

THE INSTITUTE OF WOMEN & ETHNIC STUDIES

**ADOLESCENT
HEALTH
TRAINING
CATALOG**

2022 - 2023



BY-LA 2.0

BELIEVE IN YOUTH - LOUISIANA

WHAT IS BY-LA 2.0?

Believe in Youth - Louisiana 2.0 (BY-LA 2.0) is a trauma-informed teen pregnancy prevention program. We work with schools and community organizations to teach comprehensive sexuality education to middle and high school-aged youth throughout Louisiana.

The training options included in this catalog are essential to implementing the program with fidelity and high quality.

MISSION:

To improve access and delivery of evidence-based health and wellness education to Louisiana youth by providing training to schools, community organizations, caregivers, and youth-serving providers.

TEACHING SEX EDUCATION

FOUNDATIONS: CORE SKILLS IN SEX EDUCATION*

The Foundations: Core Skills training consists of a full-day training covering climate setting, sex education policies, facilitation skills, values clarification, managing personal disclosure and answering difficult questions.

Audience: Teachers, Counselors, Coaches, Educators, Parents, Clergy, Community Workers

Length of Training: 6 hours

Foundations: Trauma-Informed Sex Education

The training supplements Foundations: Core Skills and addresses how educators can consider traumatic experiences of youth while teaching sex education.

Audience: Teachers, Counselors, Coaches, Educators, Parents, Clergy, Community Workers

Length of Training: 3 hours

Foundations: LGBTQ Inclusive Sex Education

The training supplements Foundations: Core Skills and addresses how educators can build an LGBTQ inclusive classroom while teaching sex education.

Audience: Teachers, Counselors, Coaches, Educators, Parents, Clergy, Community Workers

Length of Training: 3 hours

Foundations: Commonly Used Sex Education Strategies

The training supplements Foundations: Core Skills and addresses common strategies used while teaching sex education.

Audience: Teachers, Counselors, Coaches, Educators, Parents, Clergy, Community Workers

Length of Training: 3 hours

Foundations: Cultural Proficiency in Sex Education

The training supplements Foundations: Core Skills and addresses how educators can consider diversity of culture while teaching sex education.

Audience: Teachers, Counselors, Coaches, Educators, Parents, Clergy, Community Workers

Length of Training: 3 hours

**Foundations: Core Skills in Sex Education is a pre-requisite to all other Foundations training titles and the comprehensive sex education curriculum options.*

MIDDLE & HIGH SCHOOL COMPREHENSIVE SEX EDUCATION

Get Real: Comprehensive Sex Education that Works*

Get Real is an evidence-based intervention that emphasizes social and emotional skills as key components of healthy relationships and responsible decision-making. It promotes abstinence from sex as a healthy and safe choice for adolescents; provides a comprehensive understanding of sexual health, sexuality and protection methods; and supports parents and other caring adults as the primary sexual health educators of their children through family activities. *(9 sessions)*

Audience: Teachers, Counselors, Coaches, Health Educators

Length of Training: Varies, contact to discuss

Reducing the Risk (Adapted for BY-LA 2.0)*

Reducing the Risk is an evidence-based intervention designed to help high school students delay the initiation of sex or increase the use of protection against pregnancy and STIs/HIV if they choose to have sex. This research-proven approach addresses skills such as risk assessment, communication, decision-making, planning, refusal strategies and delay tactics. *(13 sessions)*

Audience: Teachers, Counselors, Coaches, Health Educators

Length of Training: Varies, contact to discuss

Creating a Future Together (CrAFT)*

CrAFT is an IWES-developed, evidence-informed curriculum that integrates best practices in the field of sexuality education. This curriculum has three core elements: it is trauma-informed, gender-transformative, and rooted in a human rights framework. The curriculum lessons emphasize higher-order learning and personalization of material, and it integrates multiple pedagogical approaches to reach students with diverse learning styles. *(15 sessions)*

Audience: Teachers, Counselors, Coaches, Health Educators

Length of Training: Varies, contact to discuss

**Our sex education curricula have been outlined to match Louisiana grade level expectations and standards.*

BY-LA 2.0 SPECIFIC TRAINING

Training of the Educator (TOE) Refresher

Participants review the major components of the sex education curriculum they were previously trained in and practice by modeling lessons.

Audience: Teachers, Counselors, Coaches, Health Educators

Length of Training: Varies, contact to discuss

BY-LA 2.0 Logistics

This training provides BY-LA 2.0 implementation partners with pertinent information for executing the program with fidelity and of high-quality.

Audience: Teachers, Counselors, School Administrators, Coaches, Health Educators

Length of Training: 1.5 hours

Mandated Reporting

Participants learn who is a mandated reporter and their legal obligations as it specifically relates to sex education & student disclosures.

Audience: Teachers, School Administrators, Counselors, Coaches, Health Educators

Length of Training: 2.5 hours

MIDDLE & HIGH SCHOOL COMPREHENSIVE SEX EDUCATION

Adolescent Development

Participants will discuss the different stages of adolescent development and how the changing brain affects decision-making. This curriculum also explores strategies that adults can use to positively engage and motivate youth.

Audience: Teachers, Counselors, Coaches, Health Educators, Parents, Clergy, Community Workers

Length of Training: 1.5 hours

Puberty & Hygiene

Participants will review the basic anatomy of reproductive systems and the various changes that occur during puberty. Participants will also review best practices for maintaining proper hygiene.

Audience: Teachers, Counselors, Coaches, Health Educators, Parents, Clergy, Community Workers

Length of Training: 1.5 hours

Teens, Sex, and the Law

Participants will discuss consent and how it applies to basic laws related to teen sexual activity in Louisiana. Participants will also learn how to help young people make informed decisions about relationships and sex.

Audience: Teachers, Counselors, Coaches, Health Educators, Parents, Clergy, Community Workers

Length of Training: 1.5 hours

Media & Sexuality

Participants will discuss the influence of media and pornography on youth. This curriculum also teaches techniques to have effective conversations with youth about sexuality, as it relates to media, by practicing scenarios.

Audience: Teachers, Counselors, Coaches, Health Educators, Parents, Clergy, Community Workers

Length of Training: 1.5 hours

Engaging Students through Virtual Learning

Participants will learn a variety of virtual tools to effectively teach students virtually, including Zoom and Google suite. Additionally, participants will learn about adolescent-friendly engagement tools and will engage in hands-on practice.

Audience: Teachers, Substitute Teachers, School Administrators, Counselors, Coaches, Health Educators

Length of Training: 1.5 hours

Sex Education for Students with Intellectual and Developmental Disabilities

This presentation is an introduction to teaching students with intellectual and/or developmental disabilities. It includes current data, tips and tricks, real-world examples, and opportunities to practice.

Audience: Teachers, Substitute Teachers, School Administrators, Counselors, Coaches, Health Educators

Length of Training: 1.5 hours

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for more information about our
work.**

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