

# MAKING THE MOST OF YOUTH INTERACTIONS WHEN TALKING ABOUT SEXUAL HEALTH



## Presenters:

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# IT'S TIME TO TALK

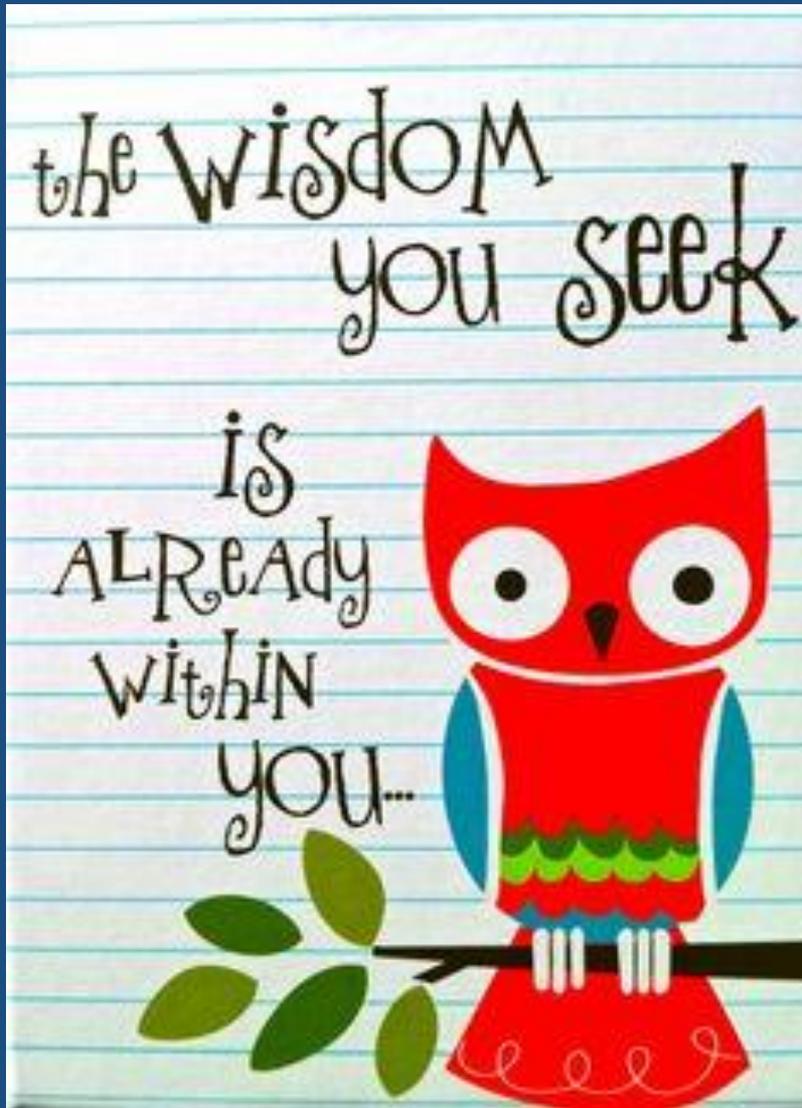


The logo features the word "OUR" in white, bold, sans-serif font inside a green square with a white border. To the right of the square, the word "OBJECTIVES" is written in a larger, bold, black, sans-serif font.

## OUR OBJECTIVES

- We'll provide you with tips & best practices for talking with youth.
- We'll share feedback *from* youth on how to engage them and what they want from interactions – particularly with providers and educators.
- We'll point you to resources to add to your toolbox.

# #1: Tips and Best Practices:



# When talking with youth: *Be W.I.S.E.*

**W** - *Welcome the conversation.*

**I** - *Interest, show them you care.*

**S** - *Support them.*

**E** - *Educate and empower.*

# Welcome the conversation

- Ask questions. Initiate the conversation.
- Be mindful of eye contact, language and your affect.
- Demonstrate that you cannot be shocked or embarrassed easily.
- Listen.



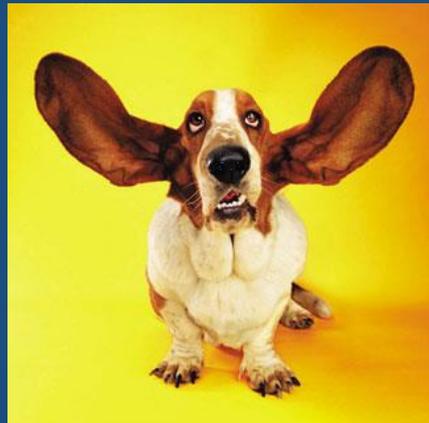
# Interest, show them you care

- Ask them to share what they already know about a topic.
- Let the youth be an expert on their world and ask questions, too.
- Listen.
- Be in tune to:
  - whether they have any myths or misconceptions,
  - their feelings behind the topic, and
  - concerns they might have whether they express it verbally or nonverbally.



# *Support them*

- Validate their willingness to ask a question or talk about a topic.
- Affirm what they are doing well.
- Avoid “scare tactics.”
- Listen.



# Educate and empower

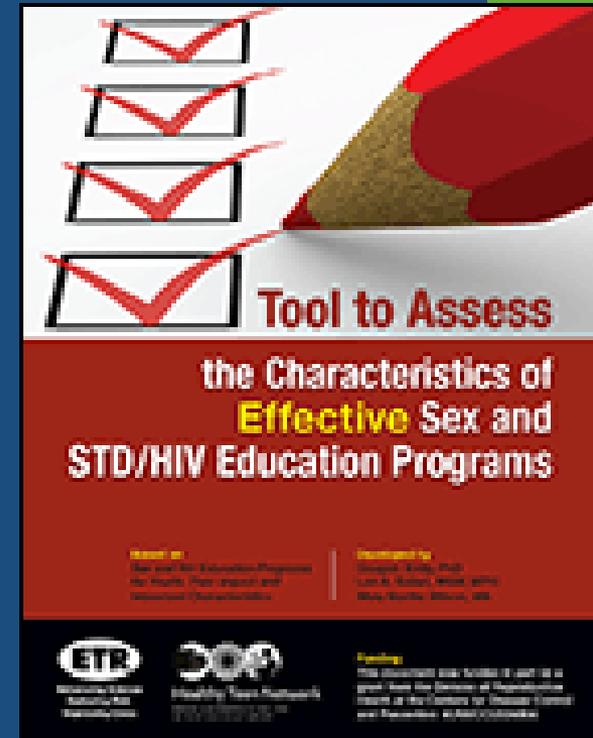
- Give facts.
- Be medically accurate, age appropriate, and culturally and linguistically sensitive.
- Offer insights on how they can make healthy (or healthier) decisions.
- Know and admit your own limitations or if you “don’t know” something. Look it up together or follow up.
- Ask how you can be more helpful.
- Refer to appropriate resources for more information and services as able.

## #2: Engaging Youth: Where to start?



# #3: Resources for Your Toolbox: *Best Practices for Educators*

- Douglas Kirby: *17 Characteristics of Effective Sex and STD/HIV Education Programs*  
<http://go.etr.org/17-characteristics>



# Best Practices for Educators

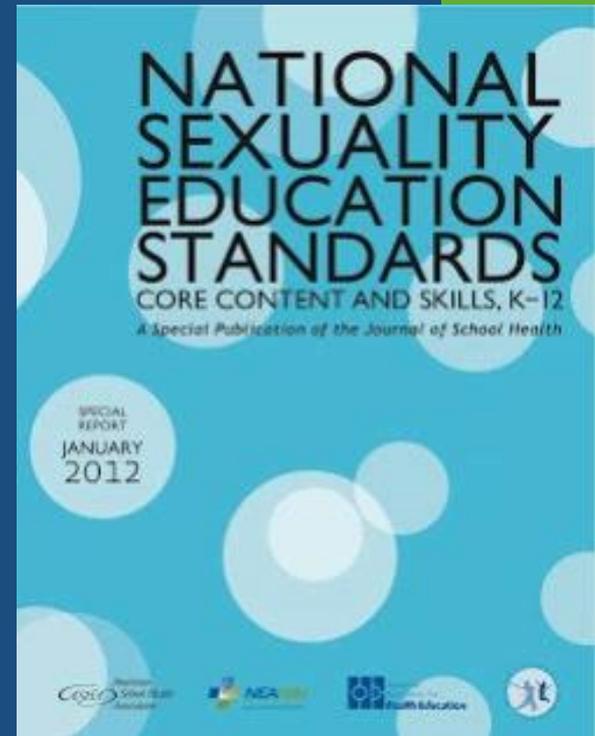
- Advocates for Youth: *Rights, Respect, Responsibility*® [www.advocatesforyouth.org](http://www.advocatesforyouth.org)



**Rights, Respect, Responsibility:  
A K-12 Sexuality Education Curriculum**

# Best Practices for Educators

- Future of Sex Education (FoSE):  
*National Sexuality Education Standards*  
[www.futureofsexeducation.org](http://www.futureofsexeducation.org)



## *Best Practices for Educators*

- Are you looking for resources to help you improve young people's sexual health and well-being, including evidence-based and evidence-informed curricula, training and technical assistance?
- <http://www.etr.org/ebi/>



## Choosing an EVIDENCE-BASED PROGRAM?

Check out ETR's [EBP Selection Tool](#) >>



### Welcome to ETR's Program Success Center!

Do you work in the field of teen pregnancy, HIV and other STD prevention? Have you received funding from OAH, PREP, CDC-DASH or DHAP? Are you looking for resources to help you improve young people's sexual health and well-being, including evidence-based and evidence-informed curricula, training and technical assistance?

You're in the right place! We have the programs and services to help you plan and implement a successful project. Below are three steps to get you started, beginning with our [Program Success Framework](#).

#### Step One: Prepare for Program Success

ETR's Program Success Framework walks you through the stages of effective, sustainable programs that enable young people to thrive.

##### [Program Success Framework](#)



Prepare for program success with the [Program Success Planning Framework](#)

#### Step Two: Plan for Program Fit & Support

We've developed two tools to help you select the best program for your setting and successfully plan for your training and TA needs.

##### [EBP Selection Tool](#) [Program Success Planning Tool](#)



Tools to help you choose your EBP & find resources to support your program

#### Step Three: Develop a Better Budget

After assessing your support needs with the [Program Success Planning Tool](#), use our Training & TA packages to help you be more effective in your programs.

##### [Training & TA Packages](#)

### Programs

ETR offers many evidence-based programs (EBPs) that focus on teen pregnancy and HIV/STD prevention. Use the following links to learn which program is right for you.

- [EBP Selection Tool](#) >>
- [EBP Comparison Chart](#) >>
- [About Our EBPs](#) >>

### Training & Technical Assistance

ETR provides information sessions, skill-building training, technical assistance and consultation on a variety of topics. Plan for your Training & TA needs by using our:

- [Program Success Planning Tool](#) >>
- [Training & TA Services](#) >>
- [Training & TA Packages](#) >>

### Evaluation

ETR provides evaluation support for program implementation. We use well-established tools for measuring fidelity and outcomes.

[Find out more](#) >>

### Dissemination

ETR works collaboratively with program developers to help them professionally package and prepare their interventions for national dissemination.

[Find out more](#) >>

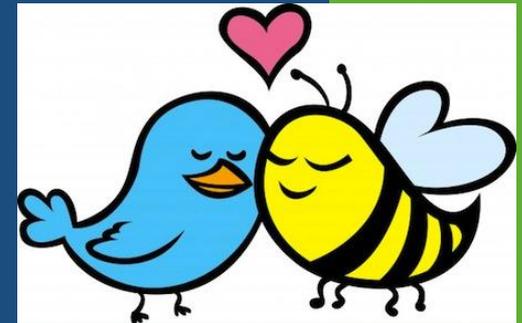
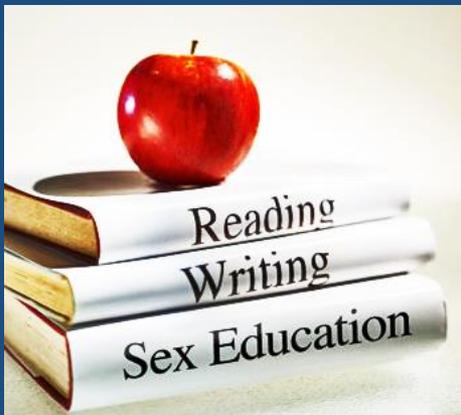
# What does evidence-based mean?

- An evidence-based program (EBP) has been scientifically evaluated and has demonstrated effectiveness in achieving a desired outcome. These programs are also known as evidence-based interventions (EBIs).
- Are based on theoretical approaches demonstrated to be effective in reducing health-related risky behaviors.
- Target clearly defined health behavior outcomes.
- Have statistically significant results from a rigorous research study.
- Use multiple learning activities and strategies.
- Feature interactive and cooperative learning approaches.
- Provide training and support for teachers.



# Planned Parenthood

- Be Proud! Be Responsible!
- Beyond the Birds and the Bees
  - Taking Pride in Prevention, MDHHS
- Additional Training for Teachers and Providers



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