

One training can make a difference



PLANNED PARENTHOOD OF NEW YORK CITY | TRAINING INSTITUTE

THE SPRING 2013 TRAINING INSTITUTE CALENDAR

Register Today at: <http://www.ppnyc.org/training>

All trainings listed take place at Planned Parenthood of New York City, 26 Bleecker Street, 5th Floor, New York, NY 10012. This space is wheelchair accessible. For more information about accessibility or anything else, call 212.274.7246 or email training@ppnyc.org

* *Trainings marked with an asterisk provide basic knowledge and skills that every service provider should have when communicating about sexuality.*

5/8 Public Insurance and Reproductive Health Care (FREE) | Wednesday, 9:30 AM – 1:00 PM
Trainers: Alice Berger, R.N., M.P.H. & Carmina Bernardo, M.P.H.

This training will provide a detailed overview of all New York State (NYS) public health insurance programs that cover family planning services and reproductive health care. We will address eligibility and enrollment, benefits covered and differences in coverage, NYS Free Access and Direct Access policies, minors' rights to care, immigrant eligibility, and confidentiality issues. At the conclusion of the session, participants will be able to describe the various NYS public health insurance programs that cover reproductive health care and family planning; educate clients about programs for which they are eligible; and help already-enrolled clients to understand their rights to reproductive health care.

CHES & NASW Credits: 3.0 | AASECT Credits: 3.5

5/10 Sexual Development Through the Life Course (\$30)* | Friday, 9:30 AM - 1:30 PM
Trainers: Meghan Weidl, M.P.H. & Emily Saltzman, M.S.W.

Updated! Knowing about sexual development can help service providers anticipate sexuality questions that may come up during client interactions and promote healthy sexuality messages. This training will increase participants' understanding of the stages of child sexual development, from birth to 18 years old and discuss continued development throughout the life course. At the end of the training, participants will be able to: understand a broad definition of sexuality; describe the characteristics of different stages of sexual development; identify strategies to support clients through these stages of sexual development; and help youth and adult clients make informed decisions about their sexual and reproductive lives and wellness.

CHES & NASW Credits: 3.5 | AASECT Credits: 4.0

5/24 Fertility Awareness Method: Exploring the Option (\$30) | Friday, 9:30 AM – 1:00 PM
Trainer: Kim Chinh

What's the deal with Fertility Awareness? This training will answer that question and encourage "body literacy," a person's ability to read, interpret, and comprehend the signs related to their menstrual cycle. This knowledge can build deeper body awareness and help inform how a person can avoid or achieve pregnancy. During this training, we will learn the basics of the Justisse Method of Fertility Awareness, which teaches a person to chart their menstrual cycle by noting the primary signs of fertility. Through interactive activities, participants will learn concrete skills associated with the method. We will also explore and compare the different types of Fertility Awareness methods and learn about how to help clients assess if Fertility Awareness methods might be a birth control option for them. At the end of this training, participants will be able to: describe the reproductive system and menstrual cycle; identify signs that indicate fertility; and convey information to clients to help them assess whether Fertility Awareness methods are for them.

CHES & NASW Credits: 3.0 | AASECT Credits: 3.5

5/29 EC Answers: Emergency Contraception Facts and Access Issues (\$30) | Wednesday, 9:30 AM – 1:30 PM

Trainers: Michele Bayley, M.P.H., Nelson Santana & Carmina Bernardo, M.P.H.

New! This training explores an important emergency birth control method that is for more than just “the morning after.” EC is an often misunderstood, yet critical resource that still remains underutilized more than 10 years after having been made available in the US. Join us for a basic review of EC methods currently available in the US, with a particular focus on options available over-the-counter. In this training, we will cover how EC methods work, explore EC promotion messages, and discuss access barriers and what providers can do to increase access for their clients. At the end of the training, participants will be able to: articulate how EC works and the methods available; describe factors to consider when selecting an EC method; communicate effective messages around EC; and identify EC access issues for specific populations including youth, men, and public insurance users as well as actions service providers can take to increase EC access in the communities they serve.

CHES & NASW Credits: 3.5 | AASECT Credits: 4.0

6/6 Talking about Abortion with Confidence (\$40) | Thursday, 9:30 AM - 3:30 PM

Trainers: Jini Tanenhaus, P.A.-C., M.A., Stephanie Demmons & Lila Starbuck

Back by Popular Demand! This training will examine how professionals and advocates can accurately discuss the option of abortion. In the morning, participants will learn in-depth clinical information about abortion from a PPNYC clinician. In the afternoon, PPNYC staff will provide guidance about how best to discuss abortion with professionals and communities with varying views. At the end of this training, participants will be able to: understand the types of abortion services available in New York State; give their clients medically accurate information; provide non-judgmental educational messages; and discuss the issue and politics of abortion in an inclusive, non-confrontational way.

CHES & NASW Credits: 5.0 | AASECT Credits: 6.0

6/17 Sexually Transmitted Infections: Clinical Facts and Engaging Educational Strategies (\$40) | Monday, 9:30 AM – 3:30 PM

Trainers: Ruth Vega, M.P.A. & Lauren Porsch, M.P.H.

Revised! While teens and young adults represent only 25% of the sexually active population in the United States, 15-to-24-year-olds account for nearly half of all STI diagnoses each year. Yet, many don’t perceive themselves to be at risk. This data highlights the urgent need to provide young people with the information and skills they need to make healthy decisions that will reduce their risk of infection. In this full day training facilitated by PPNYC clinical and education staff members, participants will learn in-depth information about STIs and effective strategies for educating youth about STIs. At the end of this training, participants will be able to: describe symptoms, treatment, and prevention of common STIs; make health care referrals; and conduct educational activities about risk reduction.

CHES & NASW Credits: 5.0 | AASECT Credits: 6.0

6/20 Testicular Cancer and Self Exams: Lessons from “The Testicular Whisperer” (FREE) | Thursday, 9:30 AM – 12:30 PM

Trainer: Matthew Morales, M.B.A.

** A Training Institute Collaboration with Planned Parenthood of Nassau County*

Testicular cancer is a rare but serious form of cancer that primarily affects young men. Fortunately, it is highly curable when detected early. Participants will be led through a presentation to inform health education professionals how to teach Testicular Self-Exams to their clients in order to discover testicular cancer in its early stages. The workshop will cover icebreaker activities that will enable participants to feel more at ease in discussing the topic with their clients and exercises to teach clients how to do testicular self-examination. By the end of this training, participants will learn which populations are more at risk for testicular cancer; how to identify symptoms of the disease; the physiological functions of the testicles; and how to perform a testicular self-exam.

CHES & NASW Credits: 2.5 | AASECT Credits: 3.0

6/25 Forum: Reimagining Sex Talks for the 21st Century: Inclusive First Conversations about Reproduction and Sexuality with Young Children (\$10) | Tuesday, 4:00 PM – 6:30 PM

Trainers: Cory Silverberg, M.Ed. & Emily Saltzman, M.S.W

Sex education in the 21st century needs to include conversations about reproduction and sex that not only share with children the unique stories of their family, community, and culture, but also allow them to begin to see the connections we all have to each other. In this Forum, participants will talk with author, sexuality educator and trainer Cory Silverberg about his recent children's sexuality education book "What Makes A Baby." Using a social justice frame, participants will explore how to make conversations about reproduction and sexuality more inclusive of experiences tied to race, class, gender, sexual orientation, and embodiment, including the experiences of transgender and gender non-conforming children. At the end of this training, participants will have an understanding of the ways that traditional sexuality education should be modified to include more children and families, and propose ways of describing reproduction to young children that are unconfined by the gender binary. Participants will practice concrete ways of answering questions in a more inclusive way that opens conversations and options rather than closing them, and is mindful of the diverse spectrum of genders, sexual orientations, family structures, and ways people become parents.

**Please note, a light dinner will be served and Cory will be signing copies of his new book, which will be on sale at the Forum!*

CHES & NASW Credits: 2.0 | AASECT Credits: 2.5

6/27 Anatomy & Puberty in the Internet Age (\$30) | Thursday, 9:30 AM – 1:30 PM

Trainers: Louise Marchena, M.S.W. & William Humphries

Back by Popular Demand! Technology is a major source of social connectivity and information for teens going through the process of puberty and maturation. In the information age, part of youth's exploration involves the seeking of sexual health information on the web, in order to better understand their (and other people's) bodies. However, not all sexuality information on the web is created equal. This training will provide an opportunity for participants to learn (or relearn) basic information on the sexual and reproductive systems and the stages of puberty. It will also examine the role technology plays in youth's misconceptions about anatomy. At the end of the training, participants will be able to describe the structure and function of internal and external sexual anatomy, the menstrual cycle, and reproduction. Participants will also be able to apply important strategies to support young people through the process of puberty in the Internet and smart phone age and use techniques for teaching youth about sexual and reproductive anatomy and the physical and emotional changes associated with puberty.

CHES & NASW Credits: 3.5 | AASECT Credits: 4.0

7/9 Body Image & Sexuality: Making the Connection and Creating Supportive Spaces (\$30) | Tuesday, 9:30 AM – 1:30 PM

Trainers: Sonia Cheruvillil, M.P.H. & Jessica Rivera

Revised! Whether it's from the media, family, friends, or an intimate partner, youth are bombarded with messages that influence their feelings about their bodies. In this training we will explore the connection between body image and sexuality and how the way young people feel about their bodies can affect their sexual and reproductive health decisions. We will look at how we -- as service providers and adults in their lives -- model anti-oppressive behavior in which young people are part of a community that affirms the diversity of body types and makes informed, healthy choices about their bodies and their sexual health. At the end of the training, participants will be able to: articulate the connections between body image and sexuality; share healthy messages around body image; and lead activities for young people that promote healthy body image, critical thinking, media literacy and sexually healthy messages on body image and sexuality.

CHES & NASW Credits: 3.5 | AASECT Credits: 4.0

7/11 Teaching and Talking about Sexuality with Confidence (\$40) | Thursday, 9:30 AM – 3:30 PM

Trainers: Randa Dean, M.P.H. & Shaquana Gardner

Do your palms get sweaty when your clients start asking you questions about sexuality topics? Whether you are a full-time sex educator or a provider who always seems to get sexuality questions, this training will present professional techniques to help you communicate more effectively and confidently with clients about sexuality. A special focus will be paid to providers who are implementing sexuality education programs with youth. At the end the training, the participants will be able to: begin to create an "askable" and approachable environment for clients in relation to sexuality; better understand their own values and to distinguish them from their professional role and demonstrate techniques to use in conversation about sexuality.

CHES & NASW Credits: 5.0 | AASECT Credits: 6.0

7/16 Reproductive Justice 101: Exploring Strategies and Shifting Our Lens in Our Work (\$20) | Tuesday, 9:30 AM – 3:30 PM
Trainers: Sasha Ahuja, L.M.S.W. & Haydee Morales, M.A.

New Training, Reduced Cost! Reproductive justice is a pivotal topic that often gets left out of our professional conversations, as community service providers. In this full day training, we will explore what reproductive justice is and how it applies to our work. After grounding ourselves in both the theoretical framework and the rich history of reproductive justice, we will shift the lens onto our own work and identify how reproductive justice issues intersect with our areas of focus, and play out within the communities whom we serve. Using an intersectional framework and grounding an analysis in an anti-racist and anti-oppressive lens we will explore strategies for moving reproductive justice forward, and discuss the role of allyship in the reproductive justice movement. At the end of this training, participants will be able to: identify differences between reproductive justice, reproductive rights and reproductive health; describe how reproductive justice is connected to our work; reexamine common topics in community service provision through an anti-oppression lens; and identify strategies for driving reproductive justice forward.

CHES & NASW Credits: 5.0 | AASECT Credits: 6.0

7/18 Don't Forget the "Pleasure" in Sex Education (\$40) | Thursday, 9:30 AM – 3:30 PM
Trainers: Alex Stevens, M.P.H. & Lila Starbuck

Back by popular demand! Sensuality and pleasure are significant components of sexuality, yet many programs focus solely on sexually transmitted infections and unintended pregnancy and avoid discussions of pleasure. Discussing pleasure can help ensure that decisions about sexual activity are grounded in communication, respect, and consent. Through varied activities, this training will cover fascinating information on sexual anatomy and desire, as well as how to incorporate age-appropriate information on pleasure into new and existing programs. At the end of the training, participants will be able to: discuss tips and tools that can help make safer sex more fun and appealing; convey information about pleasure-based anatomy; explain how communication can ensure consent and pleasure; and use new strategies to incorporate pleasure into health and sex education services.

CHES & NASW Credits: 5.0 | AASECT Credits: 6.0

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