



**AMPLIFY**  
YOUTH HEALTH COLLECTIVE



# Training and Professional Development Opportunities

**28**

trainings and professional development workshops facilitated by Amplify (2022)

**782**

youth-serving professionals trained in best practices topics and educator training (2022)

**96%**

of trainees reported the information received to be "good" or "excellent" (2022)

Amplify builds Tulsa's capacity to respond to young people's needs. Training opportunities for youth serving professionals, health care professionals, and sexual health educators cover foundational sexual health knowledge and best practices such as trauma-responsiveness, cultural humility, inclusivity, monitoring personal values, and answering sensitive questions. Amplify also provides curriculum certification trainings for Making a Difference, Making Proud Choices, and Positive Prevention PLUS.

# Best Practice Trainings and Presentations

The following trainings are designed for community groups, schools, faith communities, mental health professionals, public health organizations, and youth serving organizations.

## Customized Trainings & Presentations

We customize trainings on a variety of topics such as consent, digital citizenship & internet safety, contraception, anatomy, sexually transmitted infections, and other relevant topics. Please email [info@amplifytulsa.org](mailto:info@amplifytulsa.org) to request a training consultation.

## The State of Adolescent Sexual Health

1-1.5 hours

Young people in Oklahoma often do not have access to the information and resources they need to achieve sexual health and well-being. This presentation reviews key sexual health outcome data, describes the role trusted adults play in supporting sexual health outcomes for the youth they serve, and provides participants with key resources and referrals.

## Sexual Health Education & Policy

1-1.5 hours

Organizational, local, state and national policies have a crucial impact on the sexual health outcomes of young people. This training explores adolescent sexual health data in relation to Oklahoma's state policies, focusing on sexual health education.

## Holistic Sexuality & Youth

1-1.5 hours

Holistic sexuality includes the entire person, not just one aspect. Our sexuality includes how we think and feel about ourselves and our bodies, who we are attracted to, who we are, and our sexual and reproductive anatomy. This session utilizes an adapted version of Dr. Dennis Dailey's Circles of Sexuality. Participants learn about each of the six circles and their overlapping nature and then apply the model through a youth-centered lens to better understand the experiences of young people and how to support them.

## What Happens When? Understanding Sexual Development

2 hours

Parents, caregivers, trusted adults, and youth-serving professionals often wonder – when does sexual development start? When should I prepare to have “the talk”? This session discusses sexual development from childhood through puberty. Participants will learn about human sexual development, common changes of puberty, common behaviors, and the role trusted adults play in supporting healthy development. Participants assess their comfort level in responding to sexual behaviors and questions from youth. This training is customizable for schools, mental health and community organizations, and parents.

## Exploring Personal Values & Responding to Sensitive Questions

2-2.5 hours

Understanding and responding to sensitive questions about puberty, sex, and relationships is critical for youth-serving professionals. In this session, participants explore personal values related to sexuality and the role those values may play in their comfort and confidence in responding to questions from young people. Participants will learn about five types of questions youth ask and best practices for responding. Participants will work in small groups to apply best practices and formulate responses to commonly asked questions about sex and sexuality.

## Beyond the Binary: Fundamentals & Best-Practices for Supporting 2SLGBTQIA+ Youth

4 hours (half day)

Physical and mental health inequities persist for 2SLGBTQIAA+ young people locally and nationally. These inequities result from systemic discrimination and rejection from others. Accepting and affirming adults save lives. According to the Trevor Project's 2019 National Survey of LGBTQ Youth Mental Health, LGBTQ youth who report having at least one accepting adult were 40% less likely to report a suicide attempt in the last year. Trusted adults, including mental health clinicians, social workers, case managers, and educators, are uniquely positioned to support 2SLGBTQIAA+ young people. This workshop equips participants with fundamental information and best practices for supporting 2SLGBTQIAA+ youth in various settings. This training is customizable based on whether the group serves students in schools, mental health settings, or community-based organizations.

## Best Practice Trainings for Sexuality Educators

The following trainings are designed for adolescent sexual health educators.

### Trauma Responsive Practices in Sex Education

3.5 hours (half day)

This workshop provides participants with information about the prevalence and impact of trauma on the brain and behavior, including the limitations of how trauma is assessed. Utilizing a trauma-responsive approach means that a program, organization, or system "realizes the widespread impact of trauma and understands potential paths for recovery; recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system; and responds by fully integrating knowledge about trauma into policies, procedures, and practices, and seeks to actively resist re-traumatization" (SAMHSA). This workshop leads sex educators through content knowledge and applicable best practices for taking a trauma-responsive approach within their classrooms and organizations, including the role trusted adults play in creating an environment conducive to resilience and healing. This training is intended for anyone implementing sexual health education with young people and the supervisors that support them.

### 2SLGBTQIAA+ Inclusivity in Sex Education

3.5 hours (half day)

Health inequities persist for 2SLGBTQIAA+ young people both locally and nationally, particularly in relation to sexual and reproductive well-being. Most evidence-based sexual health education curricula address neither the information that directly apply to 2SLGBTQIAA+ youth nor best practices for truly engaging 2SLGBTQIAA+ youth in sex education. This training equips educators with the necessary tools to effectively neutralize their language, expanding engagement strategies, and implement curricula adaptations to effectively serve 2SLGBTQIAA+ youth. This training is intended for anyone implementing a sex education program with young people and the supervisors that support them. Attendees should have attended Sexual Health Education Essentials prior to registering for this session.

### Cultural Humility

4 hours (half day)

This training will explore how myths, stereotypes, racial reproductive history, and facilitator identity impact effective sexuality education and program delivery. Participants will confront and reflect upon how cultural identity plays a crucial role in teaching and learning in the sex education classroom. This training is intended for anyone implementing a sex education program with young people and the supervisors that support them.

## Sexual Health Education Essentials

8 hours (full day or two half-days)

Sexual Health Education Essentials is a foundational training meant to prepare sexual health educators, school personnel, and other youth work professionals to support young people. Training content is data-driven and aligned with best practices in the field of adolescent sexual health promotion. Topics covered include holistic sexuality, adolescent growth & development, reproductive health, responding to sensitive questions, values in sexual health education, consent, contraception, and more. Sexual Health Education Essentials is recommended for anyone new to the field of sexual health education or for trusted adults working with young people in any capacity who wish to gain knowledge and strengthen their skills.

## Curriculum Certification Trainings

The following trainings are designed for adolescent sexual health educators who are not currently certified to teach Positive Prevention Plus (P3). Making Proud Choices, or Making a Difference. Before attending curriculum certification sessions, participants should have attended Sexual Health Education Essentials.

### Positive Prevention PLUS Middle & High School Training of Educators (2018)

4 Full Days

A Training-of-Educators for Positive Prevention Plus (P3) Middle School & High School (2018). P3 is a comprehensive, evidence-based sexual health and teen pregnancy prevention curriculum for middle and high school, grades 7-12, and out-of-school youth, written in compliance with the National Health Education Standards. Topics include STI's, Abusive Relationships, Healthy Relationships, HIV, Contraception, and more. Participants must attend all four days of this training and be certified educators for both P3 Middle School and P3 High School at the end of the training. This training utilizes the 2018 version of P3.

### Making Proud Choices! Training of Educators (5th Edition)

2 Full Days

A Training-of-Educators for Making Proud Choices! (MPC), fifth edition. MPC is an evidence-based, medically accurate teen pregnancy prevention curriculum. The curriculum's goal is to provide youth with the knowledge, confidence, and skills necessary to reduce their risk of contracting HIV/AIDS, other sexually transmitted diseases, and pregnancy by abstaining from sex or using condoms if they choose to have sex. Attendees must attend both days of this training and will be certified educators for Making Proud Choices! at the end of the training.

### Making A Difference! Training of Educators (5th Edition)

2 Full Days

A Training-of-Educators for Making a Difference! (MAD), fifth edition. MAD is an evidence-based, medically accurate teen pregnancy prevention curriculum. The curriculum's goal is to provide youth with the knowledge, confidence, and skills necessary to reduce their risk of contracting HIV/AIDS, other sexually transmitted diseases, and pregnancy by abstaining from sex. Attendees must attend both days of this training and will be certified educators for Making a Difference! at the end of the training.

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## Amplify Youth Health Collective

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