




**Training Institute In
Sexual Health Education**

TISHHE

Blair Academy, Blairstown, NJ

August 7-12,

2005



***Creative, stimulating,
innovative, inspiring,
collaborative . . . exciting!***

At TISHE you will be engaged in a residential, skills-based training with other adolescent sex ed professionals. The goal is to strengthen confidence and build skills through dynamic plenary sessions, interactive workshops, and small group activities led by a team of expert core staff. You will facilitate a brief lesson and receive constructive, supportive feedback from a few colleagues in a Practice, Observation, and Support (POS) group. This training will offer many opportunities to analyze and evaluate teaching methods and skills, learn about new strategies and resources, network, and much more!

Hope to see you at TISHE!



Nora Gelperin, MEd,
*Director of Training
& Education, NFLE*



Network for Family Life Education



Monica Rodriguez,
*Vice President of Information
& Education, SIECUS*



SEXUALITY INFORMATION AND EDUCATION
COUNCIL OF THE UNITED STATES

TISHE 2005 Core Staff

- **Nikita Cuvilje**
Health Interested Teens Own Program on Sexuality (HiTOPS)
- **Nora Gelperin, MEd**
Network for Family Life Education
- **Eva S. Goldfarb, PhD**
Montclair State University
- **Monica Rodriguez**
Sexuality Information and Education Council of the United States
- **Elizabeth Schroeder, MSW**
Professional Trainer/Consultant
- **Wayne Pawlowski, MSW**
Professional Trainer/Consultant

"Core Staff did a great job of providing continuous support and feedback throughout the week. Thank you!" – 2004 TISHE participant

What TISHE 2005 Offers

This five-day training will feature modules on life-long sexuality, learner diversity, values clarification, giving and receiving feedback, and answering difficult questions. We will also provide smaller “how to teach about . . .” and content-focused workshops. In addition to the information that you receive throughout the training, you will get a valuable notebook of supporting articles and resources to use when you return to your school or agency.



TISHE 2003 participants

Who Should Attend?

- Middle and High School Teachers relatively new to or with limited knowledge of the topic of sexuality education
- School Nurses
- Counselors
- Social Workers
- Curriculum Specialists
- Health Educators
- Youth-Serving Professionals
- Administrators who supervise, support, or implement sexuality education in any format

Professional Growth

The **Practice, Observation and Support (POS)** groups are a unique and important feature of TISHE. You will be part of a POS group (usually 4-5 individuals) in which you will do a short presentation for your peers. This small group setting will give you an opportunity to receive feedback on presentation and facilitation skills. It also offers you time to examine the relevancy of the training to your professional development, school and/or community. (Please indicate on the registration form if you are interested in facilitating a POS group.)

“The POS Group was one of the best parts of the week and it helped me a lot, gave me great ideas on not only my own presentation but ideas for others.” – TISHE 2003 participant

Philosophy of TISHE

While TISHE is designed to be relevant for health professionals with a wide range of family backgrounds, religious traditions and cultural and ethnic identities, it is not value free. The training gives clear messages about key sexuality issues which are:

- Every person is entitled to dignity and his or her own attitudes and beliefs about sexuality.
- Knowledge about human sexuality is helpful, not harmful and every individual has the right to accurate information about sexuality and have his or her questions answered.
- Sexual intercourse is only one of many valid ways of expressing sexual feelings with a partner.
- It is healthy for young adolescents to postpone sexual intercourse.
- All persons have the right and obligation to make responsible sexual choices.
- Being romantically and sexually attracted to both genders (bisexual), the same gender (homosexual), or another gender (heterosexual) are all natural in the range of human sexual experience.
- Healthy sexual relationships are consensual, nonexploitative, mutually pleasurable, safe, developmentally appropriate, based on mutual caring and respect.
- We can enrich our lives by expressing sexuality in ways that enhance human wholeness and fulfillment and that express love, commitment and pleasure.

(Reprinted from Our Whole Lives Curriculum, Unitarian Universalist Association and Guidelines for Comprehensive Sexuality Education, 3rd Edition, SIECUS)

Workshops focus on teaching about:

- Abstinence with a sex-positive approach
- Sexually transmitted infections, including HIV/AIDS
- Gay, lesbian, bisexual, and transgender issues, including homophobia
- Birth control and pregnancy prevention
- Sexual violence
- Media literacy
- Emergency contraception
- Sexual values
- Enhancing self-esteem
- Sexual anatomy
- Youth culture and cultural competence



TISHE 2002 Participants

Come to TISHE to . . .

- Enhance your understanding of **sexuality** and **sexuality education** in their broadest senses
- Examine the diverse **life experiences** learners bring to the classroom and consider how this impacts your teaching
- Identify how **values, attitudes, and beliefs** may influence your teaching
- Assess your own **learning** and **teaching styles**
- Increase your ability to **assess learners' needs** and learn new strategies for **creating a safe learning environment**
- Learn how to plan lessons based on sound **learning theory** using a variety of **teaching methodologies**
- Enhance your skills in **designing an effective lesson**
- Increase your skill at **answering difficult questions**
- Learn and practice a model for giving and receiving concrete, useful **feedback**
- Discover excellent collegial, written, and technological **resources**
- Explore the changing **social, professional, and political context** for sexuality education and share strategies for surviving and thriving as you plan for your own **on-going professional development**



"I don't want to go home! I want to learn all the year round in such a nice group surrounded by such great and wonderful trainers!"

-TISHE 2003 participant

Registration Application Deadline: Friday, July 22, 2005

We expect TISHE to fill quickly, so reserve your space soon. **A \$50 deposit toward the registration fee must be received by July 22nd.** Since TISHE is supported by a generous grant from the Geraldine R. Dodge Foundation, the **fee to attend is \$1000**, which includes registration, lodging, all meals, and a training notebook. Any outstanding registration fees are due by August 1st. If you register and cannot attend, contact the Network for Family Life Education immediately so that your space can be offered to someone on the waiting list. **Refunds for cancellations, less a \$50 processing fee, will be issued until August 1st. No refunds will be issued after August 1st.**

Lodging

TISHE will be held at Blair Academy in Blairstown, New Jersey nine miles from the PA/NJ border. Minutes from the Delaware River, Blair Academy is a beautiful boarding school on a lush, green campus with excellent accommodations. There are walking trails, a bookstore, spacious grounds, historic buildings and scenic views. The cuisine at Blair is excellent and always includes a vegetarian option. There are double and single occupancy rooms and the facility is wheelchair accessible. **Single rooms are assigned on a first-come, first serve basis and after they are filled, roommates will be assigned unless you indicate a roommate preference on your registration application.**

Transportation

You are responsible for your own travel arrangements to Blair Academy in Blairstown, NJ. Flights are available to Newark Liberty Airport which is approximately 90 minutes southeast of Blairstown. Please indicate if you need transportation from the airport. Trains are available to Hackettstown, NJ which is approximately a 20-minute cab ride from Blairstown. We will distribute a list of participants prior to the conference so if you are driving, you can make carpool arrangements.

Registration Confirmation

Confirmation packets will be mailed in mid-July. Packets will include a list of participants, maps, details about arranging carpools, selecting workshops and other logistical information.

Professional Development Hours

The Network for Family Life Education is an approved provider of Professional Development Hours. Participants will earn 40 hours of Professional Development by attending this training. Certificates of completion will be awarded at the end of TISHE and given ONLY to those participants who have attended the entire institute.

Individuals can qualify for an educational tax credit for tuition and fees paid for undergraduate, graduate, and continuing education courses. For detailed information consult IRS publication 970, Tax Benefits for Higher Education, which can be obtained at any IRS office or at: www.ire.gov/forms_pubs/pubs/p970toc.htm.

Tentative Agenda

Sunday, August 7

7 PM

Welcome Reception and Arrival

8 PM

POS Leaders Meeting

Monday, August 8

AM

Holistic Sexuality

Meet Your POS Group

PM

Sex Ed Pedagogy

Concurrent Session I

Evening

Fun Sex Ed Games

Tuesday, August 9

AM

Personal Disclosure

Youth Culture

PM

Sexuality & Values

Concurrent II

POS Group Meeting

Evening

Tricks of the Trade

Wednesday, August 10

AM

Sexual Orientation

Concurrent III

PM

Diverse Audiences

POS Group Meeting

Evening

Icebreakers and Energizers

Thursday, August 11

AM

Concurrent IV

Prep Time for Presentations

PM

POS Group Presentations

Evening

TISHE Celebration

Friday, August 12

AM

Answering Difficult Questions

TISHE Application & Closure

12 Noon

Adjourn

*"I learned something new in each session whether it was a teaching technique or new idea!
Excellent and fun staff! What can I say – Awesome!" –TISHE 2002 participant*

Network for Family Life Education

Rutgers University

41 Gordon Road, Suite A

Piscataway, NJ 08854



USE THIS FORM TO REGISTER

TISHE Registration Application

Blairstown, New Jersey • August 7 – 12, 2005

Name: _____ Gender: _____

Title: _____ Date of Birth: _____

Agency/School: _____

Work Address: _____

City: _____ Zip: _____

School Phone: _____ Fax: _____

E-Mail: _____

*SS# _____ (for tax credit purposes only)

Home Address: _____

City: _____ Zip: _____

Home Phone: _____ E-Mail: _____

Please check where you would like TISHE materials sent.

- Work OR Home
- I would like to room with: _____
- I would like shuttle information (from Newark airport and back).
- I would like to lead a POS group.
- I have read the entire TISHE brochure and agree that if I am selected to attend TISHE, I will commit to attend the entire conference which begins at 7 pm, August 7, 2005 and ends at 12 noon, August 12, 2005.

Please complete the following brief application:

Number of years teaching sexual health _____

My school/agency setting is: Urban Suburban Rural

Please describe the political climate of your school/agency in regards to sexuality education:

Please describe how you currently deliver sexuality education:

Please describe what your expectations are for attending TISHE:

Please describe how you anticipate attending TISHE will impact you professionally:

- Fees**
- \$1,000 check enclosed
 - \$1,000 purchase order enclosed
 - \$50 deposit enclosed – balance to follow by August 1, 2005

If you wish to pay by credit card, you can do so by registering on-line at www.tishe.org

Please make checks and purchase orders payable to:

Network for Family Life Education
Rutgers University
41 Gordon Road, Suite A • Piscataway, NJ 08854
Attn: Nora Gelperin

*For more information, please contact Nora Gelperin
at (732) 445-7929 or norag@rci.rutgers.edu*