.

## **Destigmatizing Sex Education**

This framing session digs into the way stigma acts as a barrier for educators when it comes to providing quality sex education.

## **Effective Condom Demonstrations**

This presentation highlights the importance of condom demonstrations, provides tips, and allows participants to practice with their peers.

## **Engaging Parents**

Presentation provides strategies to engage parents in the sexual health education of their youth, including how to address difficult questions.

## **Medically Accurate Language and Slang**

Participants discuss medically accurate terminology that will be necessary to use when teaching sex ed and strategies to create a safe learning environment while managing use of slang terms in youth groups.

## **Peer Educator Training**

This 1.5-Day training is designed to help new and established peer education groups learn to become sexual health educators.

## **Pregnancy Options**

During this 4-hour workshop, participants will learn information about all options available to pregnant folks, including medical and legal details about each. There will be several opportunities for participants to reflect on their own values, as well as an emphasis on each person developing skills to equitably serve people whose values may vary from their own.

## **Responding to Abuse**

An introduction to WECARE, an internally developed process for responding to abuse disclosures that prioritizes the safety and well-being of all who are present.

## **Sex Ed at All Levels**

This 1 or 2-Day training provides a brief overview of cognitive disabilities and their impacts on learning before digging into the skills and tools needed to provide sexual health education programs for folks in the community. \*2-Day training includes extended opportunities to practice and develop skills.

## **Sex and Technology**

This session briefly discusses risks and benefits and then helps participants build the skills to address three primary concerns of the impact of technology on young people.

## **Sexual Orientation, Gender Identity and Expression (SOGIE) 101**

Utilizing a justice lens, this lesson provides a basic understanding of terms, highlights the impacts of related -isms on youth, and closes with tools educators can use to support and advocate for the LGBTQ youth they serve.

## **SOGIE 201: Proactive LGBTQ Allyship**

This lesson provides a deeper exploration into the impacts of heterosexual and cisgender biases, with a primary focus on the importance of support systems and how educators can better serve youth.

## **Teach Backs**

Opportunity for participants to practice facilitating activities from a variety of sources.

## **Trauma-Informed Sex Ed**

This session is aimed at identifying situations of potential trauma and building skills to minimize retraumatization and create compassionate, resilience-focused classrooms.

## **Values and Boundaries**

This presentation encourages participants to explore personal values that may be questioned when providing sex education, discusses the different types of values that should and should not be expressed, and provides tips to use when navigating a values conflict.

**We can also model facilitation  
of the following topics:**

Contraception (Middle School, High School)  
Puberty (Upper Elementary, MS)  
Sexual + Reproductive Anatomy (UE, MS, HS)  
Sexually Transmitted Infections (MS, HS)