



# Planned Parenthood of Central and Greater Northern New Jersey Professional Training Calendar 2013 - 2014

Planned Parenthood of Central and Greater Northern New Jersey (PPCGNNJ) is recognized for excellence in reproductive and sexual health education. Trainings are designed for educators, counselors, social workers, nurses, and other health care professionals. We provide the latest information on sexual health topics to enhance the skills of workshop participants.

**Fees:**  
\$65 for a half-day workshop (3 hours)  
\$110 for a full-day workshop (6 hours) or two half-day workshops offered on the same day.  
10% registration discount applies for groups of 6 or more

Registration fees include:  
All program materials<sup>1</sup>,  
Continental breakfast for morning sessions  
Snacks and beverages for afternoon sessions

Continuing Education Units/Credits (CEU/CE) are available for all sessions from:

- The American Association of Sexuality Educators, Counselors, and Therapists (AASECT)
- NJ Department of Education
- NJ State Nurses Association\*

**3 credits will be offered for half-day workshops**  
**5 credits will be offered for full-day workshops**



**Or Go To:**  
<http://tinyurl.com/ppcgnnjprofed>

We accept all major credit cards, checks and purchase orders. Once registered a confirmation e-mail with details will be sent.

For more information, contact:  
PPCGNNJ Education Department  
[education@ppgnnj.org](mailto:education@ppgnnj.org)  
732-530-7916

<sup>1</sup> *Teaching Safer Sex* and *Game On!* require an additional purchase of the training curriculum at discounted rate of \$40.00 each.

\* PPCGNNJ is an approved provider of continuing nursing education by the NJ State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission On Accreditation. Provider Number P289-1/13-16.

## OCTOBER

- 10/17 **Test Yourself! When, Why & How of Sexual Health Screenings.**  
9:30am-12:30pm.
- Applying the Stages of Behavior in Sexual Health Education.**  
1:30pm- 4:30pm  
Location: PSS - Newton\*\*

## NOVEMBER

- 11/21 **Puberty & Beyond: Strategies to Use With Middle School Youth.**  
12pm-3:00pm  
Location: Bridgewater Township Library\*\*

## JANUARY

- 1/17 **Contraceptive Methods 101.** 9:30am-12:30pm
- On Your LARC, Get Set, Go!** 1:30pm-4:30pm  
Locations: CJFHC - Lakewood **OR** Borough of Montvale\*\*

## FEBRUARY

- 2/5 **Relationship GPS.** 9:30am-12:30pm
- Yes We Can! Inclusivity & Sexual Orientation.** 1:30pm-4:30pm  
Locations: CJFHC - Lakewood\*\*
- 2/26 **Teaching Safer Sex.** 10a-4p  
Location: CJFHC - North Brunswick\*\*

## APRIL

- 4/30 **More Than A Method.** 9:30am-12:30pm
- Truths & Lies about STIs.** 1:30pm-4:30pm  
Locations: Agriculture Building - Freehold **OR** PSS - Newton\*\*

## MAY

- 5/8 **Don't Leave Me Out! Sex Ed for Youth with Special Needs.**  
10am-4pm.  
Location: PPCGNNJ - Morristown\*\*
- 5/21 **Pregnancy: An Option Exploration.** 10am-1pm  
Location: PPCGNNJ - Plainfield\*\*

## JUNE

- 6/4 **Game On!** 10:30am-4:30pm  
Location: Bridgewater Township Library\*\*

## JULY

- 7/15 **Truths & Lies about STIs.** 10am-4pm  
Location: PPCGNNJ - Plainfield\*\*

**\*\*For descriptions and location information, see next page.**

## **Contraceptive Methods 101: Pills, Patches, and Rings, Oh My!**

Contraceptive technologies are always changing so keeping current is important. Innovative and attention grabbing teaching strategies are essential tools when educating participants about contraception. This workshop will provide up to date information about contraceptive methods and demonstrate strategies professionals can use to teach about the topic.

## **Don't Leave Me Out! Sex-Ed for Youth with Special Needs**

Positive, proactive sexuality education is particularly important for youth with intellectual disabilities and other learning differences. In this session attendees will learn education strategies to help youth gain understanding and skills for building social competence, recognizing sexual exploitation, and engaging in sexual health practices.

## **Game On!**

Create a learning rich environment to help individuals review and reinforce knowledge, practice skills, and engage in interpersonal communication – all while playing games! This full day workshop will demonstrate strategies to teach and engage learners in sexuality topics such as body image, healthy relationships, safer sex, sexual health and more!

## **More than a Method: Understanding Teen Pregnancy Prevention**

According to the CDC, 4 out of 5 teen pregnancies are unintended and 1 out of those 5 is a repeat pregnancy. Some of the common contributing factors include: knowledge, relationships, and method adherence. Using the theory of holistic sexuality, participants will explore these key factors, including long acting contraceptives, access to care, and healthy relationships.

## **On Your LARC, Get Set, Go!**

Declines in pregnancy rates can be attributed to increased use of long-acting reversible contraceptives (LARC). These methods are associated with high efficacy because they are used for longer periods and require very little from the user. This workshop will explore LARCS, emphasizing the information and strategies needed to educate clients.

## **Pregnancy: An Option Exploration**

Many people lack accurate information about pregnancy options, which can result in a failure to make deliberate, timely decisions. Participants will explore the options of abortion, adoption, and parenting. The simple, medically accurate information and education techniques will help professionals develop a better understanding of how to address abortion, adoption, and parenting.

## **Puberty and Beyond: Strategies to use with Middle School Youth**

Often, middle school teachers may ask themselves, "What are new strategies I can use to reach my students?" This workshop will explore and demonstrate developmentally appropriate teaching strategies for middle school students and cover an array of topics such as: healthy relationships, puberty, anatomy, and reproduction.

## **Relationship GPS**

Dating and interpersonal relationships can be difficult for people to navigate. Drawing from a variety of sex-education curricula, this session will cover core qualities of healthy relationships and demonstrate strategies to teach about communication and dating. Research regarding dating and sexual violence will be addressed.

## **Teaching Safer Sex**

This highly interactive workshop will introduce positive, empowering, easily-replicable lessons that discuss sexual health & safety. Participants will leave with a wealth of user-friendly educational strategies to help students explore aspects of safer sex, to support the health and well-being of themselves, their family, peers, and society at large.

## **Test Yourself: The When, Why and How of Sexual Health Screenings**

Often patients, clients, or students don't know how or why sexual health screenings are performed. Recent changes in screening guidelines make knowing when to be screened confusing. This interactive session reviews current guidelines for screenings such as pap smear, STI testing, and PSAs. Participants will explore ways to promote sexual health.

## **Truths and Lies about STIs**

Nearly 20 million new cases of sexually transmitted infections (STIs) are reported annually in the United States. The stigma associated with STIs often prevents people from discussing symptoms and accessing care. This workshop will provide current STI information and education strategies to address prevalence, symptoms, and prevention.

## **Applying the Stages of Behavior in Sexual Health Education**

A variety of behaviors can contribute to the potential of unwanted or unhealthy outcomes. Professionals can apply the Stages of Behavior Change to help individuals understand, support, and make healthy decisions. Using this health promotion model, participants will learn strategies to address pregnancy, sexually transmitted infections, and sexual health care.

## **Yes We Can! Inclusivity and Sexual Orientation**

Despite its potential for hurt and harm, the epithet "That's so gay!" is common in adolescent language. This session will demonstrate simple techniques professionals can implement to help increase students' understanding of sexual orientation, and decrease the likelihood of hurtful words and actions.

### **Training Locations:**

- Agriculture Building  
4000 Kozloski Road  
Freehold, NJ 07728
- Bridgewater Township Library  
1 Vogt Dr  
Bridgewater, NJ 08807
- Central Jersey Family Health Consortium (CJFHC - No. Bruns)  
2 King Arthur Court, Suite B  
North Brunswick, NJ 08902
- Central Jersey Family Health Consortium (CJFHC - Lakewood)  
725 Airport Rd, Suite 1C  
Lakewood, NJ 08701
- Borough of Montvale  
12 Mercedes Dr  
Montvale, NJ 07645
- Planned Parenthood Morristown (PPCGNNJ - Morristown)  
196 Speedwell Ave  
Morristown, NJ 07960
- Planned Parenthood Plainfield (PPCGNNJ - Plainfield)  
123 Park Ave  
Plainfield, NJ 07060
- Project Self Sufficiency (PSS - Newton)  
127 Mill St  
Newton, NJ 07860