

answer
sex ed, honestly

What are
some good
lesson plans?

How can I
teach high
schoolers
about
abstinence?

What's the best
video I can use
to teach puberty?

How can I help my
students stay safe online?

How can I
support parents?

SEXUALITY EDUCATION TRAINING INITIATIVE

training catalog 08-09

RUTGERS
UNIVERSITY

Our Vision of Sexuality Education

We at Answer, part of the Center for Applied Psychology at Rutgers University, are proud to be a national organization dedicated to providing and promoting comprehensive sexuality education to young people and the adults who teach them. Answer is proud of our roots in New Jersey and we train over 2,500 educators annually in the NJ/NY/PA metro area

We are committed to supplying resources, advocacy, training and solutions in support of honest and balanced sexuality education for young people and the adults in their lives. Through our Sexuality Education Training Initiative, we aim to

- (1) increase educators' comfort in delivering positive, accurate and honest sexuality information to students of all ages;
- (2) promote balanced, comprehensive, age-appropriate and culturally-inclusive curriculum and
- (3) provide professionals with teaching techniques, strategies and skills that will support them in delivering this most important information.

We are professionals who are passionate about sexuality education. By supporting the schools, communities and educators that serve our young people, we work to develop a highly educated, sexually healthy society that is capable of making well-informed decisions about sex. Through our Sexuality Education Training Initiative, we train educators to connect with their students and young people while providing them with all of the information they need to make responsible decisions about their sexual health.

Sincerely,



Nora Gelperin, M.Ed.
Director of Training and Education



Todd Slawsky, M.Ed.
Training Coordinator

Funding to support Answer workshops comes from:

- New Jersey Department of Health & Senior Services
- The Mary Owen Borden Foundation

A special thanks to the following:

- Kean University
- JP Morgan Chase
- Montclair State University
- Jersey City Public Schools

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Sexuality ABCs (Abstinence, Birth Control and Condoms)



Answer recognizes that many educators may not have the time or ability to travel to attend workshops or other forms of professional development. “Sexuality ABCs (Abstinence, Birth Control and Condoms),” our first online workshop is available to educators and youth-serving professionals nationwide. This dynamic workshop is the equivalent of six hours, taken at your convenience over the course of one month. The workshop is self-directed and allows you to set your own schedule while learning about adolescent sexuality from the comfort of your own home.

“Sexuality ABCs (Abstinence, Birth Control and Condoms)” uses fun and engaging online techniques to help participants

- Understand trends in adolescent sexual behavior
- Get updated on contraceptive methods
- Receive sample lesson plans
- Practice answering Frequently Asked Questions from teens
- Review laws regarding teens accessing birth control
- Discover the most current resources

To find more information and register please visit
<http://answer.rutgers.edu/page/sexualityabcs>.

About Answer Trainings

Who Should Attend

Our training workshops are for health teachers, school counselors, school social workers, school and public health nurses, school administrators, youth-serving professionals, community health educators and any other interested professional who works with children and adolescents.

Professional Development Credit and Certificates

Participants will receive professional development certificates for their attendance. Our workshops are also recognized by the National Commission for Health Education Credentialing (NCHEC) and offer five category one CHES credits.

Workshop Size & Location

All workshops are limited to groups of 15 to 40 participants and will be held at the following locations:

Answer, Rutgers University	Piscataway
Bergen Community College	Paramus
Cherry Hill Public Library	Cherry Hill
Kean University	Union
JP Morgan Chase Building	Jersey City
Montclair State University	Montclair
Ocean County Training Center	Waretown
RWJ Hamilton Center for Health and Wellness	Hamilton

Directions

Directions to all of the workshop locations can be found on our Web site (<http://answer.rutgers.edu/page/directions>). Workshop participants will also receive directions with their workshop confirmation packets, which will be sent approximately seven days prior to the workshop date.

Workshop Fees

Workshops are \$100 per person. **Payment for workshops is expected at the time of registration** via check, purchase order, money order or credit card (available on our Web site only). If you need to make special arrangements for payment, please contact us directly at 732-445-7929, ext. 237.

Walk-in registration is strongly discouraged since our workshops are usually full and materials are prepared for those who have registered in advance. We often cannot accommodate walk-in registration.

Discounted Registration Fees

Frequent Attendee Discount: There is a \$10 discount **per workshop** if someone registers for more than one workshop per year.

Group Discount: There is a \$10 discount **per person** if a school or organization sends two or more professionals to the same workshop.

** Please note:* Only one discount per person, per workshop will apply. Discounts cannot be combined.

Cancellation & Refund Policy

Cancellations must be made by phone, fax or e-mail one week prior to the scheduled workshop date in order to receive a refund or credit toward another workshop. No refund will be given for someone who is excessively late and therefore not admitted to a workshop. Refunds take four to six weeks to process.

Inclement Weather

The decision to cancel a workshop due to inclement weather will be made by 5 p.m. the day prior to the scheduled workshop. Phone calls will be made, e-mails will be sent and an announcement will be placed on the front page of our Web site notifying all registrants of a workshop cancellation. Registrants can also access a voicemail recording with the most up-to-date workshop information by calling 732-445-7929, ext. 237.

Answer Can Come to Your School—Anywhere!

Answer has an extensive menu of in-service workshops for your school or organization. We offer a wide range of topics addressing sexuality education for elementary, middle and high school professionals. If you are interested in hosting a workshop, please contact Todd Slawsky, M.Ed., at 732-445-7929, ext. 237, or tslawsky@rci.rutgers.edu.

Meet the Trainers

To read the full biography of each trainer, go to
http://answer.rutgers.edu/page/trainer_bios



Nora Gelperin, M.Ed., is director of training and education at Answer and founder of the organization's annual Training Institute in Sexual Health Education (TISHE). She was awarded the 2008 Mary Jo Young Health Teacher of the Year award from New Jersey AHPERD.



Eva Goldfarb, Ph.D., is a professor of Health Education in the Department of Health and Nutrition Sciences at Montclair State University and holds a Ph.D. in Human Sexuality Education from the University of Pennsylvania.



Melissa Keyes DiGioia is a sexual health educator and trainer for The Center for Family Life Education at Planned Parenthood of Greater Northern New Jersey, specializing in educating high-risk youth.



Connie Poor, R.N., is a registered nurse and staff educator at HiTOPS, a teen health center in Princeton, N.J. She has been working as a nurse and educator since 1973 and at HiTOPS since 1995.



Wayne Pawlowski, A.C.S.W., L.I.C.S.W., is a licensed independent clinical social worker who has been providing training in sexual health and counseling for professionals in 48 states and abroad for the past 25 years.



Dan Rice is online content manager at Answer and is responsible for the ongoing maintenance, development and content initiatives for the Sex, Etc. Web site, Sexetc.org. He is also a trainer for Answer's Sexuality Education Training Initiative.



Michelle Scarpulla, M.P.H., is a Certified Health Education Specialist and holds a master's degree in Public Health from Temple University. Currently she is the Health Educator at the Highland Park School-Based Youth Services Center.



Jessica Shields, C.H.E.S., is a sexual health educator for Planned Parenthood of Greater Northern New Jersey, specializing in working with high-risk youth in Bergen County. She graduated from William Paterson University with a B.S. in community health.



Bill Taverner, M.A., is the cofounding editor of the American Journal of Sexuality Education, editor of Sex Ed 101 and the director of The Center for Family Life Education, the acclaimed education department of Planned Parenthood of Greater Northern New Jersey.



Elizabeth Walters, C.N.M., M.S., has been a certified nurse-midwife and sexuality educator at HITOPS, a teen health and education center in Princeton, N.J., for 20 years.

It's Elementary

Family Life Lesson Plans for Grades K-3

When: Friday, December 5, 2008

Time: 9 a.m. - 3 p.m.

Cost: \$100

Where: Montclair State University, Montclair

When: Wednesday, February 4, 2009

Time: 9 a.m. - 3 p.m.

Cost: \$100

Where: Answer, Rutgers University – Livingston Campus

Workshop Description

Classroom teachers, school nurses and health/PE teachers often struggle with insufficient time, training and their own discomfort when addressing family life education with young children, even though New Jersey's Core Content Standard 2.4 requires schools to address this issue by grades two and four. This interactive workshop will allow participants to increase their comfort and knowledge about age-appropriate sexual development in young children and learn the skills they need to effectively implement lesson plans in their districts. The importance of partnering with parents and school administrators to build support for family life education for young children will be addressed. Previous attendance at an Answer workshop for these grade levels is preferred but not required.

Professional Development Hours: 5

CHES Credits: 5

Hooking Up or Harmless Hanging Out?:

Teaching about Sexuality to Middle Schoolers

When: Wednesday, February 11, 2009

Time: 9 a.m. – 3 p.m.

Cost: \$100

Where: Montclair State University, Montclair

Workshop Description

Middle school students present unique challenges for sexuality educators, since their development often ranges widely from one young person to the next. It is critical for educators to find effective lesson plans and teaching techniques that meet their younger adolescent students' range of needs. At the same time, educators often struggle with determining how much information is “too much”—especially when their curricula say one thing and young people are doing something else altogether. This interactive workshop will review the basics of adolescent development and provide at least four effective lesson plan ideas to help educators teach a range of sensitive topics to middle schoolers.

Professional Development Hours: 5

CHES Credits: 5

Pregnancy and STD Prevention:

Lessons for Success

All Workshops are 9 a.m. - 3 p.m. and cost \$100 except where noted

When: Friday, October 17, 2008

Where: Answer, Rutgers University – Livingston Campus

When: Friday, October 24, 2008

Where: Montclair State University, Montclair

When: Friday, October 29, 2008 Cost: \$50**

Where: JP Morgan Chase Building, Jersey City

When: Friday, December 5, 2008

Where: Ocean County Training Center, Waretown

When: Friday, December 12, 2008

Where: Bergen Community College, Paramus

When: Friday, May 1, 2009

Where: Kean University, Union

When: Wednesday, May 13, 2009

Where: Cherry Hill Public Library, Cherry Hill

Workshop Description

Many teens prioritize pregnancy prevention and don't recognize their risk of contracting sexually transmitted diseases (STDs). Professionals know that even though teen pregnancy rates have historically been on the decline, STD rates have continued to climb. This workshop will provide participants with a factual update about the rates of STDs, including HIV, among teens and review the new methods of contraception that are available today. A wide variety of effective and interactive lesson plans will be modeled for middle- and high-school age students. All of these lessons are mapped to New Jersey's Core Curriculum Content Standard 2. If you're looking for exciting lesson plans to help your students make healthy choices, this workshop is for you!

Professional Development Hours: 5

CHES Credits: 5

**Workshop cost is lower due to support from the Jersey City School District

Sex Ed Games that Teach

When: Wednesday, October 22, 2008

Time: 9 a.m. - 3 p.m.

Cost: \$100

Location: Bergen County College, Paramus

When: Wednesday, November 19, 2008

Time: 9 a.m. - 3 p.m.

Cost: \$100

Location: Ocean County Training Center, Waretown

When: Wednesday, February 4, 2009

Time: 9 a.m. - 3 p.m.

Cost: \$100

Location: Cherry Hill Public Library, Cherry Hill

When: Wednesday, April 1, 2009

Time: 9 a.m. - 3 p.m.

Cost: \$100

Location: Montclair State University, Montclair

When: Friday, May 15, 2009

Time: 9 a.m. - 3 p.m.

Cost: \$100

Location: Answer, Rutgers University - Livingston Campus

Workshop Description

Can you make an interactive PowerPoint Jeopardy board or use the Internet to create a sex-ed crossword puzzle? Are you smarter than a fifth grader? This workshop will teach participants how to construct high-tech and traditional "games that teach" about sexuality. Participants will gain the knowledge and skills to modify existing popular games using current technology to capture students' attention when addressing sexuality topics. Deal? Or no deal?

Professional Development Hours: 5

CHES Credits: 5

Is MySpace a Safe Space?:

Internet Safety for Adolescents

When: Friday, November 21, 2008

Time: 9 a.m. - 3 p.m.

Cost: \$100

Where: RWJ Hamilton Center for Health and Wellness, Hamilton

When: Wednesday, February 25, 2009

Time: 9 a.m. - 3 p.m.

Cost: \$100

Where: Kean University, Union

Workshop Description

Ever feel like you're not in Kansas anymore when it comes to teens and technology? Well, you're not—and the fast-paced world of technology means that adults often find themselves struggling to catch up, let alone understand the significance of networking Web sites like MySpace, Facebook and others frequented by teens. This workshop will help even the most novice educator learn the basics about the online world that teens inhabit, including instant messaging, texting and social networking Web sites. Participants will leave with a broader appreciation for the role of technology in teens' lives today and concrete strategies for ways to teach young people "safe surfing."

Professional Development Hours: 5

CHES Credits: 5

Ugly Betty:

Helping Teens Navigate Media Messages about Body Image and Beauty

When: Wednesday, December 10, 2008

Time: 9 a.m. - 3 p.m.

Cost: \$100

Where: Kean University, Union

When: Friday, May 1, 2009

Time: 9 a.m. - 3 p.m.

Cost: \$100

Where: Answer, Rutgers University – Livingston Campus

Workshop Description

Do your teen students constantly worry about their physical appearance? Do you struggle with how to help them critically examine media images about beauty and understand that most are fake? Do you want to learn some engaging new lesson plans to help teens analyze media messages about beauty, body image and sexuality? If so, this dynamic workshop is for you! It will model effective lesson plans for use with middle and high school students to help them recognize the myth of perfection that is sold to them via the media.

Professional Development Hours: 5

CHES Credits: 5

What about the Boys?:

Teaching about Sexuality Effectively to Teen Boys

When: Friday, December 12, 2008

Time: 9 a.m. - 3 p.m.

Cost: \$100

Where: Answer, Rutgers University – Livingston Campus

When: Friday, February 6, 2009

Time: 9 a.m. - 3 p.m.

Cost: \$100

Where: Bergen County College, Paramus

When: Friday, February 27, 2009

Time: 9 a.m. - 3 p.m.

Cost: \$100

Where: RWJ Hamilton Center for Health and Wellness, Hamilton

Workshop Description

The vast majority of sexuality education curricula and programs are created with the needs of adolescent girls in mind. Even if we don't believe it ourselves, the saying "boys will be boys" pervades sexuality education lessons plans and materials. In heterosexual relationships, girls are set up as the sexual gatekeepers and decision-makers, and boys are either set up to be feared or to have their questions and concerns ignored. Generally, discussion of same sex relationships are avoided altogether. This workshop will provide the most up-to-date information about how boys learn, how co-ed sexuality education often fails boys and what educators can do to be sure to reach all of their students.

Professional Development Hours: 5
CHES Credits: 5

Positive Encounters:

Working One-on-One with Teens about Sex

When: Thursday, January 15, 2009

Time: 9 a.m. - 3 p.m.

Cost: \$50**

Where: JP Morgan Chase Building, Jersey City

Workshop Description

This workshop is specifically designed for counselors, nurses and social workers who interact with adolescents in a one-on-one capacity about sexuality. The workshop will provide professionals with an update on the latest trends in adolescent sexual behavior, an opportunity to examine personal versus professional boundaries as they relate to disclosure and to practice handling teachable moments and issues related to confidentiality and agency policy on sexual health. Participants will identify ways that they can support and encourage adolescents to make healthy, responsible choices about their sexuality.

Professional Development Hours: 5

CHES Credits: 5

Teaching about Puberty:

More than Just Pimples and Periods

When: Wednesday, January 28, 2009

Time: 9 a.m. – 3 p.m.

Cost: \$100

Where: Cherry Hill Public Library, Cherry Hill

When: Friday, January 30, 2009

Time: 9 a.m. – 3 p.m.

Cost: \$100

Where: RWJ Hamilton Center for Health and Wellness, Hamilton

Workshop Description

This workshop—for fifth- and sixth-grade classroom teachers, school nurses and health/physical education specialists—will include strategies for teaching about human development with children, techniques for answering questions and information on normal childhood sexual development. It will also include the following topics: teaching about reproductive anatomy, teaching about bullying and harassment, teaching about reproduction and intercourse and teaching about sensitive topics. Aligned with the revised New Jersey Core Curriculum Content Standards in Comprehensive Health and Physical Education, this workshop will model effective lessons to help educators become more comfortable and confident when teaching family life education.

Professional Development Hours: 5

CHES Credits: 5

Lesbian, Gay, Bisexual and Transgender Issues:

You've Got Questions, We've Got Answers

When: Friday, April 24, 2009

Time: 9 a.m. - 3 p.m.

Cost: \$100

Where: Bergen Community College, Paramus

Workshop Description

This workshop will teach participants about the fundamentals of sexual orientation and gender identity and how to ensure that all young people and their families feel welcome and included in our classrooms and programs. The first part of the workshop will provide basic information about sexual orientation and gender identity and dispel common myths. The second part of the workshop will focus on ways to create safe learning environments for students who are lesbian, gay, bisexual and/or transgender (LGBT) or whose family members might be. It will also provide concrete lessons for teaching LGBT issues directly to young people.

Professional Development Hours: 5

CHES Credits: 5

Basic Counseling for Nonprofessional Counselors

When: Wednesday, April 29, 2009

Time: 9 a.m. - 3 p.m.

Cost: \$100

Where: Montclair State University, Montclair

Workshop Description

Nonclinically trained staff are frequently called upon to offer some form of informal “counseling” to their students or clients. They are often asked to do this with little or no training or practice with the skills they need to provide good basic counseling. This workshop will identify the basic counseling skills needed by most nonprofessionally trained counselors and will give participants the opportunity to practice and refine their use of these skills. It will be useful for newer, less experienced staff as well as seasoned staff who want a solid review of basic counseling skills and the opportunity to practice those skills in a safe, nonpressured context. This workshop will be highly practical and highly interactive. It will include brief presentations, large group brainstorms, small group discussions and paired activities/exercises.

Professional Development Hours: 5

CHES Credits: 5

Love Shouldn't Hurt:

Teaching about Adolescent Intimate Partner Violence

When: Friday, May 8, 2009

Time: 9 a.m. - 3 p.m.

Cost: \$100

Where: Bergen Community College, Paramus

Workshop Description

Sometimes my boyfriend gets so angry, I'm afraid he might hurt me. My girlfriend embarrasses me in front of my friends. My boyfriend is so jealous I can't talk to anyone else. Teen intimate partner violence (IPV) is a serious problem in the United States with approximately one in five female high school students suffering physical and/or sexual abuse by a dating partner. While males are less often victims of physical violence in a dating relationship, they are often abused emotionally and are unlikely to seek help. This workshop will help participants understand the causes and effects of IPV and learn that dating violence is about power and control and can include physical, emotional and sexual abuse. Participants will identify a set of strategies to address IPV for three groups—the abuser, the target and the bystander—and will receive lesson plans and resources for teaching about IPV.

Professional Development Hours: 5

CHES Credits: 5

The Teenage Mind:

Understanding How Teens Think and Learn

When: Wednesday, May 20, 2009

Time: 9 a.m. - 3 p.m.

Cost: \$100

Where: Answer, Rutgers University – Livingston Campus

Workshop Description

Adults who teach, counsel or live with teens are often caught up in the challenging behavior and attitude of adolescents and may forget the remarkable physical, emotional and cognitive changes that are occurring during these years. We have long been able to describe the characteristics of teens—sullen, angry, risk-taking, secretive, awkward—but for the first time, brain science can explain why teens are the way they are. In this workshop, a 20-minute edit of a Frontline program, *The Teenage Brain*, will be shown, and participants will discuss the implications for schools, teachers and parents in terms of expectations, education, support and compassion for the adolescent. Using this information, we will explore learning strategies for teens, including role play, forced choice, brainstorm, fishbowl and small group discussion.

Professional Development Hours: 5

CHES Credits: 5

Five Easy Ways to Register

- 1) **Log on** to <http://answer.rutgers.edu/page/openenrollment> to register online.
- 2) **Mail** your completed registration form with payment to the address below.
- 3) **E-mail** Todd Slawsky at tslawsky@rci.rutgers.edu. (Please include all contact and payment information, such as check or PO number, in your e-mail.)
- 4) **Fax** the completed registration form and copy of the purchase order to 732-445-5333; Attn: Todd Slawsky.
- 5) **Call us** at 732-445-7929, ext. 237, and ask for Janine Martin or Todd Slawsky. Please note: Check number or purchase order number will be required to complete registration.

Walk-in registration is strongly discouraged as our workshops are usually full. We often cannot accommodate walk-in registration. If we do have space available, payment must be made prior to entering the workshop via purchase order, check or cash.

Make check payable to "Answer-Rutgers University"

Federal Tax ID # 22-6001086

Send to:

Answer
Rutgers University
41 Gordon Road, Suite C
Piscataway, NJ 08854
Attn: Todd Slawsky

Questions? Please call (732) 445-7929 ext. 237, ask for Todd or Janine

PLEASE NOTE: Driving directions and a parking pass (if needed) will be sent to you approximately seven days before the workshop date.

No other registration confirmation will be sent.

Directions to all our workshop locations can also be accessed online at <http://answer.rutgers.edu/page/directions>.



the magazine that gives teens answers and gives you insight into what teens are talking about.

Sex, Etc. magazine is:

- accurate and honest sexual education in a fun and interesting context for teens
- written by teens for teens—backed up by a team of adult health professionals
- supplemented with a Discussion Guide for teachers, counselors, youth serving professionals

FP



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The New Sex, Etc. Why Wonder?

Answer (formerly the Network for Family Life Education) is pleased to introduce the new Sex, Etc. magazine. The Sex, Etc. magazine includes all of the features students loved about our newsletter and much, much more. Plus a Discussion Guide will be included with your order at no additional charge.

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