

Planned Parenthood of Metropolitan New Jersey Education Department

Trainings for Professionals

Intended for school, college, social work, social services, healthcare, and youth-serving settings.

Each package contains 3 workshops and is \$600. Book two or more packages and receive a \$100 discount! Workshops are 45-60 min and can be conducted in-person or over Zoom.

Package A: The Basics

Intro to Sexuality Education

Exploration of values, culture, and understanding of sexuality as more than just the act of s-e-x.

Building Trauma-Informed & Safer Spaces

Intentionally create spaces for people to feel safe talking about uncomfortable topics, without shame, judgment, or re-traumatization.

Answering Tough Questions

Confidence and proficiency are essential to be able to handle controversial topics.

Package B: Creating LGBTQ+ Affirming Spaces

101: Foundations

The basics of LGBTQ+ identities, including terminology and understanding intersectionality.

102: Applying Concepts to Practice

Practice having conversations using pronouns and inclusive language

How to Support LGBTQ+ Youth

Ally is a verb. Learn how to best to support your students and clients with resources for affirmation and mental health support.

Package C: Reproductive Rights

Pregnancy Options

Four options for unintended pregnancies, including abortion, and destigmatizing young parents

Abortion Access and NJ Law

The landscape of abortion laws across the country, focusing on resources for people seeking abortions in NJ.

Reproductive Justice: Beyond Rights & Choice

Explanation of the human rights-based RJ framework, including a brief history of the reproductive rights movement and examples of reproductive oppression

Package D: Training of Educators

This series is intended for folks in health educator capacities and should be completed following, or in tandem with, Package A.

**Fee for Package D (five 90-min sessions):
\$1,000**

The TOE will help folks become prepared to teach:

Birth Control

Sexually Transmitted Infections (STIs)

Pregnancy Options

Relationships & Consent

Sexual Orientation & Gender (SOGIE)

At this time, PPMNJ does not offer Continuing Education credits.

To book a workshop series, call 973-622-3900 ext 1221
or email us at sex.education@ppmnj.org

www.ppmnj.org

 **Planned
Parenthood**
Care. No matter what.

Planned Parenthood of
Metropolitan New Jersey