



SEXUALITY 101 | ESSENTIALS OF COMPREHENSIVE SEXUALITY EDUCATION - FREE

Maybe you've never given it much thought, but what does the word "sex" mean to you? Human sexuality encompasses many interrelated topics including anatomy, physiology, growth and development, puberty, reproduction, pregnancy and childbirth, gender, identity, sexual orientations, sexual behaviors, beliefs, attitudes and values, just to name a few! Children who learn about healthy sexuality as children go on to become sexually healthy adults, which is why comprehensive, medically accurate age appropriate sexuality education is so vital.

Learning Objectives:

1. Demonstrate an understanding that sexuality is an important aspect of being human.
2. Describe *the Five Circles of Human Sexuality*.
3. Identify components of age-appropriate, medically accurate, comprehensive sexuality education.
4. List the characteristics and skills of effective sexuality educators.

Date & Time: Tuesday, October 4, 2011 | 8 AM – Noon

Location: Planned Parenthood of Wisconsin | 302 N. Jackson Street | Milwaukee, WI 53202

Date: Thursday, October 6, 2011 | 8 AM – Noon

Location: Madison, WI (TBA)

SAY WHAT?!? TALKING WITH TEENS ABOUT SEX

Even the most experienced educators have difficulty exploring the complex topic of sexuality with teens. This workshop gives facilitators a general understanding of the sexual issues and behaviors that impact youth the most. It will help anyone who deals with youth to provide information about healthy sexual decision-making both effectively and comfortably.

Learning Objectives:

1. Describe adolescent sexual and reproductive health behaviors and outcomes.
2. Analyze how one's personal experiences, attitudes and beliefs about sexuality impact ability to communicate about this topic with others.
3. Evaluate personal comfort level talking with adolescents about challenging sexuality issues.
4. Identify effective strategies for encouraging healthy decision-making among adolescents.

Date: Tuesday, October 11, 2011 | 8 AM – Noon

Location: Planned Parenthood of Wisconsin | 302 N. Jackson Street | Milwaukee, WI 53202

Date: Thursday, October 13, 2011 | 8 AM – Noon

Location: Madison, WI (TBA)

BIRTH CONTROL 101

There are many safe, effective contraceptive options for women and men living in the United States. Yet despite the relatively easy access, over half of all pregnancies that occur each year are unplanned. Birth control methods fail when they are not used correctly or consistently—or if they are not used at all. Help your audience become more familiar with the wide variety of contraceptive choices become effective, educated users. *All participants will receive a **FREE** birth control demonstration kit that includes activities, samples of the most popular birth control methods (both prescription and non-prescription methods) and tips for tailoring a presentation to the needs of your audience.*

Learning objectives:

1. Demonstrate an understanding of the female reproductive cycle and how and when pregnancy is likely to occur.
2. Explain safe and effective ways to preventing pregnancy, including abstinence as well as hormonal, barrier and behavior birth control methods.
3. Discuss commonly held myths and misperceptions about pregnancy prevention and contraception.
4. Demonstrate effective skills for educating adolescent audiences about pregnancy, abstinence and birth control.

Date: Tuesday, October 18, 2011 | 8 AM – Noon

Location: Planned Parenthood of Wisconsin | 302 N. Jackson Street | Milwaukee, WI 53202

Date: Thursday, October 20, 2011 | 8 AM – Noon

Location: Madison, WI (TBA)

SEXUALLY TRANSMITTED INFECTION (STI) PREVENTION

By the time they reach age 25, 1 in 2 of today's teens today will have had a sexually transmitted disease (STD). Learn about the most common STDs, symptoms, testing, and treatment options as well as how to provide education about prevention and risk reduction. At the conclusion of this workshop, you will be able to facilitate effective STD/HIV prevention workshops for teens and adults.

Learning Objectives:

1. Identify sexual behaviors that put individuals at risk for contracting an STI/HIV.
2. Define safer sexual practices that significantly reduce risk of STIs including abstinence, correct and consistent condom use, mutual monogamy, testing and treatment for STIs, vaccination and communication with sexual partners.
3. Describe the most common STIs and explain how they are contracted, identified and treated.
4. Demonstrate effective skills for educating adolescents and adults about STI prevention.

Date: Tuesday, October 25, 2011 | 8 AM – Noon

Location: Planned Parenthood of Wisconsin | 302 N. Jackson Street | Milwaukee, WI 53202

Date: Thursday, October 27, 2011 | 8 AM – Noon

Location: Madison, WI (TBA)

Teens, Tech and Sex

A national survey by the Kaiser Family Foundation found that with technology allowing nearly 24-hour media access as children and teens go about their daily lives, the amount of time young people spend with entertainment media has increased dramatically. Today, 8-18 year-olds devote an average of 7 hours and 38 minutes to using entertainment media across a typical day—that's more than 53 hours a week! This workshop explores the risks and benefits of teens' technology use, addressing sexting and use of social networking sites. Professionals gain knowledge to help teens be safer and smarter about using technology.

Learning Objectives:

1. Assess the risks and benefits of teens' technology use.
2. Demonstrate effective skills for engaging teens in discussion about electronic media including cell phones and the Internet.
3. Identify strategies for improving teens' privacy and safety when using social media.

Date: Tuesday, November 1, 2011 | 8 AM – Noon

Location: Planned Parenthood of Wisconsin | 302 N. Jackson Street | Milwaukee, WI 53202

Date: Thursday, November 3, 2011 | 8 AM – Noon

Location: Madison, WI (TBA)
