



The Office of Adolescent Health presents

Building a Strong Foundation

Pregnancy Assistance Fund Grantee Training

Providing Reproductive Health Information and Education to Adolescents, Women and Their Families in the 21st Century June 21-22, 2011

The Office of Adolescent Health's (OAH) Pregnancy Assistance Fund (PAF) Training is designed to provide skill building information for staff members of PAF grantees providing direct services to adolescents and their families. The first PAF Training will offer opportunities to practice and apply strategies for communicating reproductive health information to program participants. Included will be sessions on comfort when communicating, the use of technology in communication, medical accuracy, and an overview of adolescent development and sexuality.

Overall Training Objectives

By the end of the training, participants will be able to:

- 1) Understand recent information regarding adolescent and female sexual health education;
- 2) Discuss medically accurate information with adolescents, women and their families;
- 3) Identify ways to incorporate technology into programming in a positive manner; and
- 4) Identify how their own beliefs and attitudes about sexual health education impact their work in reproductive health.

Plenary Session Information

Adolescent Sexual Development in 2011: What's the New "Normal?"

Presenter: Elizabeth Schroeder, Ed.D., M.S.W.

Young people are growing up in a truly unique time today, with the infusion of technology, a hyper-sexualized media and social networking all influencing how they navigate adolescence in 2011. Being a teen is challenging enough; being a teen who is pregnant or parenting puts unique spins on the issues all teens must face.

This workshop will provide an overview of these external influences, while defining the impact of being a pregnant or parenting teen on typical adolescent sexual development. The workshop will help participants to consider how earlier onset of puberty, the frequency of sexual behaviors and relationships of adolescents (including same-sex couples), and pressures relating to sexuality and relationships are different for pregnant and parenting teens. Integrating brain development research and direct reports from young people themselves, this workshop will discuss what has changed for

adolescents in 2011, what has remained the same, and how this relates to our work with pregnant and parenting youth and the adults who serve them.

Session Objectives:

By the end of this session, participants will be able to:

- 1) Describe at least three unique attributes of typical adolescent development in 2011;
- 2) Explain how at least three elements of typical adolescent development are affected by being pregnant or a parent as a teen;
- 3) Describe at least two differences between their own adolescent development and adolescent development today, and the significance of those differences; and
- 4) Identify at least two strategies for adapting and incorporating information about adolescent development in their work in educating pregnant and parenting teens.

Myth Busters 101

Presenter: Elizabeth Schroeder, Ph.D.

The field of sexuality education can be full of myths and misunderstandings that may be based in out-dated research or a need for professional development. It is critical for staff to have medically accurate information to share with those they serve. This workshop will uncover and debunk some of the most common (and a few uncommon!) myths about sexuality to enable participants to communicate factual information to program participants and adult professionals in positive, encouraging ways.

Session Objectives:

By the end of this session, participants will be able to:

- 1) List at least two myths relating to sexual health from youth, adults, or other professionals;
- 2) Describe medically accurate information to dispel these and other myths commonly held by teens and adults; and
- 3) Describe at least two strategies participants can use in their day-to-day work to help prevent the spread of myths and misinformation among the population they serve.

Workshop Session Information

Harmony & Dissonance: How Our Personal Values Affect Professional Performance

Presenter: Gina Desiderio, M.A. and Janet Max, M.P.H., Healthy Teen Network

Have you ever heard a musician strike a dissonant chord? Sometimes it enhances and intensifies the mood and tone of the overall performance, as in Carl Orff's "Carmina Burana." Other times, the cacophonous sound elicits a visceral response from your core as you recoil in your seat, like the sound of nails scraping a chalkboard.

Our personal and professional values are similar to a dissonant chord. While some listeners hear a harmony, others hear discord. As professionals in adolescent reproductive and sexual health,

harmonizing personal and professional values is essential if we want to meet the needs of youth, improve health outcomes, and reduce pregnancy and infection rates.

During this session, participants will identify personal values that may affect professional performance, determine the core competencies of adolescent reproductive health and sexual health professionals, and determine strategies for improving professional performance.

Session Objectives:

By the end of this workshop, participants will be able to:

- 1) Identify how their own beliefs and attitudes about adolescent reproductive health and sexual health education impact their work in reproductive health;
- 2) Identify personal values that influence beliefs and attitudes regarding adolescent reproductive health and sexual health education;
- 3) Explain how personal values influence professional values;
- 4) Identify core competencies of reproductive health and sexual health educators; and
- 5) Determine strategies to improve professional performance.

Managing the Digital Media Monster: The Benefits and Challenges of New Technology

Presenter: Kenny Neal Shults, B.A., Connected Health Solutions

Cyber-bullying, sexting, digital coercion, premature intimacy, mobile dating, increased access to substances, online predators, Internet compulsivity—these new media phenomena have the power to dramatically impact a young person's life. Current public health tools and resources for encouraging teens to develop healthy, positive media consumption habits are not as comprehensive as we would like. Providers feel unprepared or ill equipped to respond, as rapidly changing media alter numerous aspects of adolescent life. With norms around privacy, appropriateness, and boundaries shifting dramatically, youth and adults need skills to navigate this uncharted landscape.

In this session, participants will learn how providers can effectively utilize new media tools to strengthen and enhance their efforts and learn how public health approaches can stay relevant in a rapidly changing world. Methods for increasing understanding of the value youth place in new media, involving youth in public health programming and messaging, and educating youth about the risks and benefits of new media will be examined.

Session Objectives:

By the end of this session, participants will be able to:

- 1) Define the term *new media* and terms that are often associated with digital media (e.g., sexting);
- 2) Describe how teens use *new media* to communicate, network and obtain health resources;
- 3) Identify at least three unexpected ways in which new media is exposing adolescents to risk;
- 4) Identify at least three examples of how *new media* can be used to promote positive behaviors; and

- 5) Identify and locate at least three web-based resources that provide helpful information on teen sexual and reproductive health.

Presenter Biographies (alphabetical by last name)

Gina Desiderio, M.A., Healthy Teen Network

Ms. Desiderio is a Senior Program Manager for Healthy Teen Network, a national membership organization dedicated to making a difference in the lives of young people and their families by providing education and resources to youth-serving professionals. In this role, Ms. Desiderio manages various projects to support the use of evidence-based approaches in the field of pregnant/parenting teens as well as preventing teen pregnancy, STI, and HIV. She has developed a number of resources for the field, including *Bricks, Mortar, and Community: The Foundations of Supportive Housing for Pregnant and Parenting Teens*, *Opportunity Knocks: Using Teachable Moments to Convey Safer Sex Messages—A Workshop Resource Kit*, and *A BDI Logic Model for Working with Young Families Resource Kit*. Since joining Healthy Teen Network in 2006, Ms. Desiderio has facilitated over 40 trainings and workshops, at the national, state, and local levels, related to adolescent sexual and reproductive health. Before coming to Healthy Teen Network, Ms. Desiderio coordinated the sexual violence outreach, education, and training activities under the Violence Against Women Act campus grant for the Women’s Center at Virginia Tech. She also served as an adjunct instructor and developed both online and classroom courses for the Virginia Tech Women’s Studies Program. Previously, she taught both high school and undergraduate English, with an emphasis on critical reading and writing. Ms. Desiderio earned her Master of Arts degree in English at Virginia Tech, focusing on Women’s Studies, and received her Bachelor of Arts degree in English Education, with a minor in History, from the University of Delaware.

Janet Max, M.P.H., Healthy Teen Network

Ms. Max is the Director of Programs and Policy for Healthy Teen Network, a national membership organization dedicated to making a difference in the lives of young people and their families by providing education and resources to youth-serving professionals. In this role, Ms. Max oversees both the programmatic and policy direction for Healthy Teen Network. In addition to managing several on-going projects, Ms. Max has authored number of reports, including an advocacy resource guide “Addressing HIV/AIDS among Youth” and the report “Promoting Successful Transition from Foster/Group Home Settings to Independent Living among Pregnant and Parenting Teens.” Based on original research, this report discusses the difficulties facing pregnant or parenting teenagers in foster care/group settings and the policy that surrounds it. Ms. Max is a known presenter for national, state and local groups and can speak on topics ranging from adolescent development to supportive housing programs for pregnant and parenting teens.

Prior to coming to Healthy Teen Network Ms. Max worked as a health education at New York University’s Health Promotion Office and for Planned Parenthood, NYC. Ms. Max is a Certified Health Education Specialist and holds a Master of Public Health from New York University and a BA in Psychology from Tulane University.

Elizabeth Schroeder, Ed.D., M.S.W., Answer

Dr. Schroeder, Ed.D., M.S.W., is the executive director of Answer and supervises all aspects of its programs, finances and staff. She became executive director in September 2008 after a 10-year relationship with the organization as a training consultant for its Sexuality Education Training Initiative and a sexual health expert and Medical Advisory Board member for its National Teen-to-Teen Sexuality Education Project.

An internationally recognized trainer, consultant and author in the areas of sexuality education, youth development, curriculum and counseling, Dr. Schroeder has trained thousands of youth-serving professionals, adolescents and parents in the United States and overseas. She has presented at national conferences and written extensively about sexuality and relationship issues.

She is a co-founding editor of the *American Journal of Sexuality Education*, and a co-author of *Making SMART Choices: A Curriculum for Young People* and *Being Out Staying Safe: An STD Prevention Curriculum for LGBTQ Youth*. She also authored chapters in *Health Counseling: Applications and Theory* and *The Continuum Complete International Encyclopedia of Sexuality* and contributed a lesson to the curriculum *New Expectations: Sexuality Education for Mid- and Later Life*. She is editor of *Taking Sides: Clashing Views in Controversial Issues in Family and Personal Relationships*, 5th, 6th and 7th editions.

Prior to joining Answer, Dr. Schroeder was an assistant professor at Montclair State University. She was also the associate vice president of education and training at Planned Parenthood of New York City, and, before that, manager of education and special projects at Planned Parenthood Federation of America.

Dr. Schroeder has received numerous honors throughout her career, including the American Association of Sexuality Educators, Counselors and Therapists' Schiller Prize for her approaches to teaching Internet safety to youth, the William R. Stayton Award "in recognition of outstanding leadership in the field of human sexuality," and the national Mary Lee Tatum Award, which is given annually to "the person who most exemplifies the qualities of an ideal sexuality educator." She is the former chairperson of the Sexuality Information and Education Council of the United States (SIECUS) Board of Directors and has served on numerous local and state task forces and committees. She holds a doctorate of education in human sexuality education from Widener University and a Master's in Social Work from New York University.

Kenny Neal Shults, B.A., Connected Health Solutions

Mr. Shults has over 15 years of training and consulting experience working with service organizations across the country to develop sound, innovative strategies for exceptional service delivery, strong infrastructure development and lasting organizational growth. He specializes in program development for a variety of at-risk populations including youth, men who have sex with men (MSM), intravenous drug users, homeless and runaway teens, and transgendered populations. In 1999, he developed some of the first program objectives, data collection and evaluation strategies for agencies using the Internet to reach clients online and developed the first policies, procedures and protocols for agencies' use in minimizing liability. Mr. Shults has been a pioneer in the development of Internet

and social media-based approaches and travels the U.S. lecturing and training on their application in public health campaigns, reaching youth and MSM, and the impacts of new media on health and at-risk populations' behavior.

Mr. Shults has coordinated statewide and national male sexual and reproductive health projects, designed large scale social marketing efforts, designed, organized and facilitated conferences at the national and local level, and most recently served as a capacity building specialist on behalf of the Centers for Disease Control's Capacity Building Branch. With a background in acting and theater, Mr. Shults is a dynamic speaker and trainer and consistently lauded for his ability to simplify and teach sophisticated concepts effectively and entertainingly.