

# The CFLE's 2009 Annual

# SEX ED

# Conference



October 29, 2009



1 Hilton Court  
Parsippany, NJ



**7:45 Registration & Continental Breakfast**

**8:15 Welcome: MELISSA KEYES DIGIOIA, Senior Sexual Health Educator**

**8:30 Plenary Session: WHAT'S SO FUNNY? Using Humor to Teach Sex Ed**

*"So one day, I'm teaching this group of students about sexual safety. I wanted to convey one important point: 'If you don't have intercourse, you won't be at risk for any infections...but if you do have intercourse, condoms are very effective!' The group was restless and there were lots of distractions. I kept on getting out the first part, but couldn't keep their attention for the second part, beyond the word 'but'. Trying to recapture their attention, I unwittingly said, 'Listen to my 'but'! Listen to my big 'but'!' The kids broke up in laughter as one student responded, 'Yes, let's listen to Mr. Taverner's big butt.'"*

~ Bill Taverner

Everybody loves a good laugh! And, like it or not, humor comes with the territory of teaching sex education. This plenary will explore both the unpredictable and strategic use of humor in sex education, from jokes to carefully selected comics and television clips.

This plenary session will be led by CFLE trainers **ASHLEY GENERALLO, ALLYSON SANDAK**  
and CFLE director **BILL TAVERNER**



**9:30 BREAK & RESOURCES**

**9:45 MORNING WORKSHOPS (See next page for workshop titles and descriptions!)**

**11:45 LUNCHEON & GOLDEN BRICK AWARD!**  
**Honoring Veteran Sexual Health Educator/Trainer SUE MONTFORT**

**1:00 AFTERNOON WORKSHOPS (See next page for workshop titles and descriptions!)**

**3:00 EVALUATIONS & PROFESSIONAL DEVELOPMENT CERTIFICATES**

1. **NOW LET'S GET SERIOUS: Evaluating Sex & HIV Education Programs** *Lori Roller, MSW, MPH*  
In this interactive workshop, participants will learn about how evidence-based sex and HIV education programs are evaluated and how to recognize a rigorous evaluation study from others. Participants will also review 10 basic phases of a typical evaluation plan, practice writing outcome and process objectives for a sex ed program and critique a survey instrument. There will also be time for questions and answers.
2. **TUNE IN & TURN ON: Embracing the Media to Teach Sex-Ed** *Allyson Sandak, MA & Jessica Shields, CHES*  
Messages about sexuality are loud, varied, and ever present in music, books, advertisements, movies, and television shows. Tune into this fun and interactive workshop to explore strategies that will help students navigate this sea of mixed messages.... and become media-literate.
3. **UNDERSTANDING THE 'T' IN LGBTQ** *Eva S. Goldfarb, Ph.D.*  
This workshop will provide participants with a general understanding of what it means to be transgender, and explain how gender identity is both unique from, and related to, sexual orientation. Definitions, activities, and open discussion will arm participants with basic information that will enable them to both answer student questions and be sensitive to students who may identify as transgender.
4. **DOES YAHOO! HAVE ALL THE ANSWERS?** *Ryan W. McKee, MS*  
**An Analysis of Sexuality Related Questions & Answers from the "Yahoo! Answers" Online Community**  
One increasingly popular type of user-generated content online are community "Q and A" services, such as Yahoo! Answers, which have the potential for spreading both factual and inaccurate information to the public. This workshop presents research examining the content of sexuality-based questions asked by Yahoo! Answers users.
5. **WORKING FROM THE HEART** *Maggi Boyer, M.Ed.*  
Informed by the work of Parker J. Palmer, author of *The Courage to Teach*, and *Teaching from the Heart*, this workshop will allow participants to discuss why we do the work we do; to discover or re-discover what we find personally important or significant in this work; what the "heart" of our work is; and knowing when we are "working from the heart" and when we are not.
6. **NOT YOUR MOTHER'S DIAPHRAGM: A Look at Today's Contraceptive Options** *Ashley Generallo*  
Teaching about birth control can be a challenge, especially with the amount and diversity of products available. This workshop will give participants a chance to get up-to-date with contraceptives on the market. Participants will also experience activities and learn strategies that will enhance their ability to educate about pregnancy prevention.
7. **WHOMP WHOMP WHA WHOMP WHOMP:** *Robin Slaw, MAT(c)*  
**Keeping Your Sex Ed Program from Sounding Like a Peanuts Cartoon**  
Educational theory tells us students absorb more when they experience learning in authentic situations. Participants in this workshop will use experiential education and authentic assessment techniques to create vibrant lessons students can apply to real life situations.

8. **SEX ED ROADBLOCKS, CREATIVE SOLUTIONS** *Judith Steinhart, Ed.D.*  
Teachers are sometimes weighed down by a variety of obstacles to providing sex education, including those that are self-imposed. This is a time to think about what YOU would like to contribute to your curriculum, your students, and your school. This workshop will offer you ideas to consider – creative and practical – and implement those you choose, with encouragement and support of fellow participants.
9. **SCIENCE & SENSUALITY: Safer Sex Strategies for All Sizes & Shapes** *Melissa Keyes DiGioia*  
Sex education needs to catch up with the new scientific studies that address the role that sexual anatomy and pleasure have in condom use. This workshop will showcase what emerging research is suggesting about safer sex education and demonstrate strategies that will inform and educate.
10. **OLDER, WISER, SEXUALLY SMARTER: Sex Ed is Not Just for Kids!** *Bill Taverner, MA*  
This workshop introduces new lessons from the CFLE's latest publication, *Older, Wiser, Sexually Smarter: 30 Sex Ed Lessons for Adults Only*. Indulge in this rare opportunity to learn about sexuality for yourself, as we explore key facts about sex and growing older. Open to sex educators 40 and up!
11. **"THIS WORKSHOP IS SO GAY"** *Sue Montfort, MAT, CHES & Mobin Ahmad*  
**Engaging Activities for Teaching about Sexual Orientation**  
Despite its potential for hurt and harm, the epithet "That's so gay!" is common in adolescent language. Participants will examine concrete strategies from a variety of sources to help students increase their understanding of sexual orientation and decrease the likelihood of hurtful words and actions.
12. **RE-INTRODUCING [www.plannedparenthood.org](http://www.plannedparenthood.org)** *Deborah Levine, MSW, MAT*  
**Getting Online with the Nation's Leading Sexual & Reproductive Health Care Provider**  
Planned Parenthood has recently re-launched their website, an excellent, reliable online resource for you and your students. Learn more about various features and new offerings on the web site and how the site can help you in your efforts to provide extraordinary sexuality information and education.
13. **EXTREME MAKEOVER – SEX ED EDITION:** *Lizbeth Cruz & Kamilah Crawley*  
**Enhance Your Lesson with a Splash of Culture**  
This workshop will explore the integration of culture in sex education. Participants will consider ways to enhance and transform lessons to maximize inclusivity and increase every student's connection to the information.
14. **SEX ED WITH "THE FAMILY GUY"** *Jessica Shields, CHES*  
*"It seems today that all you see is violence in movies and sex on TV...."* providing an abundance of teachable moments!!! Viewed regularly by millions of young people, "The Family Guy" provides those teachable moments *"on which we used to rely."* In this workshop, participants will examine such moments from the television series and learn how to incorporate them into a sex-ed lesson.

# MEET THE PRESENTERS!

**MOBIN AHMAD** is the Male Health Educator for The Center for Family Life Education (CFLE) and works with high-risk men who have sex with men and gay, lesbian, bisexual, and transgender youth in Union County. Mr. Ahmad graduated from Virginia Commonwealth University with a B.S. in Biology.

**MAGGI BOYER, MS.Ed.,** has forty years experience as a sexuality educator, facilitator, trainer, mentor, and leader. Most recently the Vice President for Learning and Organization Development for a global financial services company, Ms. Boyer was previously director of training and education for Planned Parenthood of Bucks County. Currently, she helps individuals and organizations strengthen their leadership and effectiveness skills, in harmony with their personal and professional values and goals.

**KAMILAH CRAWLEY, CHES,** is a Sexual Health Educator for the CFLE. She works with youth in Union County and is the co-facilitator for the adult women's HIV prevention program. Ms. Crawley received her B.S. in School Health from Temple University.

**LIZBETH CRUZ** is the CFLE's bilingual Outreach Educator, providing sex education for high-risk populations. Ms. Cruz played an integral role in developing and reviewing the CFLE publication *Enseñando el Sexo Seguro*. She has worked in the education field for more than 10 years and received her BA from William Paterson University.

**MELISSA KEYES DIGIOIA** is a Senior Sexual Health Educator and Trainer at the CFLE, educating youth throughout Morris County and the city of Summit, as well as training professionals nationally. Ms. DiGioia is a co-author of *All Together Now* and a contributing author to *Unequal Partners, 3rd Ed.* and *Older, Wiser, Sexually Smarter*.

**ASHLEY GENERALLO** is the CFLE'S Assistant Education Manager for Union County and works primarily with youth teaching HIV prevention. A contributing author to *Older, Wiser, Sexually Smarter*, Ms. Generallo received her B.A. from The College of New Jersey with a focus in Psychology and Women's and Gender Studies.

**EVA GOLDFARB, Ph.D.,** is Professor and Chairperson for the Department of Health and Nutrition Sciences at Montclair State University. She has published numerous articles, as well as books, book chapters, and curricula and has presented at conferences worldwide in the area of sexuality education and sexual health. A nationally recognized expert in the field, Dr. Goldfarb provides education, training, and other support to young people, parents, college students, education professionals and organizations in the area of sexuality education.

**DEBORAH S. LEVINE, MSW, MAT,** is the Director of Online Health Education and Services at Planned Parenthood Federation of America. Previously, Ms. Levine worked at Planned Parenthood of Connecticut as a trainer, sexuality educator and peer education coordinator. Ms. Levine earned her Social Work degree from University of Pennsylvania and her Teaching degree from Simmons College.

**RYAN W. MCKEE, MS,** is an adjunct professor at Montclair State University. He is currently enrolled in Widener University's Doctoral program in Human Sexuality Education and is a member of the American Association of Sex Educators, Counselors, and Therapists (AASECT), and the Society for the Scientific Study of Sexuality (SSSS).

**SUE MONTFORT, MAT, CHES,** is a CFLE Senior Sexual Health Educator and Trainer, having taught a variety of sexual health topics for almost 30 years. Ms. Montfort has co-authored *Unequal Partners* and *Making Sense of Abstinence*, and contributed to many other CFLE manuals. She has trained professionals nationwide and provided education locally for many different populations.

**LORI ROLLERI, MSW, MPH,** has designed, implemented, and evaluated a variety of reproductive and sexual health curricula and programs for young people, parents, and professionals in the U.S. and Latin America. Ms. Rrolleri is the Director of the Center for Sexual and Reproductive Health Promotion at ETR Associates, where she oversees national and state training and capacity-building projects. She is widely recognized by federal, state, and local organizations for her expertise in developing, adapting and disseminating science-based sex and HIV education programs.

**ALLYSON SANDAK, MA,** is a Sexual Health Educator and Trainer for the CFLE. One of the co-authors of *Older, Wiser, Sexually Smarter*, Ms. Sandak is also an adjunct professor at Montclair State University and the Editor-in-Chief of the American Association of Sex Educators, Counselors, and Therapists (AASECT)'s *Contemporary Sexuality*.

**JESSICA SHIELDS, CHES,** is a Sexual Health Educator and Trainer for the CFLE, specializing in working with high-risk youth in Bergen County. A contributing author to *Older Wiser Sexually Smarter*, Ms. Shields graduated from William Paterson University with a B.S. in Public Health Education. She is a member of the New Jersey Society for Public Health Education and serves on its technology committee.

**ROBIN SLAW, MAT(c),** is a Sexual Health Educator with the CFLE. She has taught at Dover Middle School and at Warren County Community College. A former director of religious education for two Unitarian Universalist Fellowships, Ms. Slaw also has taught the *Our Whole Lives* curriculum to middle school students and adults.

**JUDITH STEINHART, Ed.D.,** is a nationally-known AASECT-certified sexuality educator, who values students, colleagues, and opportunities to learn. She recently contributed two chapters to *Sexuality Education: Past, Present and Future* and facilitated the workshop, "Beyond White" at AASECT's national conference. Dr. Steinhart's maintains the sexuality and relationship Q&A blog, [www.hevjud.com](http://www.hevjud.com).

**BILL TAVERNER, MA,** is the Director of the CFLE and the Editor-in-Chief of the *American Journal of Sexuality Education*. He has authored or co-authored many sex ed teaching manuals and texts, including *Making Sense of Abstinence*, *Older, Wiser, Sexually Smarter*, *Sex Ed 101*, and six editions of *Taking Sides: Clashing Views in Human Sexuality*. An AASECT-certified sexuality educator, Mr. Taverner trains professionals throughout the nation.

**DIRECTIONS TO HILTON, PARSIPPANY, NJ**  
**1 Hilton Court, Parsippany, NJ 07054**  
**(973) 267-7373**

The Hilton Parsippany is conveniently located off I-287, exit 39-B. Take Route 10 West and go ½ mile. Turn right on Dryden Way. Make first left onto Campus Drive. Then make your first left onto Hilton Court.



## REGISTRATION FORM for The CFLE's Annual SEX ED CONFERENCE October 29, 2009

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 SCHOOL/AGENCY \_\_\_\_\_ PHONE \_\_\_\_\_  
 EMAIL \_\_\_\_\_

**WORKSHOP CHOICES** (Please give backup choices, in case your 1<sup>st</sup> choices are full.)

**MORNING:** 1<sup>st</sup> Choice # \_\_\_\_\_ Morning backup choice # \_\_\_\_\_  
**AFTERNOON:** 1<sup>st</sup> Choice # \_\_\_\_\_ Afternoon backup choice # \_\_\_\_\_

Please check one for your lunch option:  Chicken  Vegan  Vegetarian

**REGISTRATION FEE (CHECK ONE)**

Early Registration (before Oct. 1) @ \$110 \_\_\_\_\_ Regular Registration (after Oct. 1) @ \$135 \_\_\_\_\_  
 Credit Card:  Amex  Disc.  M/C  Visa  
 Account # \_\_\_\_\_ Expires \_\_\_\_\_  
 Signature (as name appears on card) \_\_\_\_\_

**Workshops fill quickly!  
 Register early!**

**Early Registration Fee, \$110 (Before October 1)**  
**Regular Registration Fee, \$135 (After October 1)**

Send form and fee to:  
**The Center for Family Life Education**  
 196 Speedwell Avenue  
 Morristown, New Jersey 07960  
Attention: Joyce Korblyo, Registrar

Joyce



**Registration and Payment will enroll you:  
 NO CONFIRMATION WILL BE SENT  
 NO REGISTRATION AT THE DOOR  
 Phone: (973) 539-9580, ext. 120  
 Fax: (973) 539-3828  
[The.CFLE@ppggnj.org](mailto:The.CFLE@ppggnj.org)**

*Refunds will be issued only if we are notified of cancellations at least 72 hours in advance of conference. An administrative fee of \$10 will be retained.*

# The CFLE's 2009 Annual

# SEX ED

# Conference

**Thursday  
October 29, 2009**

**Hilton  
1 Hilton Court  
Parsippany, NJ 07054**



**The Center for Family Life Education  
Planned Parenthood of Greater Northern New Jersey, Inc.  
(973) 539-9580, ext. 120  
[The.CFLE@ppgnnj.org](mailto:The.CFLE@ppgnnj.org)**



**The Center for Family Life Education  
Planned Parenthood of Greater Northern New Jersey, Inc.  
196 Speedwell Avenue  
Morristown, New Jersey 07960**

Planned Parenthood of Greater Northern New Jersey is approved by the New Jersey Department of Education as a provider of professional development workshops. Participants who attend this conference are eligible for 5.25 hours credit.

Application for CE's from the American Association of Sexuality Educators, Counselors and Therapists (AASECT) has been submitted.