

Half-Day Training Programs

Contraceptive Update

From The Pill to Implanon, get the most up-to-date information about birth control in the United States. Learn how the newest contraceptive technology will give women even more control over their fertility.

Upon completion, participants will be able to:

- Identify contraceptive methods currently approved by the U.S. Food & Drug Administration
- Explain how each method prevents pregnancy (and sexually transmitted infections)
- Describe the advantages and disadvantages of each contraceptive method

Sexually Transmitted Infections: The Basics

Whether you work with adolescents or senior citizens, sexually transmitted infections are a fact of life. This training focuses on what causes STIs, how are they passed from one infected partner to another, and treatment.

Upon completion, participants will be able to:

- Describe the differences among bacterial, viral, fungal and parasitic STIs
- Explain the cause, symptoms, mode of transmission, and treatment of sexually transmitted infections
- Obtain state and local rates for specific STIs
- Find resources to supplement educational programs

Adolescent Development

When working with young people, it is crucial to understand the how adolescents develop – physically, cognitively and psycho-socially. Knowing what to expect is often quite useful to understand the inconsistent behavior, mood swings and need for both independence and boundaries. In addition to all of these changes, the young person is developing sexually, which can often complicate things.

Upon completion, participants will be able to:

- Identify the components of adolescence and adolescent brain development
- List the key concepts of sexuality
- Identify milestones of sexual development

Running a Group

Groups offer rich opportunities for learning and discussion and allow facilitators to reach many people at once. However, planning activities and managing group dynamics can be challenging. This workshop is designed to improve the understanding, skills, and confidence of professionals who work with groups. Whether you are in a classroom, after-school program, or therapeutic setting, this workshop will provide tools you can use with youth or adults.

Upon completion, participants will be able to:

- Understand group dynamics
 - Identify techniques to manage difficult participants
 - Employ a variety of creative group activities
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Pregnancy Options

About half of all pregnancies are unintended. In order to support clients in what can be an overwhelming situation; human service professionals must be able to provide accurate information about all three options: parenting, adoption and abortion. This interactive workshop provides factual information each option and advice about how to help clients make their own informed decisions.

Upon completion, participants will be able to:

- Provide factual information and a variety of resources to clients experiencing an unintended pregnancy
 - Understand both the surgical and medical abortion procedure
 - Understand how Maryland's Parental Notification for Abortion law may affect their adolescent clients
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Answering Difficult Questions & Addressing Challenging Issues with Youth

It is crucial that adults provide a consistent message to young people, especially when it concerns sexual health. For example, how do you promote abstinence while encouraging the use of condoms at the same time. Is this a consistent message, is it a mixed message? This training will enhance the communication and messaging skills as they relate to sexuality issues. However, many of the strategies addressed during this training can be used with other challenging topics. The training will incorporate a variety of methods including interactive games, discussion and practice of skills.

Upon completion, participants will be able to:

- Identify the factors that affect a person’s ability to address sexuality issues with young people.
 - Determine how messages can be consistent and relevant to youth and what strategies enhance communication with young people.
 - Determine what information is being requested and what young people want when they ask challenging questions and how to address challenging questions and issues by using a model that promotes continuous, healthy conversations.
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Teen Love & Relationships

Is it just “puppy love” or is it the “real thing”? While it’s sometimes hard to tell the difference, teens can have healthy, loving relationships. Spend three hours engaged in a thoughtful conversation about teen “love” and dating. And, learn ways to incorporate discussions about healthy relationships into your program.

Upon completion, participants will be able to:

- Explain the complexity and intensity of teen love
- Identify signs of healthy and unhealthy relationships
- Identify the stages of a relationship (including breaking up) and several activities to implement with youth

For more information and to schedule trainings:

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Full-Day and Curriculum Training Programs

Youth Worker's Toolbox

Even if you work with young people everyday, often it can be challenging to find just the right activity to approach an important subject. The right activity can spark meaningful and insightful discussions that can potentially lead to a change in attitude or behavior. The Youth Worker's Toolbox training will allow adults who work with youth to learn and practice tested activities to address issues such as values, decision-making, communication, abstinence, contraception, sexually transmitted infections, etc. Whether you need some new icebreakers or activities to teach content, this training is for you.

Upon completion, participants will be able to:

- Identify and engage in activities to meet the needs of various groups
- Facilitate group activities
- Identify challenges and advantages of group activities
- Identify facilitation tips for working with groups

Youth Worker's Toolbox II

A continuation of Youth Worker's Toolbox with additional activities, games and lessons.

Encouraging Behavior Change: Introduction to Motivational Counseling

Getting clients to change unhealthy behavior is often easier said than done. This workshop will introduce the concepts of behavior change and provide concrete tools to encourage movement through the stages of change. Participants will learn and practice basic motivational counseling techniques. This program is geared towards human service professionals, including: case managers, counselors, and direct care staff.

Upon completion, participants will be able to:

- Understand Prochaska's Stages of Behavior Change model
- Identify the basic tenets of motivational counseling
- Describe motivational counseling techniques

Working with Sexually Diverse Youth: Creating Safe Spaces

Do you want to learn more about sexual diversity? Are you unsure how to support gay and lesbian youth? At this training we will explore the broad range of sexual diversity including: homosexuality, bisexuality, and gender identity. In addition to discussion and other interactive activities, local resources for youth and professionals will be identified.

Upon completion, participants will be able to:

- Define sexual diversity
 - Recognize the special needs of GLBTQ youth
 - Identify resources for professionals and youth
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Reproductive Health & Sexuality

This training is a must for building a solid understanding of the essential components of human sexuality. It addresses a variety of sexuality issues including: values, key components of sexuality, sexual development, and behaviors of a sexually healthy person. This training uses lecture, discussion and interactive activities to increase knowledge and understanding of human sexuality issues.

Upon completion, participants will be able to:

- Identify the components of adolescent development
 - Identify milestones of sexual development and the five circles of sexuality
 - List characteristics of a sexually healthy adult
 - Describe the location and function of the reproductive anatomy
 - Explain the menstrual cycle, sperm production and conception
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Males & Teen Pregnancy

Pregnancy prevention has historically been the responsibility of the female. Join the growing number of professionals focused on male sexual responsibility and pregnancy prevention. By attending this training, you will gain insight into the “not-so-simple” reality a male faces when it comes to sexual relationships and possible fatherhood, as well as, an environment that often trumps his needs over his female partner’s needs.

Upon completion, participants will be able to:

- List five positive and negative stereotypes of adolescent males
 - Explain data about adolescent male behavior
 - Identify four reasons to include adolescent males in pregnancy prevention programs
 - Identify settings to reach adolescent males, characteristics of a “male-friendly” prevention program and effective male responsibility programs
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Curriculum Trainings

Unequal Partners: Teaching about Power & Consent in Adult-Teen Relationships

Although dating someone three or more years older may be appealing to a teen, the associated risks, including coercive sexual activity, unintended pregnancy and premature parenthood, are often disregarded, or at best, minimized by the younger partner. This workshop will explore the growing phenomenon of adult-teen relationships. Participants will examine trends, review the legal ramifications, and learn how to implement the Unequal Partners program.

There is no pre-requisite for this training.

Upon completion, participants will be able to:

- Identify the risks associated with adult-teen relationships
 - Understand Maryland State law as it applies to these types of relationships
 - Learn how to use the Unequal Partners manual as a tool to prevent adult-teen relationships
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Teaching Safer Sex

Teaching Safer Sex uses a variety of learning activities focused on reducing risks associated with sex and encouraging healthy sexual behavior. PPM staff will guide you through several key lessons from TSS. Attendees will experience hands-on learning as participants and facilitators to gain the confidence and skills to implement a sexuality education program.

Prerequisites: Reproductive Health & Sexuality, Contraception and STIs: The Basics.

Upon completion, participants will be able to:

- Identify the key elements of an effective sexuality education program
- Describe the components of a behavior change model
- Determine appropriate TSS lessons for your group

Streetwise to Sexwise

Believe it or not teens engage in risky behaviors. But *not all teens* are considered high-risk. High-risk teens often have a sense of immunity which can lead to disproportionately negative outcomes. Join PPM for an engaging discussion about this unique population and learn strategies to guide them toward healthy and responsible decisions.

Prerequisites: Reproductive Health & Sexuality, Contraception and STIs: The Basics.

Upon completion participants will be able to:

- Identify populations susceptible to high-risk behavior
 - Explore ways to create a comfortable learning environment in a non-school setting
 - Examine and utilize the *Streetwise to Sexwise* manual
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Comprehensive Sexuality Education: Focus on Our Whole Lives

In the era of very restrictive and inaccurate information about sex, PPM comes to the rescue! Research has shown again and again that youth who participate in comprehensive sexuality education programs delay sexual initiation, have lower unintended pregnancy rates and lower sexually transmitted infection rates. Join us for a closer look at Our Whole Lives (OWL), a comprehensive sexuality education curriculum developed by the Unitarian Universalist Association and United Church of Christ. OWL can be implemented by both faith-based and non-faith-based organizations.

Prerequisites: Reproductive Health & Sexuality, Contraception and STIs: The Basics.

Upon completion, participants will be able to:

- Identify the components of an effective sexuality education program
 - Describe the Circles of Sexuality
 - Identify ways to implement OWL into youth programs
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Responsible Males – A Pregnancy and STI Prevention Curriculum

This program is designed to promote self-knowledge and responsibility in young males. The curriculum is research-based and takes students through the transtheoretical model of behavior change. Responsible Males groups change attitudes using cutting edge educational and social psychological methods. This training provides educators with the knowledge base, educator skills, and curriculum necessary for running a Responsible Males program.

Prerequisites: Reproductive Health, Contraception and STIs: The Basics

Circle of Friends – A Pregnancy and STI Prevention Program for Females

Using the same process as the *Responsible Males* curriculum, *Circle of Friends* meets the needs of females. Teen girls tend to make sexual decisions in the heat of the moment rather than planning them in advance? Research on “hot cognition” helps us understand developing healthier sexual judgments? Teaching “break-up skills” helps girls end unhealthy relationships to make way for healthier ones? Bringing back a new form of “the sexual bases” helps girls map out all their personal boundaries? This training provides educators with the knowledge base, educator skills, and curriculum necessary for running a female program.

Prerequisites: Reproductive Health & Sexuality, Contraception and STIs: The Basics.

Program Combination: Direct programming with Youth based & Curriculum Training

Step One - Conduct three pre-requisite trainings (Reproductive Health & Sexuality, Contraception & STIs: The Basics)

Step Two - Conduct a curriculum training for agency staff

Step Three - PPM conducts a series of the curriculum to demonstrate how the curriculum gets implemented with youth. Agency staff trained in the curriculum in attendance.

Step Four – PPM staff work directly with agency staff to co-facilitate the curriculum with youth and provide feedback to staff. Agency staff conduct at least half of the lessons.

Step Five – After 1-4 are completed, meet to evaluate and assess successes, challenges and future programs.

This combination prepares agency staff to run groups based on a curriculum. The same staff would attend the trainings indicated in Steps 1-2. Agency staff who attended the trainings in Steps 1-2 would attend the series conducted by PPM staff in Step 3 and then co-facilitate the series with PPM staff in Step 4. The agency staff who were trained and co-facilitated the series would then meet with PPM staff to evaluate their success and challenges. After this point, agency staff would be equipped to run the series as often as necessary.

Possible series for youth:

- Unequal Partners – (6) one hour sessions
- Teaching Safer Sex – (6) one hour sessions
- Streetwise to Sexwise – (6) one hour sessions
- Our Whole Lives – (16) one hour sessions
- Responsible Males – (10) two hour sessions
- Circle of Friends (female) – (10) two hour sessions

For more information and to schedule trainings:

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Half Day Training Fees - \$562.50/training

Contraceptive Update
Sexually Transmitted Infections
Adolescent Development
Running a Group

Pregnancy Options
Answering Difficult Questions
Teen Love and Relationships

Full Day Training Fees - \$1125/training

Reproductive Health & Sexuality
Youth Worker's Toolbox
Youth Worker's Toolbox 2
Motivational Counseling
Working with Sexually Diverse Youth
Males and Teen Pregnancy
Unequal Partners Teaching Safer Sex

Streetwise to Sexwise
Comprehensive Sexuality Education: Focus on Our
Whole Lives
Responsible Males
Circle of Friends

Program Combo Fees – additionally discounted from our regular rate b/c they are a package deal

- Unequal Partners - \$2300 (full day curriculum training, 6 hour education series, 6 hour co-facilitation, evaluation meeting)
- Teaching Safer Sex - \$4000 (three half day prerequisite trainings, full day training curriculum training, 6 hour education series, 6 hour co-facilitation, evaluation meeting)
- Streetwise to Sexwise - \$4000 (three half day prerequisite trainings, full day training curriculum training, 6 hour education series, 6 hour co-facilitation, evaluation meeting)
- Comprehensive Sexuality Education: Focus on Our Whole Lives - \$5500 (three half day prerequisite trainings, full day training curriculum training, 16 hour education series, 16 hour co-facilitation, evaluation meeting)
- Responsible Males – \$5500 (three half day prerequisite trainings, full day training curriculum training, 20 hour education series, 20 hour co-facilitation, evaluation meeting)
 - Circle of Friends – \$5500 (three half day prerequisite trainings, full day training curriculum training, 20 hour education series, 20 hour co-facilitation, evaluation meeting)