

# *Building Blocks of Youth Sexual Health*

## **ADOLESCENT SEXUALITY CONFERENCE**

April 7-8, 2014

Seaside Convention Center

Seaside, OR



## **Registration Materials**

**Steering Committee for the  
2014 Adolescent Sexuality Conference  
includes:**

Cascade AIDS Project\* Insights Teen Parent Program  
Oregon Attorney General's Sexual Assault Task Force  
Oregon Department of Education \* Oregon DHS, Youth Services  
Oregon Health Authority, Adolescent & School Health Program  
Oregon Health Authority, Office of Client & Community Services  
Oregon Health Authority, HIV/STD/TB Program  
Oregon Teen Pregnancy Task Force  
Planned Parenthood of the Columbia-Willamette  
Planned Parenthood of Southwestern Oregon  
Rap-it-Music Therapy Services, LLC  
VDAC\*WISE in Oregon

## REGISTRATION INFORMATION

**Who Should Attend:** This conference is for educators, health personnel, administrators, counselors, social and youth service workers, parents, clergy, teen parent program staff, teens, community members and others who wish to increase their knowledge and skills in addressing adolescent sexuality issues. Emphasis is on covering a wide spectrum of adolescent sexuality topics.

### **Conference Site:**

Seaside Convention Center / 415 First Avenue / Seaside, OR 97138 / Phone: 503-738-8585

[www.seasideconvention.com](http://www.seasideconvention.com)

### **Registration Information:**

Early Bird Registration Fee through March 7, 2014:	\$165.00
Registration Fee after March 7, 2014:	\$190.00
Youth	\$ 80.00
Presenter (no fee) (One presenter per workshop):	\$ 0.00
Co-Presenter (One co-presenter only, additional at regular fee):	\$ 80.00

Register on-line at [www.oregon-asc.org](http://www.oregon-asc.org) by March 21, 2014

### **Select one payment option:**

- 1) Register and pay on-line by credit card.
- 2) Register on-line and make payment by sending check or purchase order payable to:

#### **Oregon Teen Pregnancy Task Force (OTPTF)**

P.O. Box 12125

Portland, OR 97212

Tax ID# 93-0836221

If payment is for multiple attendees, please list names of attendees.

No refunds will be made for cancellations received after March 21, 2014. Refunds made prior to that date will be subject to a \$20.00 processing fee.

### **Lodging:**

Lodging reservations or cancellations are the responsibility of the participants.

There are many options for staying in Seaside including hotels, motels, bed and breakfasts, and vacation homes for rent. A lodging list and tourist information are available from the Seaside Visitors Bureau by calling 1-503-738-3097.

The following hotels have agreed to offer conference rates. Please identify yourself as an attendee of the Adolescent Sexuality Conference to obtain the group rate.

Inn at Seaside (formerly Seaside Convention Center Inn)	800-699-5070 or 503-738-9581
Rivertide Suites	877-871-tide (8433)
Shilo Inn Seaside Oceanfront Resort	800-222-2244 or 503-738-9571
Best Western Ocean View Resort	800-234-8439 or 503-738-3334

### **Meals provided:**

Monday, April 7th

Lunch is provided

Tuesday, April 8th

Continental Breakfast and lunch are provided

**Dress:** Dress for the meeting is casual attire.



**Bookstore:** Beach Books, Inc, 616 Broadway, Seaside, OR, 503-738-3500 is the conference bookstore, <http://www.beachbooks37.com/>

# Adolescent Sexuality Conference

## Speaker Information

### **Cory Silverberg, M.Ed**

#### **Re-imagining Sex Talks for the 21<sup>st</sup> Century: Diversity and Inclusion in Sex Education**

It's time for us to re-imagine the kinds of conversations we have about sex. Our efforts to do sex education in ways that make sense to multiple communities often leads us to focus on diversity as both a value and a goal in our lessons and practice. But all of our "doing diversity" as professionals can also produce unexpected and unwanted results, particularly when we challenge single identity politics and consider the people we work as whole human beings, full of complexity and contradiction.

In this keynote, sex educator, trainer, and author Cory Silverberg will talk about the differences between diversity and inclusion, and how we can get out of the way in order to create space where more people can participate more fully in our work and in the development of sexual health in their lives, families, and communities.

### **Allison Vesterfelt, MAT**

#### **A New Reason for Abstinence: Why I Decided to Wait for Sex**

I grew up in a culture that taught sex before marriage was wrong—just because. Because God said so, because my parents said so, and because sex was a sin and I would go to hell if I had it. Of course, the older I became, the more I realized these shame and fear-based tactics weren't achieving the healthy sense of sexuality I longed for. So I set out to find my own answers about what it looked like to honor my body and to connect in a meaningful and romantic way with others. My journey wasn't without its bumps and bruises, but what I found is that there is no formula for a healthy sex life. It's about making small, positive decisions about your body, and your sexuality, again and again, over time. For me, those decisions included abstinence for periods of time. I'd love to share why.

### **Mariotta Gary-Smith, MPH**

#### **What Did She Say?... How Sexology Found Me**

There isn't one way to get anywhere - & my path to my job/lifework certainly didn't have one. How I chose to become a youth advocate, a peer educator, a public speaker, an agitator/activist, a sexologist & maintain my sense of self is never-ending. However, I don't regret the journey ... and you shouldn't regret yours either. Let's talk about how you can continue to be your full self at this moment, and find your own way.

# Adolescent Sexuality Conference

## Seaside Convention Center

### April 7-8, 2014

#### Agenda at a Glance

#### Monday, April 7, 2014

9:30 AM	Registration Exhibit Area Open
10:15 AM – 10:45 AM	Welcome/Announcements <b>Jessica, Duke, MPH</b> <b>Jon McDaid, MA</b> <b>Brad Victor, MAT</b>
10:45 AM – 12:00 PM	Workshops A1 – A6
12:00 PM – 1:15 PM	Lunch <b>Keynote Speaker</b> Cory Silverberg, M.Ed Author, Sexuality Educator & Trainer
1:30 PM – 2:45 PM	Workshops B1 – B7
2:45 PM – 3:00 PM	Break
3:00 PM – 4:15 PM	Workshops C1 – C7
4:30 PM – 5:30 PM	Teen Pregnancy Task Force Meeting

#### Tuesday, April 8, 2014

8:30 AM – 9:00 AM	Continental Breakfast Exhibit Area Open
9:00 AM – 9:15 AM	Announcements <b>Jessica, Duke, MPH</b> <b>Jon McDaid, MA</b> <b>Brad Victor, MAT</b>
9:15 AM – 10:30 AM	<b>Keynote Speaker</b> Allison Vesterfelt, MAT Author
10:30 AM – 10:45 AM	Break
10:45 AM – 12:00 PM	Workshops D1 – D6
12:00 PM – 1:15 PM	Lunch <b>Keynote Speaker</b> Mariotta Gary- Smith, MPH AASHEP Health Educator Multnomah County STD/HIV Program
1:30 PM – 2:45 PM	Workshops E1 – E7
2:45 PM – 3:00 PM	Break
3:00 PM – 4:15 PM	Workshops F1 – F6
	Adjourn Have a safe trip home

# CONFERENCE WORKSHOPS

## A1 – The Problem with Abstinence

*Allison Vesterfelt, MAT*

Very few people who practice abstinence talk about the problems with abstinence. It isn't an easy decision. It's counter-cultural, and in many ways counter-intuitive. At times, it even seemed at odds with my biology. In my keynote I discuss why I chose to practice abstinence for periods of time in my life. In this presentation, I would like to talk about how I did it—the obstacles I encountered along the way, and how I overcome them to experience the beauty and power it a period of waiting could bring into my life.

**Intended Primary Audience:** Both Youth & Adults

**Main Focus:** Promoting Healthy Relationships

**Level of Information:** Introductory, Intermediate

**Presentation Techniques:** Interactive

## A2 – Involving Parents to Make a Bigger Impact with Youth

*Regina Firpo-Triplett, MPH, MCHES*

Benefit from the learnings of a successful parent intervention, Informing Parents & Children Together (ImpACT) which engages individual teens and their parents or guardians together in an in-home intervention. This evidence-based program provides a model to reduce teen sexual risk-taking and substance use. In the interactive workshop participants will discover the key components of the ImpACT intervention, strategies to overcome common barriers to its implementation, how to access the intervention for free, and how to integrate it into a larger program. Workshop provides educators with knowledge, strategies and resources to integrate parent sessions into their current programs.

**Intended Audience:** Teachers/Educators, Community Educators

**Main Focus:** HIV Prevention/ Treatment, STD Prevention /Treatment

**Level of Information:** Intermediate

**Presentation Techniques:** Interactive

## A3 – Is It Rape? How Youth Make Sense of Unwanted Sex Involving Alcohol

*Lauren Lichty, PhD, Stefanie Murray, MPH, Kris Gown, PhD, EdM*

Over the last several years, there have been several highly publicized cases of rape involving alcohol among youth (e.g., Steubenville, Maryville). As general members of a community, it is important to understand how rape myths influence our responses to these kinds of scenarios. This workshop will focus on the meanings of rape and consent from a youth perspective. It will begin with a presentation of a scenario involving youth drinking and a sexual encounter. After soliciting audience reflections, youth responses that were gathered via twelve focus groups throughout Oregon will be shared and discussed.

**Intended Audience:** Both Youth & Adults

**Main Focus:** Intimate Partner Violence, Promoting Healthy Relationships

**Level of Information:** Intermediate

**Presentation Techniques:** Interactive

## A4 – Lady Parts & Aunt Flow: Talking About the Menstrual Cycle

*Shannon Rauh, M.Ed, Denise Johnson May, MSW*

Do you know when the “window of fertility” occurs in the Menstrual Cycle? Do you know that the Menstrual Cycle can last from 21-35 days? Can you explain it to others? Tips & tricks will be provided on how to explain the Menstrual Cycle in a fun and easy way.

**Intended Audience:** Both Youth & Adults, Teachers/Educators, Peer Educators

**Main Focus:** Teen Pregnancy Prevention, Sexual Health

**Level of Information:** Introductory

**Presentation Techniques:** Interactive

## A5 – What? Did You Just Call Me a SLUT?

*Traci Boyle-Galestiantz, LCSW,*

*Sylvania Women's Resource Center Leaders*

The Sylvania WRC student leaders will provide a definition of slut shaming, roots of this socially constructed phenomenon and then present an interactive social justice play to provide an example of slut shaming; finally we will invite the audience members to interrupt the play when they recognize slut shaming is happening to practice active bystander intervention skills.

**Intended Audience:** Youth, Teachers/Educators

**Main Focus:** Promoting Healthy Relationships

**Level of Information:** Introductory

**Presentation Techniques:** Lecture, Interactive

## A6 – Breaking Down the Barrier

*Fyona Rose, Elliot Glaser-Flynn*

This presentation offers insight and tools to help open the difficult conversation of sexuality between adults and youth. During our hour and fifteen minutes we'll be using interactive activities, group discussions, and Q and A's to help audience members break down the walls surrounding youth and sexuality today. After leaving our workshop you'll be armed with the means to start a healthy dialogue about sexuality in your own households and community

**Intended Audience:** Both Youth & Adults

**Main Focus:** Gender Identity, Promoting Healthy Relationships, Sexual Health

**Level of Information:** Intermediate

**Presentation Techniques:** Lecture, Interactive

## **B1 – Ancient Wisdom for Inner Strength**

*Nigel Wrangham, CADcII, Jackie Sandquist, MA*

Young people today receive an ongoing avalanche of messages about their bodies, their sexuality, and their very identities. Much of the information they receive, especially through mass media, is incorrect at best and destructive and toxic at worst. By identifying and embracing ancient, universal archetypes such as the inner Hero, Warrior and Sage, young people can access power and wisdom far beyond what they have been conditioned to experience. In this dynamic, interactive workshop, participants will learn how to identify the toxic, viral imprints that are so common today regarding sexuality and identity, and how to summon archetypes that provide the strength to resist negative messages and make healthy and empowered choices.

Come prepared to meet yourself for the first time!

**Intended Audience:** Both Youth & Adults

**Main Focus:** Spirituality, Promoting Healthy Relationships

**Presentation Techniques:** Interactive

**Level of Information:** Introductory

**Presentation Techniques:** Interactive

## **B2 – My Mom Wishes I was a Lesbian: “Coming Out” Experiences of (Bi) sexual Young Adults**

*A. Del Quest, MSW, LCSW*

This workshop will explore some of the unique "coming out" experiences of young adults who are not exclusively gay/lesbian or heterosexual. Participants will learn how a small group of young adults viewed the particular advantages and challenges they experienced as they navigated their social relationships while in high school. We will explore how best to support other young adults who occupy this "middle ground" as they learn to share a coming out story with others.

**Intended Audience:** Youth & Adults

**Main Focus:** LGBTQ

**Level of Information:** Intermediate

**Presentation Techniques:** Interactive

## **B3 – Rights of Pregnant & Parenting Students in Public Schools**

*Crystal Persi*

Engagement in quality educational opportunities while pregnant and parenting helps to support positive goal setting for future family planning and success. Many people don't know that there are federal and state mandates regarding pregnant and parenting students participating in public educational programs. This session will inform and educate individuals about what they can expect from a school system and how to bridge the gap between being allowed to be a parent and being supported in high school graduation. Topics of discussion will also include various resources that are available and examples of existing quality high school based pregnant and parenting programs.

**Intended Audience:** Youth & Adults

**Main Focus:** Teen Parenting

**Level of Information:** Introductory

**Presentation Techniques:** Lecture

## **B4 – Educating Youth about the Use and Benefits of Female Condoms – Lessons Learned from the Washington, DC Female Condom Initiative**

*Sarah Gaudreau, Irwin Royster*

In 2009, the Washington, DC Female Condom Initiative began in response to the rising number of heterosexual transmitted HIV cases in our city. In addition, with high teen pregnancy and STI rates among youth, we had a population that was in need of an additional method of protection. The female condom was more quickly accepted by older women and their sex partners but youth were less quick to adopt this method of protection for a number of reasons. We discovered a number of missing blocks, such as limited knowledge about anatomy, which presented us with a weak foundation as we attempted to build a female condom education program for youth. We will discuss the challenges faced and how we addressed and continue to address them in our field work. Hands on activities will be an essential part of this presentation.

**Intended Audience:** Youth & Adults, Health Care Providers, Teachers/Educators

**Main Focus:** HIV Prevention/Treatment, Teen Pregnancy Prevention, Sexual Health, Sexually Transmitted Infection Prevention/Treatment

**Level of Information:** Introductory

**Presentation Techniques:** Interactive

## **B5– I’ve Got the Power**

*Sophie Kreitzberg, Fiona Rose, Planned Parenthood’s Youth Action Council*

Four members of Planned Parenthood’s Action Council will present an interactive workshop about the power in healthy relationships. The use of power in a relationship often carries a negative stigma and can lead to people feeling afraid to claim their personal power. In this youth-lead workshop, there will be an honest dialogue about what it means to use power in a healthy way and how to reclaim your personal power. YOU have the power to create healthful, safe, and fun relationships in your life.

**Intended Audience:** Youth

**Main Focus:** Promoting Healthy Relationships

**Presentation Techniques:** Interactive

**Level of Information:** Intermediate

**Presentation Techniques:** Interactive

## **B6 – Learning to Defend Myself is Learning to Take Care of Myself**

*Carolyn Haycraft, M.Ed, MFA, Lisa Ernst, Michelle Munoz*

Research reveals that a holistic approach to staying safe can increase confidence, communication, and be life transforming for participants. This presentation will give participants an opportunity to learn about the strategies and activities presented in the nine-week GirlStrength program including the role of intuition, assertiveness and confidence in personal safety and healthy relationships, and the importance of self-care after any traumatic incident.

**Intended Audience:** Youth & Adults, Teachers/Educators

**Main Focus:** Promoting Healthy Relationships

**Presentation Techniques:** Interactive

**Level of Information:** Introductory

**Presentation Techniques:** Interactive

## **B7– “Who, Me? Raising HIV Risk Awareness in Youth”**

*Janet Bott*

This workshop will focus on providing information on how social factors impact risk of HIV infection in youth, especially impacts of violence on youth and the relationships between violence, runaway and homeless youth and HIV infection. Focus will be on risks that youth actually confront, such as pressures around unwanted sex and the stigma around HIV testing and condom use.

**Intended Audience:** Youth & Adults

**Main Focus:** HIV Prevention/Treatment, Intimate Partner Violence Prevention, LGBTQ, Promoting Healthy Relationships

**Level of Information:** Intermediate

**Presentation Techniques:** Lecture, Interactive

## **C1 – The Intersection of Faith & Sexuality: Year One of the AMA HOF CHW Project**

*Mariotta Gary-Smith, MPH*

One year into a 3 year process, this workshop will give a reflection of the first year, its challenges & successes, and provide a place of discussion about how to work within faith-based/spiritual communities, engage people who have deeply held beliefs & maintain an open space for working together around sexuality, reducing stigma & providing support/access to resources.

**Intended Audience:** Youth & Adults

**Main Focus:** Spirituality, Promoting Healthy Relationships

**Level of Information:** Intermediate

**Presentation Techniques:** Lecture

## **C2 – QPR Suicide Prevention Gatekeeper Training\***

*Colbie Caughlan, MPH*

Suicide is a realism that can come up during any intimate conversation whether with a doctor, sexual health educator, or HIV tester and each person who may find themselves in this situation should feel confident in their skills to help save a life and *Question Persuade Refer* (QPR) is a skills based suicide intervention gatekeeper training that teaches community members how to: identify signs of suicide, ask someone about suicide contemplation, persuade the person that there is hope, and refer a person to get the help they need.

**Intended Audience:** Everyone

**Main Focus:** Serving Diverse Populations & Suicide Prevention

**Level of Information:** Introductory

**Presentation Techniques:** Lecture, Interactive

\*This session will end at 4:30 PM

## **C3 – Effectively Engaging Teens in Refining & Improving Sexual Health Services**

*Kelly Locey, MPH, CPS, Andy Chuinard, Patrick Abi Nader*

Building health services relevant and easily accessible to teen populations can be a challenge. An exploration of current efforts across Oregon revealed that while teens are often engaged at various levels of program planning, they are not actively engaged and utilized throughout the assessment, planning, development, and implementation process. Benton County Health Department staff developed and implemented a survey seeking to assess teen’s current utilization, access, barriers, perception of sexual health services, and key words for online search engine organization. This survey was implemented at the annual Teen Summit event in Corvallis. From this data, a focus group was designed in order to further involve teens in examining the barriers, perceptions, and knowledge of sexual health services. This information will be utilized to improve Benton County Health Department sexual health services, outreach, and marketing. This session will examine the process utilized by Benton County Health Department staff to actively engage teens, challenges and successes, and how this framework can be applied to various health behaviors and programs.

**Intended Audience:** Youth & Adults, Health Care Providers

**Main Focus:** Teen Pregnancy Prevention, Sexual Health, Sexually Transmitted Infection Prevention/Treatment

**Level of Information:** Intermediate

**Presentation Techniques:** Lecture

## **C4 – Hit It & Quit It: The Impact of Technology on the Sexual & Mental Health of LGBT Identified Youth**

*Marcus Sharpe, Psy.D*

With ever increasing acceptance and the fight for equal rights being won daily in small towns and large urban centers alike, LGBT identified youth are coming out in larger numbers, at unprecedented rates, and at younger ages every year. Equally unprecedented are the number of digital and social media venues that have flourished in the last 15 years specifically targeting this segment of the youth population. While much of this technology has allowed for instant communication between identified members of the community who might be miles away from each other, it has also arguably eroded a very real and protective barrier that previously existed because of time, space, and social mores. Where once young members of this community might not have communicated face-to-face for months, the advent of digital and social media has allowed for an instant and constant form of communication that not only robs one of the angst previously associated with such encounters, but specifically has the potential to leave LGBT identified youth increasingly vulnerable to the real world consequences of youthful ignorance, playful curiosity, and a desire for connectedness that will almost assuredly compromise their sexual and mental health.

**Intended Audience:** Youth & Adults

**Main Focus:** Promoting Healthy Relationships

**Level of Information:** Intermediate

**Presentation Techniques:** Interactive

## **C5 – Strategies to Reduce Unintended Pregnancies Through the Use of Long-Acting Reversible Contraception (LARC)**

**Amy Peterson, MSc**

Long-acting reversible contraception (LARC) methods have the potential to significantly reduce unintended pregnancy among young people. In this workshop, participants will identify common myths regarding LARC methods and hear the most recent research and most up-to-date medical information about IUDs and implants to help combat these misconceptions. Through case studies and small group work, participants will explore strategies for incorporating LARC information into their work with young people.

**Intended Audience:** Youth & Adults, Health Care Providers, Teachers/Educators

**Main Focus:** Teen Pregnancy Prevention

**Level of Information:** Introductory

**Presentation Techniques:** Lecture, Interactive

## **C6 – Building a Structure for Social Change: Empowering Youth Voices through Mentoring**

**Maile Cay, Ph.D, Terri Neimann MA, Mary McGinnis**  
**Youth Training Youth Mentoring Program Panel**

A student led group discussion will present on why it's important to build an inclusive youth mentoring prevention program. A panel of high school students-members of the Youth Training Youth Mentoring Program (facilitated by program partners, Terri, Mary & Maile) will discuss the successes and challenges of presenting their personal stories of bullying, being identified as LGBTQ, what a healthy breakup looks like, and why allies through bystander intervention are so important to them.

The YTY Students conduct presentations to junior-high and high school health classes. Their demographic make up includes: Hispanic, African American, White and LGBTQ students. YTY Mentoring Program is in its 3rd year and is in 5 schools in Tillamook County.

**Intended Audience:** Youth & Adults, Teachers/Educators

**Main Focus:** Intimate Partner Violence Prevention, LGBTQ, Promoting Healthy Relationships

**Level of Information:** Intermediate

**Presentation Techniques:** Lecture, Panel

## **C7 – Oops!...I Did it Again: Getting Lost in the Game of Friends with Benefits**

**Christina Scott, Ph.D, Irma Rivera, Belinda Carrillo**

Friends with benefits relationships are becoming increasingly more common as an alternative to traditional long term relationships, but how are these relationships truly defined and understood, and how are they affecting sexual exploration and sexual self-confidence in adolescents? It is estimated that over 50% of college students have engaged in at least one friends with benefits relationship (Puentes et al., 2008; Wentland & Reissing, 2011). Scott et al. (2013) found that men were more than twice as likely (53%) to report a positive outcome from a friends with benefits relationship than women (21%). This presentation will include active learning strategies for participants to brainstorm factors which may lead to a higher prevalence of friends with benefits relationships as well as opportunities for group discussion.

**Intended Audience:** Youth & Adults

**Main Focus:** Sexual Health

**Level of Information:** Intermediate

**Presentation Techniques:** Interactive

## **D1 – Disability & Sexuality: Better Access Through Sex, Better Sex Through Access**

**Cory Silverberg, M.Ed**

Broadening our scope beyond diagnoses and deficit, this interactive workshop will consider sexuality from a disability perspective, and explore how ableism and normative standards of sexuality and gender prevent all of us – disabled or not – from accessing sexual opportunities and experiences. Through discussion, small group exercises, and information sharing, we'll learn how a disability perspective can open up new ways of thinking about sexuality for ourselves and the people we work with.

**Intended Audience:** Youth & Adults

**Main Focus:** Disabilities, Sexual Health

**Level of Information:** Intermediate

**Presentation Techniques:** Interactive



## **D2 – 10 Games to Help Build Relationship Skills in Teens**

**Molly Maynard, MA**

Building sexual health in adolescents begins with a conversation. The “Things to Know Before You Say GO” cards are designed to make that conversation more meaningful and reflective. Using the “Things to Know Before You Say GO” relationship cards, participants will engage in hands-on activities that provide a way of communicating about relationships. Each “game” will allow participants to think more concretely and define more clearly their expectations for beginning, participating and maintaining healthy, safe relationships. These games can easily be copied for further use in school settings, church groups and other class or group opportunities.

**Intended Audience:** Youth & Adults, Teachers/Educators

**Main Focus:** Promoting Healthy Relationships

**Level of Information:** Intermediate

**Presentation Techniques:** Interactive

## **D3 – Lessening the Taboo: Where Does Pleasure Fit into Sexual Health Education?**

**Lauren Arian, Tori Barnes**

In our efforts to empower youth about their bodies through comprehensive sexuality education, we often overlook a major reason people engage in sexual activity. Research shows that discussing healthy sexual pleasure enhances students’ level of comfort with their own bodies and increases conversations regarding consent between partners. Leaving pleasure out of the conversation leads to unanswered questions, doubts about the credibility of educators, and promotes unnecessary shame and insecurity for youth who have yet to engage in (pleasurable) sexual activity. This workshop will challenge participants to examine their current methods, curricula and lesson plans for ways in which they could include sexual pleasure as a topic to enhance students understanding of healthy sexual expression.

**Intended Audience:** Adults, Teachers/Educators

**Main Focus:** Promoting Healthy Relationships, Teen Pregnancy Prevention, Sexual Health

**Level of Information:** Lecture, Interactive

## **D4 – Slut Shaming & the Value of Virginity**

**Syd Cloud, Sami Tamura**

This workshop will teach and discuss the social issues associated with being (or not being) sexually active as an adolescent as well as the impact this has on teens. Overcoming cultural stigmas is often the first step to seeking out information on sexual health, providing an important building block to accessing resources. This dialogue and lecture will explore the value of virginity and the condemnation of sluts in relation to sexual health. Examples from the media that reinforce slut shaming and the importance virginity will be included in the conversation. Our discourse will be inclusive across gender and orientation. Youth are invited to participate in the discussion and in relevant activities. Adults are encouraged to observe.

**Intended Audience:** Youth & Adults

**Main Focus:** Gender Identity, GLBTQ, Sexual Health

**Level of Information:** Introductory

**Presentation Techniques:** Lecture, Interactive

## **D5 –It’s Complicated Teaching About Pregnancy Options**

**Michelle Morse, MSW, Denise Johnson May, MSW**

Talking with youth about unintended pregnancy and pregnancy options can be complicated due to the wide range of laws, resources and values associated with pregnancy options. Increasing your knowledge and confidence in talking about pregnancy options will support your ability to work with youth – in the classroom or clinic. This session will primarily focus on parenting, abortion and adoption.

**Intended Audience:** Adults, Health Care Providers, Teachers/Educators

**Main Focus:** Pregnancy Options

**Level of Information:** Intermediate

**Presentation Techniques:** Interactive

## **D6 – Empowering Teen Voices – The Teen Council Peer Education Program**

**Jodi Bernstein, M.Ed, Shambricia Spencer, Teen Council Members**

This interactive workshop will highlight fundamentals of our award winning, evidenced informed, peer sexuality education program; Teen Council. We will present an exploration of our core principals of high warmth, high expectations and high structure (the Magic Triangle,) distribute sample training plans, and with teen co-presenters, lead games and activities that are typical of the Teen Council experience. Participants will come away with an overview of Teen Council, powerful principals that will have instant applicability to their own program, a sampling of lesson plans, and an invitation to learn more about The Peer Education Institute, which is dedicated to replicating The Teen Council around the country. Teen Council members will be available for Q & A about what makes this program so successful.

**Intended Audience:** Adults, Teachers/Educators

**Main Focus:** Gender Identify, HIV Prevention/Treatment, Intimate Partner Violence, LGBTQ, Promoting Healthy Relationships, Teen Parenting, Teen Pregnancy Prevention, Sexual Healthy, Sexually Transmitted Infection Prevention/Treatment

**Level of Information:** Intermediate

**Presentation Techniques:** Lecture, Interactive, Panel

## **E1 – From Texting to Teledildonics: Is Technology Changing Sex?**

**Cory Silverberg, M.Ed**

This workshop offers an introduction to, and brief history of, human computer sexual interactions; a conceptual framework for thinking about sex and technology. Using emerging technology as case studies, we will consider some of the ways technology and sexuality are intersecting in our daily lives, and how these intersections offer us an opportunity to re-think what we mean when we talk about sex, sexuality, and sexual health.

**Intended Audience:** Youth & Adults, Teachers/Educators

**Main Focus:** Sexual Health, Technology

**Level of Information:** Introductory

**Presentation Techniques:** Lecture, Interactive

## **E2 – The Positive Youth Development Framework and its Potential for Positive Sexual Health Outcomes among Latino Youth in Oregon**

*LaShanda Eller, MPH, Lindsay Weaver, MPH*

In this workshop, we will discuss the Positive Youth Development (PYD) framework and data that assesses PYD's impact on sexual health behaviors and knowledge among Latino youth in Oregon. We will also discuss specific examples on how communities around Oregon are employing the PYD framework to support youth. This presentation presents ways in which a positive foundation translates into positive sexual health outcomes.

**Intended Audience:** Teachers/Educators

**Main Focus:** Teen Pregnancy Prevention, Sexual Health

**Level of Information:** Intermediate

**Presentation Techniques:** Lecture

## **E3 – Embracing Sexuality Education in Church: Alternative to Just Say No**

*Amy Johnson, MSW*

Using a model of holistic sexuality, the presenter will explore ways to include scripture in sexuality education in a way that promotes comprehensive education and inclusivity of all people. This workshop will be useful for youth and adults who find themselves feeling like sexual identity and sexuality education are difficult to reconcile with religion, and in particular with Christianity. Come explore ways to use spirituality and religion as healthy building blocks in sexuality education for youth.

**Intended Audience:** Youth & Adults

**Main Focus:** Spirituality & Sexuality

**Level of Information:** Introductory

**Presentation Techniques:** Interactive

## **E4 – Considerations & Approaches to Working with Teen Parents**

*Heather Baeckel, MSW, Emily Berry, MA*

In this workshop, participants can expect to explore the importance of trusting relationships with parenting adolescents and learn strategies for offering parenting and child development information in a way that is meaningful and relevant to them. Participants will learn strategies to engage teen parents in parenting and child development services. Participants will have a better understanding of adolescent development and how it intersects with adolescent parenting.

**Intended Audience:** Adults

**Main Focus:** Teen Parenting

**Level of Information:** Introductory

**Presentation Techniques:** Interactive

## **E5 – Talk that Talk: Engaging Youth in Critical Conversations about Media**

*Melanie Altaras, Alaine Vincent*

Young people are inundated with ideas and information about gender and sexuality when engaging with media (TV, movies, music, and websites). As educators and mentors, it is our job to engage youth in critical conversations about themes in popular media concerning gender and sexuality. This workshop, co-presented by a youth group member and an adult facilitator from Salem Rainbow Youth will give a brief explanation and history of media analysis, and then build on those concepts to model examples of activities we can use to begin and maintain conversations about gender and sexuality in media.

**Intended Audience:** Youth & Adults, Teachers/Educators

**Main Focus:** Gender Identity, GLBTQ, Sexual Health

**Level of Information:** Intermediate

**Presentation Techniques:** Lecture, Interactive

## **E6 – No Glove, No Love: Condomology 411**

*Amanda McLaughlin Barreto, MEd, Christy Alger-Williams*

When used consistently and correctly, latex condoms are 98% effective in preventing unintended pregnancy and are the only contraception that helps prevent against STIs. By normalizing healthy decision making, encouraging conversations with parents and partners, practicing negotiation skills, and learning correct steps of condom use, people can learn how to prevent STIs and unintended pregnancies. Learning these comprehensive skills are the building blocks of youth sexual health. Participants will learn about condom history and manufacturing, followed by rotating groups practicing the skills below:

- Condom line-ups
- Condom demos (wooden model)
- Role plays to practice negotiation skills
- Lubrication information
- Consumer reports testing
- Safer Oral Sex practices (ex: dental dams)

**Intended Audience:** Youth

**Main Focus:** HIV Prevention/Treatment, Teen Pregnancy Prevention, Sexual Health, Sexually Transmitted Infection Prevention/Treatment

**Level of Information:** Introductory

**Presentation Techniques:** Interactive

## **E7 – Healthy Sexuality and Young People: Sexual Health Promotion as Sexual Violence Prevention**

*Laura Palumbo*

A healthy sexuality framework is a comprehensive approach to sexual violence prevention. This workshop will provide a foundation for integrating sexual violence prevention and sexual health promotion in working with youth. Using resources from the 2014 Sexual Assault Awareness Month campaign, participants will learn strategies to support healthy sexuality and young people. Discussion of opportunities and challenges in adolescent sexual health promotion will equip participants to creatively incorporate sexual violence prevention as an essential building block of youth sexual health.

**Intended Audience:** Youth & Adults

**Main Focus:** Sexual Violence Prevention, Intimate Partner Violence Prevention, Promoting Healthy Relationships, Sexual Health

**Level of Information:** Introductory

**Presentation Techniques:** Interactive

## **F1 – It's Complicated: A Look at Relationships & Sexuality from the Perspective of Young People in Foster Care**

*Timothy Bell,*

*Panel of Current & Former Foster Care Youth*

If you're a young person who's experienced foster care, it's likely that you've experienced more than your share of broken relationships during childhood abuse, poor relationship role models, abandonment, or all of these. Romantic relationships can be particularly challenging for youth in foster care who may have to struggle with frequent moves, past negative experiences, changing rules and a lack of positive role models. Youth who are LGBT may have an especially difficult time navigating the dating world and finding support and resources to assist them. FosterClub is mid-way through a 3-year initiative to lead the efforts of young leaders from foster care to improve sexuality and relationship outcomes.

In this workshop, we will identify the unique issues facing youth in care pertaining to relationships and sexuality. Participants will discuss the unique challenges facing youth in care, including vulnerability to predators and sex trafficking. Hear directly from FosterClub's young leaders about how their past experiences can put them at risk for unhealthy relationships, such as under-prepared pregnancy and domestic violence, and how supportive adults can help transform a foster youth's outlook on relationships.

**Intended Audience:** Youth & Adults

**Main Focus:** Gender Identity, Intimate Partner Violence, Teen Parenting, Teen Pregnancy Prevention, Sexual Health

**Level of Information:** Intermediate

**Presentation Techniques:** Interactive, Panel

## **F2 – What Every Teen Should Know About Contraceptive Access Under Obamacare**

*Marsha Brantley*

Reproductive Health and access to contraception is important to teens' health. The right information can help reduce unintended pregnancy and ensure healthy sexual relationships. This interactive presentation will highlight what teens should know about contraceptive access under Obamacare (aka the Affordable Care Act or ACA), including how young women in particular benefit from changes in health care coverage and services. The workshop will also summarize the contraceptive services available to teens in Oregon specifically.

**Intended Audience:** Youth & Adults

**Main Focus:** Contraceptive Access & Health Reform

**Level of Information:** Introductory

**Presentation Techniques:** Interactive

## **F3 – Exploring PAS: A Popular Education Inspired Primary Prevention Curriculum with a Catholic Lens for Latin@ Youth**

*Ro Jane Prideaux*

Learning good consent is one of the first building blocks of youth sexual health and healthy relationships. As most Latin@ countries have strong Catholic ties and influences, Latin@ immigrants and their family values often reflect culturally Catholic ideas about relationships and intimacy from generation to generation. From a Catholic perspective, there is a fine line between promoting youth sexual activity and teaching youth to recognize and use healthy communication techniques in order to define their own limits and respect others' limits when it comes to intimacy and personal boundaries. Using the framework of the PAS curriculum and Popular Education techniques, this workshop explores that fine line, as well as subtleties in teaching the "man-woman" boxes activity to understand gender roles and gendered violence. The content is specific to Latin@ communities, but is also accessible to all English speakers and mainstream participants.

**Intended Audience:** Youth & Adults

**Main Focus:** Intimate Partner Violence, Promoting Healthy Relationships

**Level of Information:** Intermediate

**Presentation Techniques:** Interactive

## **F4 – The Love Bugs – Sexually Transmitted Infections**

*Shannon Rauh, M.Ed, Denise Johnson May, MSW*

By the age of 25, half of all youth will have acquired one or more Sexually Transmitted Infections (STIs). Having a working knowledge of STIs/HIV is essential in working with youth to support them in making healthy sexual decisions. A brief overview of the most common STIs among youth will be covered and interactive activities will be utilized during this workshop.

**Intended Audience:** Youth & Adults, Teachers/Educators, Peer Educators

**Main Focus:** HIV Prevention/Treatment, Sexually Transmitted Infections Prevention/Treatment

**Level of Information:** In

**Presentation Techniques:** Lecture, Interactive

## **F5 – Intergenerational Communication and Youth-Adult Partnership**

***Ada Dortch, MA, Arabella Klippert, Lynne Gammon, Deborah Dortch, Brooke Dempsey***

The Creative Science School in Portland, OR (CSS) undertook an initiative in 2012 to implement comprehensive (includes the 7 essential components: gender, sexual and reproductive health, sexual rights, pleasure, violence, diversity and relationships) sexuality education for 5<sup>th</sup> – 8<sup>th</sup> graders from a youth-adult partnership perspective. The sexuality education program is new and we are looking forward to expanding the program. We would like to share our stories of lessons learned to implement a comprehensive program based on what young people want and need and one that mirrors youth-adult partnership.

During this workshop, we aim to hold interactive discussion with participants on youth-adult partnership in sexuality education (examples of how this was done at CSS from focus group and ongoing discussions with students, parents & teachers).

**Intended Audience: Youth & Adults, Teachers/Educators**

**Main Focus: Sexual Health & Rights, Youth-Adult Partnership, Inter-Generational Communication**

**Level of Information: Introductory**

**Presentation Techniques: Interactive**

## **F6 – A is for Asexual!: Asexuality 101**

***Sami Tamura, Syd Cloud***

Asexuality 101 will cover the broad definitions of asexuality, as well as other identities that are included in the spectrum of asexuality. Workshop participants will explore the foundations on which relationships are constructed and how asexual perspectives can help us challenge and better understand how relationships are meant to look and work. We will list and debunk common myths and stigmas associated with asexuality, and include time for participants to ask their own questions. This workshop will include a zine that each participant will leave with.

**Intended Audience: Youth & Adults**

**Main Focus: Asexuality**

**Level of Information: Introductory**

**Presentation Techniques: Lecture, Interactive**

# Keynote Speaker Information

## Cory Silverberg, M.Ed



**Cory Silverberg** is a sexuality educator, author, and trainer. He received his Masters of Education from the Ontario Institute for Studies in Education and trains across North America on topics including access and inclusion, sexuality and disability, and sex and technology. He was a founding member of the Come As You Are Co-operative and served as the chairperson for sexuality educator certification for the American Association of Sex Educators, Counselors, and Therapists and as a board member of YTH: Youth + Tech + Health. Cory is the co-author of the *The Ultimate Guide to Sex and Disability*, a Huffington Post blogger, and writes about sexual health, politics, and culture for About.com. He is currently writing a series of three inclusive books for children about gender and sexuality. The first, [What Makes a Baby](#), was published in May 2013 by Seven Stories Press.

## Allison Vesterfelt, MAT



**Allison Vesterfelt** is a reader, writer, dreamer and the author of three books, including *Asking All The Wrong Questions: Why Christians Are Waiting for Marriage for Sex*. She received a degree in Writing and Literature from Whitworth University, a Masters in Education from George Fox University, and now works as a full-time author where she lives in Nashville, Tennessee with her husband Darrell. For more about Allison, or to purchase her books, follow her on [Twitter](#) or [Facebook](#).

## Mariotta Gary-Smith, MPH



**Mariotta Gary-Smith**, is a native of Portland, OR; & a 3<sup>rd</sup> generation social justice activist/agitator – a unique experience in itself. As a result of her family history, she became interested in social justice, public health & human sexuality/behavior in high school. She served on several youth councils, including Planned Parenthood Teen Council and NARAL Pro-Choice America National Board Youth Representative. In Fall of 2008, she was one of 5 nationally selected scholars for the 2008-2009 Inaugural Class of the Center of Excellence for Sexual Health (CESH) Scholars Program at Morehouse School of Medicine. Mariotta has over 15 years of experience working with diverse/multicultural communities and organizations on reproductive/sexual health and justice, sexuality & health education and harm reduction. Currently, Mariotta serves as the AASHEP (African American Sexual Health Equity Health Program) Health Educator in the STD/HIV Program for the Multnomah County Health Department, in Portland, OR.

# *Building Blocks of Youth Sexual Health*

Thank you to the following organizations for their generous support for the 2014 Adolescent Sexuality Conference.

## **Conference Sponsors**

Oregon Teen Pregnancy Task Force  
Cascade AIDS Project  
Oregon Public Health, Adolescent Health Program  
VDAC  
Women's Healthcare – Bayer HealthCare Pharmaceuticals  
YouthToday.org

## **Conference Supporters**

Cascade AIDS Project  
Insights Teen Parent Program  
Oregon Attorney General's Sexual Assault Task Force  
Oregon Department of Education  
Oregon DHS, Youth Services  
Oregon Health Authority, Adolescent & School Health Program  
Oregon Health Authority, HIV/STD/TB Program  
Oregon Health Authority, Office of Client & Community Services  
Oregon Teen Pregnancy Task Force  
Planned Parenthood of the Columbia-Willamette  
Planned Parenthood of Southwestern Oregon  
Rap-it-Music Therapy Services, LLC  
VDAC  
WISE in Oregon

## **Directions to Seaside**

### **From Portland International Airport:**

Take Airport Way to I-205 S  
Follow I-205 S towards PORTLAND/I-84/SALEM, merge onto I-84 W  
Take the I-5 S exit on the left towards SALEM, merge onto I-5 S  
Take the I-405 exit on the left towards US-26/BEAVERTON/CITY CENTER  
Merge onto I-405 N  
Take the US-26 W/12th AVE. exit, exit number 1D, towards Beaverton  
Merge onto US-26 W, follow US-26 W to Hwy 101 junction  
Turn right onto Hwy 101 N and follow the signs to Seaside

### **From Seattle, Washington (I-5 South):**

Take I-5 S towards Portland, OR  
Take the I-405 exit towards BEAVERTON/US-30 W/St. Helens/Ocean Beaches  
Merge onto I-405 S  
Take the US-26 W, exit number 1D, towards Beaverton  
Merge onto US-26 W, follow US-26 W to Hwy 101 junction  
Turn right onto Hwy 101 N and follow the signs to Seaside

### **From Salem, Oregon (I-5 North):**

Take I-5 N towards Portland, OR  
Take the OR-217 exit, exit #292, towards TIGARD/BEAVERTON  
Keep right at the fork in the ramp  
Merge onto OR-217 N  
Take the US-26 W exit on the left towards TILLAMOOK/ASTORIA  
Merge onto US-26 W, follow US-26 W to Hwy 101 junction  
Turn right onto Hwy 101 N and follow the signs to Seaside