

# Workshops for Professionals

As two trained sexual health educators, we know that many youth-serving professionals receive few (if any) opportunities to build their capacity to have conversations with young people about sexual health and reproductive justice. We offer a variety of training opportunities that offers you the knowledge, skills, and attitudes needed to become an askable and affirming adult ally to support young people in making informed decisions, and ultimately lead sexually healthy lives.

## Reproductive Justice 101

In this workshop, we will introduce the reproductive justice framework and movement herstory. We will define reproductive justice and reproductive oppression, breakdown core principles of reproductive justice, review a timeline of reproductive oppression throughout history and discuss contemporary examples of reproductive oppression in the U.S.

## Reproductive Justice 102

In this workshop, we will briefly review definitions of reproductive justice, reproductive oppression and intersectionality. We will identify barriers to reproductive freedom, equity and bodily autonomy and explore intersecting issues and movements (i.e. education, immigration, mass incarceration). You'll leave with tangible resources on how to apply a reproductive justice lens to your work.

## Liberating Sex Ed: Towards Equity & Inclusion

This workshop is for sexuality educators interested in examining and taking action on issues of inequality and injustice in sex education. Participants will examine historical and contemporary injustices in sexual education and healthcare and their resulting impact on people of color and young people. Participants will also learn and analyze how identity and implicit bias shape individual and institutional action. Lastly, this workshop will explore sex education in conversation with other pertinent social justice issues with the goal of developing strategies for applying an equity lens into your sexual education work.

## The Basics: Anatomy + Puberty + Identity 101

Puberty is a normal part of growing up, but it can be a confusing time for young people if they do not know what to expect or who they can go to for support. In this three-hour workshop, we will provide a general overview of reproductive anatomy, puberty developmental milestones and the exploration of sexual and gender identities. We will also offer best practices and tips on language use when talking to young people about gender and sexuality.

## The Basics: Safe(r) Sex, STIs, Contraception + Options 102

This three-hour workshop provides a general overview of sexually transmitted infections including the different types, how it is prevented, transmitted, tested and treated. We will also cover the different contraceptive methods, including their effectiveness, how young people can access them and their reproductive options. Finally, we will offer

best practices and approaches including the use of destigmatized and person-centered language to support shame-free decision-making.

## The Basics: Askable and Affirming Adult Allies 103

This three-hour workshop helps you to become a more approachable and affirming adult ally and develop confidence in navigating topics of sexuality with young people. Through self-reflection, we will examine our feelings and values about sex and think through ways that we can support young peoples decision making about their bodies, reproductive options, sexuality and relationships. We will also cover youth sexual rights including access, barriers and finding reliable resources for support.

## The Basics: Reducing Shame and Challenging Conversations 104

What happens when a young person trusts you and shares sensitive information about something they have experienced or about something they are going through? In this three-hour workshop, we will offer guidance on navigating challenging conversations such as sexual trauma, unintended pregnancy, abortion and intimate partner violence with young people and identify community resources for support. Participants will also be introduced to the concepts of body positivity and harm reduction and learn how these frameworks can be useful when talking to young people about their bodies and sexuality.

We are primarily based in New York City and Philadelphia, PA. Not located in these areas? No problem! We'd love to meet you where you are.

Please note that a travel and/or lodging fee will apply.