

Island Sexual Health Youth Training

Island Sexual Health's Youth Training provides students in educator supported youth programs with specialized training in issues connected to sexual health and decision making. The training has been developed with the input of several local and national programs specializing in sexual health education for youth. The intent of the training is to provide youth with accurate and relevant sexual health information that will support them in their existing roles as leaders in their school communities.

Sessions are designed to build upon the students' existing knowledge and help students further develop their skills for education, referral, and support. This year, thanks to the generous support of *The United Way of Greater Victoria*, and the *BC Gaming Commission*, we are able to offer the training to school groups (for students in grades 9-University) within the Greater Victoria Area at **no** cost to their school.

Training is divided into 2-3 sessions. The sessions are delivered within 1-3 weeks of each other. If interested, participating groups will be supported in the development and delivery of a sexual health awareness raising activity for their school community. All sessions combine facilitated discussion, group work, and individual exercises. Energy food and training materials are provided.

YOUTH TRAINING CONTENT

Session 1 - 2.5 hours (To be held at School)

- Introductions/Group Guidelines
- Defining and Understanding Healthy Sexuality
- What are Abstinence and Sexual Intercourse?
- The 6 R's of Sexual Decision Making
- Creating Sexual Health Awareness for youth
- Community Resources



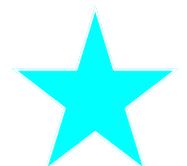
Session 2 - 2.5 hours

- Session 1 review/questions
- Sexual Health Clinical Information
 - Anatomy Review/ Pregnancy
 - Sexually Transmitted Infections (STI's)
 - Birth Control Methods
- Awareness Planning (if appropriate)



AWARENESS ACTIVITY (Student facilitated and ISHS Supported)

- Potential activities could include:
 - organizing and hosting a guest speaker on sexual health issues
 - hosting sexual health awareness day for students
 - developing a sexual health community resource board
 - research, writing and publishing a sexual health awareness handout



Session 3 - 2.5 hours (If needed)

- Awareness Activity Debrief
- Sexual Health Review
- Continuing to creating change in our environments
- Youth Advisory Discussion



INFORMATION FOR EDUCATORS

Training sessions are most effective with groups of 8-15, however training can be adapted to work with larger or slightly smaller groups.

Who Can Participate:

Students in grades 8—University who are currently involved in an educator supported Youth program at their school.

Educators are expected to participate with their students.

What do Students and Educators Receive:

Students and educators will receive 7.5 hours of training (with extra hours for the awareness activity) and students will receive a letter documenting their participation which can be used for graduation transition planning, as well as a package of supplementary materials/handouts. Students and educators will have ISHS as an ongoing resource available throughout the year for more information, support, outreach, etc.

Who is the Training Facilitator?

ISHS's Coordinator of Community Education Services, Jennifer Gibson, MA is the lead facilitator for the training. Jennifer brings humour and a decade of experience working with youth in an education capacity in sexual health, preventing sexualized violence, disordered eating, and self esteem. Jennifer is passionate about the capacity of Victoria's youth to act as resources for each other through education and access to supportive community agencies.

If you would like to book Youth Training, please contact Jennifer for a Youth Training Request Form.

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