

SHEP Custom Trainings



Abortion 101

Participants will leave this session with a basic understanding of conception and the stages of pregnancy, the ability to dispel common myths and misconceptions about abortion, and an understanding of the medical and legal details of abortion in their state or region.

Answering Tough Questions: From Young People

During this session, participants will be introduced to a question protocol to identify, classify and practice strategies for addressing the types of questions young people often ask about sex.

Answering Tough Questions: From Families and Caregivers

During this session, participants will be introduced to a question protocol to identify, classify and practice strategies for addressing the types of questions families and caregivers often have about sex ed.

Answering Tough Questions: From Other Youth-Serving Adults

During this session, participants will be introduced to a question protocol to identify, classify and practice strategies for addressing the types of questions other youth serving adults may have for educators providing sex ed.

Building a Culture of Consent

During this session, participants can develop a shared understanding of consent, review examples of consent throughout recent pop culture history, briefly discuss the consent laws in their state or region, and develop skills to cultivate a culture of consent in their learning environments.

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Circles of Sexuality

This topic, adapted from Advocates for Youth, presents a holistic theoretical model of sexuality that 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.

Climate Setting: Stigma and Sex Ed

This session highlights the way that stigma acts as a barrier for educators when it comes to providing quality sex education. During this session, participants will grow their ability to recognize stigmatizing and shame-based messaging in sex education, and develop tools to reframe messages using a sex positive lens.

Climate Setting: Values and Boundaries

During this session, participants will explore personal values that may be cued when providing sex education, discuss the different types of values that should and should not be expressed, and learn strategies to help them prepare for and navigate a values conflict.

Effective Condom Demonstrations

Participants will leave this session with the ability to discuss the importance of condom demonstrations, provide tips, and allow participants to practice with their peers.

Engaging Families and Caregivers

During this session, participants will develop strategies to proactively engage families and caregivers in the sexual health education of their child or children.

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Mock Facilitation

Partners can choose from lesson plans available for purchase on the RSEI site, including Upper Elementary, Middle, or High School ages. Facilitators will deliver the lesson as if they were teaching young people. Participants will engage as if they were youth. There will be time at the end for participants to review the lesson plan(s) and ask questions.

- Available topics include:
 - Abstinence
 - Anatomy
 - Birth Control
 - Consent + Refusal Skills
 - Healthy Relationships
 - Puberty
 - Sexually Transmitted Infections

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. This session is intended to follow the SOGIE Basics lesson or for groups that have a solid foundational understanding of SOGIE concepts, terms, and definitions.

Responding to Abuse Disclosures

During this session, participants will utilize the WECARE model to effectively respond to abuse disclosures in a way that prioritizes the safety and well-being of all who are present.

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Sexual Orientation, Gender Identity and Expression: Basics for Educators

During this session, we will utilize a justice lens as a frame to provide a basic understanding of terms, highlight the impacts of related -isms on youth, and introduce tools educators can use to support and advocate for the LGBTQ youth they serve.

Sexual Orientation, Gender Identity and Expression: Basics for Health Care Providers

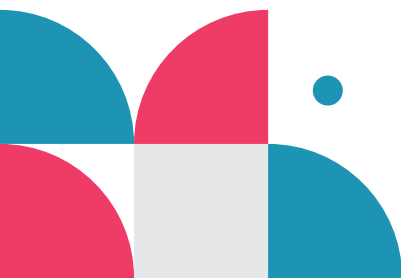
During this session, we will utilize a justice lens as a frame to provide a basic understanding of terms, highlight impacts of related -isms on young people in a medical setting, and introduce tools health care providers can use to effectively serve LGBTQ+ communities.

Stages of Childhood Sexual Development

Participants will start with an activity to get a better understanding of the milestones that typically occur within each stage. After, there will be an overview of the milestones while discussing important topics to cover with youth for each stage. The participants will learn steps for delivering sex ed while considering the stages of development, including identifying age-appropriate content using a variety of resources.

Teachbacks

Teachbacks can look a few different ways depending on collaborator needs. In some cases, participants may review a lesson plan and update it to be more inclusive, free of shame and stigma, etc. In other cases, participants will receive a lesson that is ready to facilitate. Either way, they will have the opportunity to practice facilitating all or part of a lesson.



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Trauma-Informed Practices for Sex Education

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

Trauma-Informed Practices for Health Care Providers

This multi-session series begins by providing an overview of the categories of trauma. During the first session, participants will learn signs of secondary trauma and develop strategies to mitigate trauma in the workplace. During the second session, participants will dig into the trauma that patients can experience in health care settings and the traumatic experiences they bring with them into health care settings. Participants will develop strategies for managing and supporting patients in stressful situations.

Understanding Pregnancy Options

During this session, participants will develop a basic understanding of conception and the stages of pregnancy, and learn about medical and legal details of pregnancy options including Parenting, Adoption and Abortion. They will also complete a values reflection activity designed to help them identify areas of bias or potential conflict in their discussions of pregnancy options with the community.