

# SEXUAL HEALTH EDUCATION: ADULTS

Youth Services of Glenview/Northbrook professional staff facilitate a variety of workshops for adults who love or work with young people, including parents, educators, and therapists, to support positive sexuality and identity development among youth. Workshop participants gain skills and knowledge in addition to having an opportunity to discuss challenges, ask questions, and share strategies with other participants.

To schedule a workshop for adults, you can fill out our online form located at: [bit.ly/adultworkshoprequest](http://bit.ly/adultworkshoprequest). Accommodating your schedule and group needs is our highest priority. While we do charge at-cost fees for our workshops, we use a sliding scale to ensure our workshops are accessible to everyone. If you have questions or do not see what you are looking for, please reach out to us at 847.724.2620 or [Lizzy.Appleby@sgn.org](mailto:Lizzy.Appleby@sgn.org).

## SEXUAL HEALTH

### **Puberty Parent Night** **45-60 minutes**

This workshop is an opportunity for adult family members of students participating in our Puberty series to meet the facilitators and learn strategies to support their child during the unit as well as throughout the social, emotional, and physical changes of puberty.

### **Sex Ed Parent Night** **45-60 minutes**

This workshop is an opportunity for adult family members of students participating in any of our youth workshops to meet the facilitators and learn strategies to support their child during the unit as well as throughout adolescence.

### **"The Talk:" How to Communicate with Youth About Sex & Relationships** **60-90 minutes**

This workshop explores strategies for communicating with young people about sexual health and healthy relationships, including what to talk about and how to talk about it. Participants leave with skills and activities to use with youth.

## WORKSHOPS FOR YOUTH

Youth Services of Glenview/Northbrook professional staff and trained volunteers also facilitate comprehensive, shame-free sexuality education workshops for youth in elementary, middle, and high schools as well as youth-serving organizations. Workshops provide interactive, age-appropriate learning for grades 5-12 covering a variety of topics including reproductive and sexual health, healthy relationships, and sexual & gender identities. To schedule a workshop for youth, you can fill out our online form located at: [bit.ly/youthworkshoprequest](http://bit.ly/youthworkshoprequest).

## SEXUAL & GENDER IDENTITIES

### **Adult Allies: Supporting LGBTQ+ Youth** **90-120 minutes**

This comprehensive workshop provides an overview of gender and sexual identities, as well as the specific challenges experienced by young people who identify as lesbian, gay, bisexual, transgender, and/or queer, or those who are questioning their sexual or gender identities (LGBTQ+). This workshop provides information about youth identity development, different sexual and gender identities, and the negative effects of discrimination as well as opportunities to practice strategies to support LGBTQ+ young people.

### **Labels and Language** **45-60 minutes**

This introductory workshop focuses on defining the differences between sex assigned at birth, gender identity, and gender expression, as well as sexual behavior, orientation and identity. Participants explore how identities intersect, and learn common language used by youth to describe sexual and gender identities.

### **Allyship in Action** **45-60 minutes**

Designed for adults already familiar with sexual and gender identities and the language to describe them, this workshop focuses on strategies to support LGBTQ+ youth. Participants learn best practices and have opportunities to learn new skills through scenarios.

### **Gender is Universe** **45-60 minutes**

Focusing on the experiences of transgender, nonbinary, and gender non-conforming youth, this workshop explores gender identity and expression. Participants learn common language used to describe gender identities, as well as practice strategies for supporting trans youth.