Training Menu
Introduction

At EyesOpenIowa (EOI), we believe in providing age-appropriate, medically accurate, and factual sexuality education to young people. Our goal is to help professionals by increasing their knowledge, skills, and comfort level with a variety of interactive and engaging workshops. EOI supports professionals with evidence-based curriculum and topic-based trainings and can customize trainings to best fit the needs of your agency or school. EOI also offers a Certified Sexual Health Educator program through our Sex Ed Academy®. We provide follow-up technical assistance to each of our trainings upon request.
TOPICAL TRAININGS:

EyesOpenIowa staff can customize and develop any training to meet your specific needs. Through EOI’s educational opportunities, participants are given the most up-to-date information, feel comfortable with the subject matter, and gain skills to provide youth with accurate and age-appropriate information. EOI’s trainings include the following core classes, which also serve as the foundation for EOI’s Certified Sexual Health Educator program.

Awkward to Awesome (AKA SEX ED BOOT CAMP)

This high-intensity two-day training is full of engaging activities and discussion around various sexual health topics. It lays the building blocks for new educators and is a great refresher for professionals already in the field. This training heightens the comfort level of adults teaching sexual health by including skills-building exercises on values clarification; boundaries; ethics; answering sensitive questions; facilitation, including role plays; and creating a safe space for LGBTQ youth, to name a few.

Participants leave Sex Ed Boot Camp feeling confident and “awesome” about teaching such an important topic to adolescents!
Puberty/Reproductive Anatomy/Contraception

This training is a fun way to learn about puberty, reproductive anatomy, and contraception. Participants learn how to teach and discuss these important topics with youth by engaging in numerous easy-to-recreate activities.

HIV/AIDS/STDs

Participants increase their knowledge about the basics of HIV, AIDS, and sexually transmitted diseases (STDs) by learning about their history, as well as testing and prevention. Participants receive the most up-to-date research and tools to relay key messages to adolescents. This training benefits all youth-serving professionals, including nurses, teachers, and youth workers.

Teaching Techniques
For SEXUAL HEALTH EDUCATORS

Teachers, nurses, counselors, and health educators who teach in the classroom benefit from this training. This is an interactive training, jam-packed with activities to get youth engaged and active! Participants walk away with a tool-bag full of fun new activities and numerous resources to use in the classroom.
Teaching Sexual Health to UNDERSERVED YOUTH

This topic-specific training is geared toward youth workers, foster care workers, health educators, social workers, and teachers. Participants are given tools to answer sensitive questions, information on self-disclosure, and numerous activities and lesson plans specific to at-risk youth. This training teaches participants how to empower youth to make healthy choices and avoid high-risk behaviors.

Safe and Inclusive: Working with LGBTQ Youth

Training participants are equipped with the knowledge needed to ensure their classrooms are safe for all students, particularly LGBTQ youth. Through this training, educators develop skills in advocating for LGBTQ youth, preventing bullying, and incorporating appropriate language, among other topics.

Answering Sensitive Questions & SELF-DISCLOSURE

This training equips participants with tools to answer sensitive questions from youth, while safeguarding personal information and feelings. Participants learn how to make their classrooms safe for all students by using trauma-informed approaches. Answering sensitive or tough questions without inserting personal values is a hallmark of sexual health education, and this training helps participants avoid pitfalls and become more comfortable in their delivery.
In addition to its core training, EOI can customize or provide trainings on a range of additional topics, including:

- Adolescent Brain
- Alcohol/Tobacco/Drug/Abuse Prevention
- Becoming an Askable Adult
- Bullying Prevention
- Classroom Management & Session Planning
- Community Relationship Building
- Contraception
- Engaging Pregnant and Parenting Teens
- LGBTQ & Sexual Identity
- Healthy Relationships & Dating Violence
- How to Teach Puberty
- Managing Controversy
- Sexual Coercion/Consent/Laws
- Sexual Health Education for Special Populations
- Sexting, Texting, & Media
- Teaching Boys
- Teaching Teens About Consent
- Teens & Technology
- Working with Diverse Populations
EyesOpenIowa is proud to offer a Certified Sexual Health Educator program through our Sex Ed Academy®. This certification process is available to any interested professional and aligns with the National Teacher Preparation Standards for Sexual Health from the Future of Sex Education Initiative (FoSE). Becoming a Certified Sexual Health Educator allows professionals to competently and comfortably teach age-appropriate, medically accurate sexual health education while following a basic set of ethics. This certification process allows professionals and college students to enhance their skills while demonstrating a high level of achievement in adolescent sexual health. The two-year certification entails 32 hours of initial required trainings including: Awkward to Awesome, HIV/AIDS/STDs, Puberty/Reproductive Anatomy/Contraception, and four additional hours of approved courses and webinars.

Certified Sexual Health Educators are leaders in the advanced field of sexual health education.

“I believe it was important for me to earn the certification for a number of reasons. First, I wanted to update my knowledge base. Secondly, I wanted to “freshen up” my current pedagogical styles to help make an impact on my students. Another reason to earn the certification was to allow me to connect with professionals within the arena of sexual health.”

– Jamie, CSHE & Middle School Health Teacher
Training **WITHOUT TRAVEL**

EyesOpenIowa is excited to offer training without travel for many of our training topics. Training without travel is a great opportunity to receive top-notch education without leaving the comfort of your office or home. Webinars can either be customized for your organization and presented at a time that is convenient for you, or individuals can sign up for topic-based webinars. Individuals can also purchase pre-recorded webinars. New webinars are consistently being added based on current trends and participant feedback.

Annual **Conference**

EyesOpenIowa hosts an annual conference focused on learning opportunities for the development of educators, nurses, social workers, and professionals working with youth around sensitive topics. This is the only conference of its kind in the state and among only a few in the Midwest with a sexual health focus for young people. This conference combines engaging sessions and cutting-edge speakers to provide attendees with a wide range of information on the latest trends, medically accurate facts, support, and resources on adolescent reproductive and sexual health as well as the many other non-sexual risk factors affecting young people. EOI’s conference is widely attended and seen as an excellent professional development opportunity for school districts and community organizations.
EVIDENCE-BASED
CURRICULA
TRAININGS

All For You
- Designed for students in an alternative high school setting
- 14-module curriculum
- Goal is to highlight risks of HIV, STDs, and unplanned pregnancy
- Service learning component to program.

Becoming a Responsible Teen (BART)
- Designed for high school youth
- Eight modules lasting between 1 ½ - 2 hours each
- Emphasizes HIV prevention, sex education, and skills training
- Youth are separated by gender, with both male and female facilitators leading each respective group.

Be Proud! Be Responsible!
- Six-module curriculum
- Youth ages 13-18
- Provides youth with knowledge, motivation, and skills necessary to change behavior in ways that will reduce risk of pregnancy or contracting HIV and STDs.
¡Cuídate!

- Designed for Latino youth, grades 8-11
- Six modules
- Emphasizes risk-reduction strategies such as sexual abstinence and condom use
- Goal is for Latino youth to increase skills and self-efficacy in negotiating abstinence and condom use.

F.L.A.S.H.

- Multi-grade curriculum, grades 5-12
- Addresses issues such as physical development, promotion of sexual health, prevention of disease, affection, interpersonal relationships, body image, and gender roles
- Embraces an abstinence-based approach, as well as information related to pregnancy prevention, HIV, and other sexually transmitted diseases.

DRAW THE LINE/RESPECT THE LINE

- Multi-year curriculum for grades 6-8
- Each year builds on the previous year
- Encourages youth to delay having sexual intercourse and reduce the incidence of STDs, including HIV/AIDS and pregnancy
- Abstinence-focused program that emphasizes developing young people’s interpersonal skills so that they can set sexual limits.
Promoting Health Among Teens! (PHAT)

- Abstinence-based intervention for 8-13 year-olds
- Designed to improve awareness and knowledge about HIV and STDs
- Increases understanding of how abstinence can prevent pregnancy, HIV, and STDs
- Builds refusal and negotiation skills for practicing abstinence.

Making A DIFFERENCE!

- Abstinence-based approach for 11-13 year-olds
- 8 modules
- Provides young adolescents with knowledge, confidence, and skills necessary to reduce their risk of STDs, HIV, and pregnancy by abstaining from sex.

MAKING PROUD CHOICES!

- 8-module curriculum
- Aimed at young adolescents ages 11-13
- Provides the knowledge, confidence, and skills necessary to reduce risk of STDs, HIV, and pregnancy by abstaining from sex or using condoms if they choose to have sex.
Reducing the RISK

- For high school students
- 16 modules
- Emphasizes teaching refusal and delay statements and alternative actions students can use to abstain from sex or protect themselves from pregnancy or STDs
- Includes supplemental material on understanding self-identity and building a supportive environment for LGBTQ students.

Rights, Respect, Responsibility (3Rs)

- Lesson plans for grades K-12
- Age-appropriate lessons
- Free!!
- All lessons available online
- Aligned with the national standards.

Safer CHOICES

- Aimed at grades 9-10
- School-wide change and influence
- Involving teachers, parents, and community members, especially students
- Designed to have a positive influence on adolescents’ decisions regarding sex and help them feel supported in making these decisions.
EOI’s training fees for individual participants range from $35 to $350 per class, per participant, with prices detailed on each training’s registration form. On-site trainings or customized trainings for a full class in one location range from $800 to $1,500 per day per trainer.

EOI believes that all professionals should be able to access quality training to help them be fully prepared to accurately educate young people. Therefore, no one is turned away due to inability to pay. EOI will happily work with professionals, organizations, and school districts to find a fee scale that is acceptable to all.

EOI’s full Certified Sexual Health Educator (CSHE) program costs $500. Provisional certification for college students is $425.

Recertification for individuals who have already been certified through the CSHE program is $75.

CAPP and WISE grantees may receive special subsidized rates funded through each grant.
The mission of EyesOpenIowa is to empower Iowa’s communities to provide young people with comprehensive sexual health information and services to make healthy and informed decisions about sex and relationships, both now and in the future.

EOI envisions a time when all of Iowa’s young people are knowledgeable about, empowered, and prepared to take control of their own sexual health throughout their lifetimes. We envision a time when schools and local youth-serving agencies fully and accurately educate young people on anatomy, reproduction, preventing pregnancy and STDs, health relationships, and consent, just as they would other topics.

EOI was founded in 1994 as the first statewide teen pregnancy prevention coalition and remains home to Iowa’s Statewide Teen Pregnancy Prevention Network of approximately 2,000 agencies, schools, youth-serving professionals, teens, and parents. EOI is the only statewide organization in Iowa devoted solely to adolescent sexual health.

EOI provides extensive training and technical assistance on adolescent sexual health issues to educators, school personnel, and other youth-serving professionals. EOI is uniquely qualified to conduct this work. Staff have extensive experience in adolescent sexual health and working with schools and youth-serving providers. EOI staff are the only individuals in Iowa certified to train teachers on a wide array of comprehensive sexual health education curricula used in schools. The organization also houses a one-of-a-kind resource library of sexual health materials for professionals and, as detailed in the brochure, has launched Iowa’s only certification program for sexual health educators.