



Planned Parenthood of
Central and Greater Northern
New Jersey

2014-2015

Professional Training Calendar

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.

Time

All workshops run from 9:30am - 3pm with check-in beginning at 9:15am.

This year, PPCGNNJ is proud to offer 2 tracks:

- **Client Centered Approaches Series** contains tools to work with diverse audiences. There are four workshops that are part of this series and are marked with a ■
- **Sexual Health Series** provides theoretical strategies to broaden the understanding of sexual health. There are four workshops that are part of this series and are marked with a ●



Fees

\$120 per workshop. Receive a 20% discount when you register for a track.

Registration fees include

- All program materials
- Lunch
- Snacks and beverages

Continuing Education Units/Credits (CEU/CE)

5 credits will be offered for each workshop from:

- NJ Department of Education
- NJ State Nurses Association*

5 credits will be offered for select workshops from:

- The American Association of Sexuality Educators, Counselors, and Therapists (AASECT). Those are marked with a ▲
- Certified Health Education Specialist (CHES).* Those are marked with a ¶

To Register Go To:

<http://tinyurl.com/ppcgnnjprotrain>

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@ppggnnj.org 732-530-7916

* 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. Application for CHES / MCHES Category I continuing education contact hours (CECH) has been made to the National Commission for Health Education Credentialing, Inc. (NCHEC).

October

23rd. **Let's Talk! Communicating with Youth about Sex**
Location: PPCGNNJ-Perth Amboy

November

19th. **What Does It Mean to Be Sexually Healthy?**
Location: The Sharing Network

December

17th. **Don't Leave Me Out! Sex Ed for Youth with Special Needs**
Location: BCSS

18th. **Don't Leave Me Out! Sex Ed For Youth with Special Needs 2.0**
Location: BCSS

March

26th. **On Your LARC, Get Set,Go!**
Location: PPCGNNJ - Shrewsbury

April

16th. **Addressing the Gap in Sexual Health Services for Young Men**
Location: BCSS

28th. **Designing Games to Teach Sexuality Concepts**
Location: Project Self Sufficiency

May

21st. **Puberty & Beyond Strategies to Use with Middle School Youth**
Location: PPCGNNJ Shrewsbury

June

4th. **The ABC's of LGBTQI: Exploring Sexual Orientation**
Location: PPCGNNJ - Perth Amboy

July

16th. **Teens, Pregnancy, and STIs by the Numbers**
Location: PPCGNNJ - Shrewsbury

Addressing the Gap in Sexual Health Services for Young Men ■ ▲

Close to half of teen-age males receive no information about sexual health before becoming sexually active. Additionally, sexual health services are largely perceived as female centered. As a result, young men may not recognize the importance of seeking sexual health services. This session will provide guidance on how to overcome male socialization to allow young men to behave in sexually healthy ways.

Back by popular demand

Designing Games to Teach Sexuality Concepts

Create a learning rich environment which allows individuals to review and reinforce knowledge, practice skills, and engage in interpersonal communication by implementing game based strategies! This session will present essential elements to design games to teach sexuality content. Attendees will also experience engaging strategies that provide information about sexuality topics such as body image, healthy relationships, safer sex, sexual health and more.

Back by popular demand

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.

Don't Leave Me Out!: Sex- Ed for Youth with Special Needs 2.0 ■

Youth respond differently to a range of teaching techniques and students with special needs are no different. In this session attendees will learn to utilize an educational framework to sexual health lessons. They will understand how to implement content in flexible ways that supports learning and encourages engagement of youth with special needs.

Let's Talk! Communicating with Youth about Sex

October is Let's Talk month, a time in which we encourage young people, parents and caregivers to communicate about sexuality. We will share research on the importance of communication in the lives of young people. This session discusses factors that impede communication and demonstrates interactive tools to overcome these barriers.

On Your LARC, Get Set, Go! ● ▲

Come and learn up to date information about contraceptive methods, with an emphasis on long-acting reversible contraceptives (LARC). Declines in pregnancy rates can be attributed to increased use of LARCs because they are used for longer periods and require very little from the user. This workshop will highlight innovative and attention grabbing teaching strategies to educate participants about LARCs and other methods of contraception.

Puberty and Beyond: Strategies to use with Middle School Youth ●

Back by popular demand

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.

Teens, Pregnancy, and STIs by the Numbers ¶ ●

According to the CDC, youth constitute over 9 million cases of sexually transmitted infections (STIs) annually and 4 out of 5 teen pregnancies are unintended. Participants will explore research regarding teens and sexual decision making. This highly interactive workshop will introduce positive, empowering, easily-replicable lessons to help students explore aspects of safer sex.

The ABC's of LGBTQI: Exploring Sexual Orientation ■ ▲

Sex, gender, and orientation are often complex pieces to a personal puzzle. In this session, participants will examine updated terminology, learn strategies to be inclusive, and leave feeling equipped to keep up to date and knowledgeable about sexual orientation.

What Does it Mean to be Sexually Healthy? ● ▲

What is sexual health? What actions and behaviors can one take to become sexually healthy? What are some examples of safe sexual experiences? This session will address these questions and examine aspects of sexual health such as decision-making, screening guidelines, and risk reduction from a positive perspective.

Training Locations:

Bergen County Special Services (BCSS)
327 E. Ridgewood Ave.
Paramus, NJ 07652

Planned Parenthood Perth Amboy (PPCGNNJ - Perth Amboy)
450 Market St.
Perth Amboy, NJ 08861

Planned Parenthood Shrewsbury (PPCGNNJ - Shrewsbury)
69 E. Newman Springs Rd
Shrewsbury, NJ 07702

Project Self Sufficiency
127 Mill St
Newton, NJ 07860

The Sharing Network
691 Central Ave
New Providence, NJ 07974