

RESOURCES AND TRAINING

Back to School K-12 Professional Development

from Advocates for Youth

Advocates for Youth partners with young people and their adult allies to champion youth rights to bodily autonomy and build power to transform policies, programs and systems to secure sexual health and equity for all youth.

Advocates strives to achieve the following strategic goals:



Shift the cultural paradigm toward normalization of youth sexual development and young people's rights to live free from oppression and to exercise their agency and bodily autonomy.

GOAL I

GOAL II

Drive youth sexual health policy at the local, state and federal levels, including U.S. foreign policy, toward strategies that are grounded in equity and inclusion, and are evidence-informed, youth-centered, and rights-based.



Engage youth as activists and leaders, centering those most impacted by sexual health disparities and building power to transform, dismantle, and rebuild policies, programs, and systems in support of bodily autonomy and youth sexual health, rights, and equity.

GOAL III

GOAL IV

Strengthen youth sexual health programs and services by partnering with youth-serving agencies, community-based organizations, healthcare providers and schools to build their capacity to provide evidence-informed, rights-based services grounded in the values of equity and inclusion.



Partner with youth-led and youth-serving organizations, United Nations agencies and governments around the world to champion community initiatives, systems, policies, and programs that advance youth sexual health, rights and justice.

GOAL V



Syllabus

Did someone say Back To School professional development?

On the syllabus today: a comprehensive training and resource menu for youth-serving professionals. This Back to School K-12 Professional Development Toolkit amplifies the decades-long work Advocates for Youth has developed to ensure that in classrooms across the country, all youth are safe, welcomed, and celebrated for who they are - and that they find representation in policies, programs, and classroom materials.

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Sex Education

Rights, Respect, Responsibility (3Rs)

Rights. Respect. Responsibility.

Rights, Respect, Responsibility (3Rs) is a free, LGBTQ-inclusive sex education curriculum that fully meets the National Sexuality Education Standards and seeks to address both the functional knowledge related to sexuality and the specific skills necessary to adopt healthy behaviors.

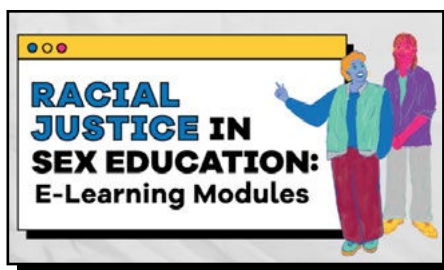
More than three million students have received education from the 3Rs and 3,000 educators have received training.

Virtual Professional Development

In addition to providing comprehensive sex education resources, Advocates offers training for educators to practice and improve their sex education teaching skills. One of Advocates' most important training tools is **Virtual Professional Development (Virtual PD)**. Virtual PD is a simulated classroom where educators can practice teaching student avatars using short, common classroom scenarios. An instructional coach provides guidance and feedback to help educators master the skills needed to implement inclusive sex education effectively. Research conducted by the University of Central Florida demonstrates that four 10-minute sessions in the virtual classroom result in statistically significant increases in educators' skills. For the 25-26 school year, we're launching four new trans-affirming schools scenarios. We can't wait to share them with you and the more than 700 teachers from 60 school districts have been trained using Virtual PD.



Racial Justice in Sex Education



Advocates, in collaboration with SisterReach, created ten asynchronous **teacher training modules** to increase health and physical education teachers' awareness, capacity, and skills in integrating racial justice into sex education. The modules help educators practice effectively addressing their own implicit bias, intervene in microaggressions and racism in their classrooms; and build safe, culturally responsive, and affirming learning environments that center the lived experiences of students of color.

**FOR MORE INFORMATION ABOUT 3RS AND ASSOCIATED TEACHER TRAINING,
VISIT: WWW.3RS.ORG/TRAINING**

AMAZE



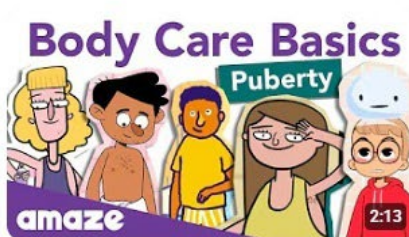
amaze.org

For nearly 10 years, **AMAZE** has produced fun, animated videos to provide young people the answers they actually want to know about puberty, sex, their bodies, and healthy relationships. While most famous for the YouTube channels, AMAZE videos are also downloaded and played in classrooms across the globe, and shown in the waiting rooms of healthcare facilities - in fact, doctors in the U.S. can even “write prescriptions” for young people to watch AMAZE videos at home. AMAZE also produces toolkits and lesson plans to help teachers, parents, and homeschools use AMAZE videos to assist in lessons.

The AMAZE YouTube channel hosts more than 300 videos addressing topics that include, puberty, body image, healthy relationships, sexual orientation, and gender identity. Since its launch in 2016, the videos have been viewed more than 100 million times in the United States alone.



Sexual Decision Making
34K views



Body Care Basics: Puberty
181K views



Tampons vs. Pads vs. Menstrual Cups vs. Period Underwear
612K views

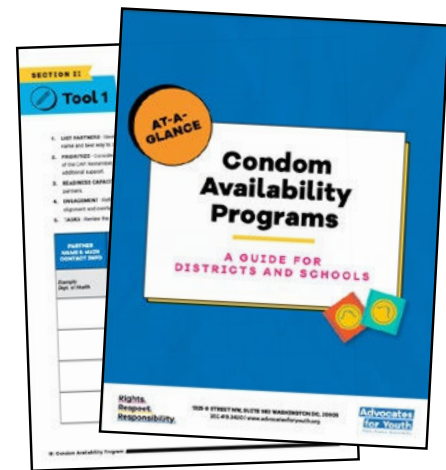
AMAZE also strives to assist adults—parents, guardians, educators, and health care providers around the globe—to communicate effectively and honestly about sex and sexuality with the children and adolescents in their lives.

FOR MORE INFORMATION CONTACT INFO@AMAZE.ORG

Sexual Health Services

Condom Availability Programs (CAP)

Condom Availability Programs (CAP): A Guide for Districts and Schools is designed for use in middle and high schools. It provides the rationale for implementing such a program, the information to get started, and practical step-by-step **recommendations** for implementing or improving a CAP. The CAP Guide will support district or school administration and staff and/or community partners who want to improve the health of young people by increasing access to sexual health services, specifically condoms. The Centers for Disease Control and Prevention (CDC) supports Condom Availability Programs as a structural intervention which increases the availability, accessibility, and acceptability of condoms and has been proven to increase condom use and decrease incidence of STIs.



Providing LGBT-Friendly Sexual and Reproductive Health Services in Schools

Providing LGBT-Friendly Sexual and Reproductive Health Services in Schools is a printable poster with **recommendations** for school nurses and health center staff in middle and high schools when working with LGBT students who are in need of services. This is a resource written by sexual health professionals in collaboration with the CDC.

Sexual Health Services (SHS) in Sexual Health Education (SHE)

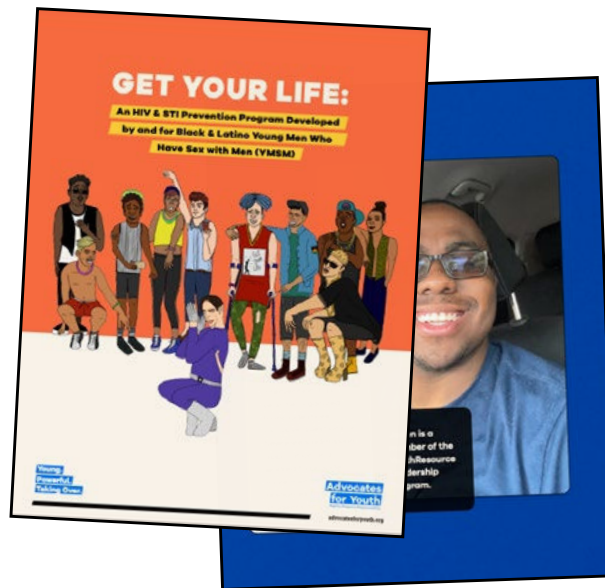
Resources for Skill-Based Instruction on Accessing School-Based and Community-Based Sexual Health Services (SHS) in Sexual Health Education (SHE) includes a list of free and fee-associated lesson plans useful for teaching students how to access sexual health services in their school, via community-link and how to find reliable information on line have been identified for use for schools. While lesson plans and materials come from a variety of sources, please note that this list is not comprehensive in scope and other materials may exist.



HIV

Get Your Life

Get Your Life is a seven-session group-based HIV prevention facilitation guide designed for Black and Latino young men who have sex (YMSM) with men ages 14-19 years old. Following a pilot program that included three large school districts and over 200 Black and Latino youth, **Get Your Life** is an engaging, inclusive, and culturally-responsive HIV/STI prevention program made by and for Black and Latino Young men.



For trainings contact louie@advocatesforyouth.org.

LGBTQ+



Queer & Now!



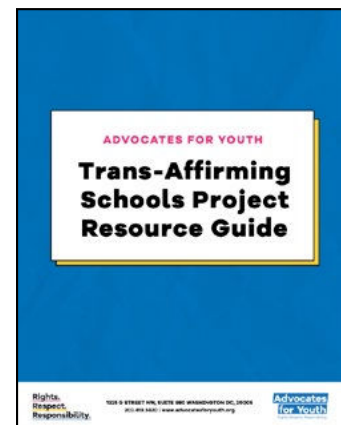
Queer & Now! is Advocates for Youth's celebration of queer youth. Queer stories are young people's stories, and we need to make sure queer people are reflected in history, health care, reproductive health and rights, and sex education. We're queering it all! [Check out our Toolkit](#) which includes a variety of resources, images, sample social media, and publications to support you in amplifying the voices and experiences of LGBTQ youth—this month, and every month!

For more information contact louie@advocatesforyouth.org.

Trans Affirming Schools Project (TASP)

The Trans Affirming Schools Project (TASP) is proud to offer a series of trainings to create safer schools! *Finally Enough Love* is a professional development series designed to build capacity for adults working with Transgender, Non-Binary, and Gender-expansive (TNGE) youth in schools. Over the course of four, 90-minute sessions, participants will learn foundational knowledge around identities, how to support TNGE youth in hostile learning environments, and practice using the TASP Resource Guide - a comprehensive, up-to-date tool for supporting TNGE youth.

For trainings contact jaymie@advocatesforyouth.org.



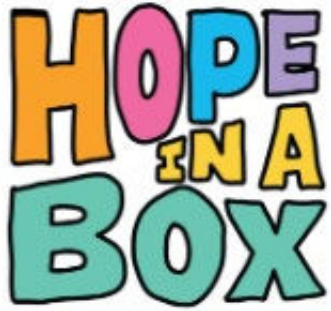
Born This Way Remixes	UNDERSTANDING TRANSGENDER, NON-BINARY, AND GENDER-EXPANSIVE (TNGE) YOUTH EXPERIENCES
OBJECTIVES:	
1. Describe the differences among sex assigned at birth, gender identity, gender expression, and sexual orientation.	
2. Through the lens of intersectionality, reflect on TNGE youth experiences.	
3. Using the Trans Affirming Schools Project Resource Guide, identify three resources for supporting TNGE youth in your school.	

Anti-Hero	ADVOCATING FOR TRANSGENDER, NON-BINARY, AND GENDER-EXPANSIVE YOUTH IN SCHOOLS
OBJECTIVES:	
1. Define three types of transgender microaggressions.	
2. Distinguish between transgender macroaggressions and microaggressions.	
3. Using the Trans Affirming Schools Project Resource Guide, identify three key interventions for supporting TNGE youth in your school.	

Anti-Hero	ADVOCATING FOR TRANSGENDER, NON-BINARY, AND GENDER-EXPANSIVE YOUTH IN SCHOOLS
OBJECTIVES:	
1. Define three types of transgender microaggressions.	
2. Distinguish between transgender macroaggressions and microaggressions.	
3. Using the Trans Affirming Schools Project Resource Guide, identify three key interventions for supporting TNGE youth in your school.	

Break My Soul	CONTINUING THE FIGHT FOR TRANSGENDER, NON-BINARY, AND GENDER-EXPANSIVE INCLUSION IN SCHOOLS
OBJECTIVES:	
1. Summarize the current data on the experiences of TNGE youth in the U.S.	
2. Using the Trans Affirming Schools Project Resource Guide, practice responding to misinformation/discrimination campaigns.	
3. Practice affirming TNGE youth in schools during intense waves of anti-transgender legislation.	

Hope in a Box



Amid the rise of book banning and censorship, access to LGBTQ+ inclusive books and educational resources have never been more important. **Hope in a Box** equips K-12 educators with LGBTQ-inclusive curricula, training, and mentorship. Advocates for Youth and Hope in a Box are proud to collaborate to continue building safer and more inclusive classrooms across the country. Together, we use literature to cultivate empathy and ensure every LGBTQ student feels safe, welcome, and included at school.

For trainings contact armonte@advocatesforyouth.org.

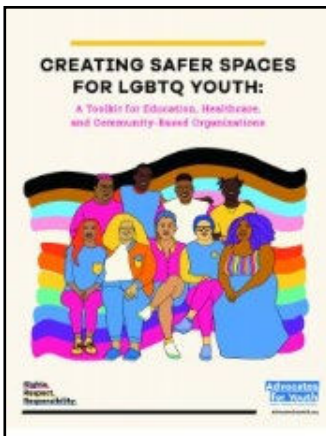
Kikis with Louie

Kikis with Louie is a Youtube series that aims to normalize stigmatized conversations about HIV, STIs, healthy relationships, and more. Episodes feature honest conversations with LGBTQ youth and the celebrities, athletes, artists, and activists they admire most. The series spans six-cities and features musician Shamir discussing his bipolar diagnosis, Reggie Bullock of the Detroit Pistons opening up about the murder of his trans sister, and YouTuber Brendan Jordan going in-depth about coming out.

For inquiries contact louie@advocatesforyouth.org.



Creating Safer Spaces for LGBTQ Youth



Creating Safer Spaces for LGBTQ Youth: A Toolkit for Education, Healthcare, and Community-Based Organizations toolkit was

developed to assist individuals, community-based organizations, providers, healthcare staff, educators, and others that see the value of incorporating key safer space components into their organizations so that young people survive and thrive. Recommendations serve as a guide and should be tailored to each individual young person and organizational setting.

For trainings contact armonte@advocatesforyouth.org.

Youth Engagement



Youth-Adult Partnerships (YAP) framework

Youth-Adult Partnerships

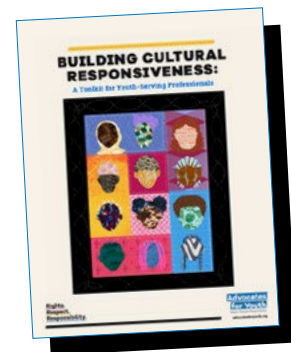
The **Youth-Adult Partnerships (YAP) framework** is central to all work at Advocates for Youth. The overall goal is to promote attitudes that increase participants' ability to work with youth as partners in efforts to improve adolescent sexual and reproductive health. Resources and training sessions ensure that young people are intentionally involved in designing, developing, and implementing policies and programs.

Resources include trainings on YAP 101 (Adult participant and Youth & Adult participant versions). In addition, resources include **Tips for Youth When Working with Adult Allies** and **Tips for Adults When Working with Youth Leaders**. For trainings contact armonte@advocatesforyouth.org.

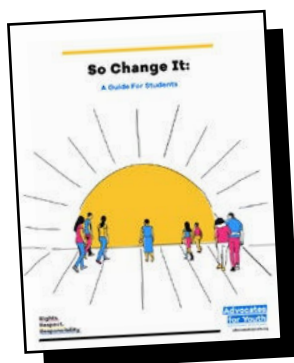
Building Cultural Responsiveness

Our **Building Cultural Responsiveness: A Toolkit for Youth-Serving Professionals** outlines barriers to care and offers providers tangible ways to learn about, and support youth from diverse backgrounds. The toolkit centers young people's perspective in health care settings, including youth activist Sunny Lu, who opens the toolkit with a letter sharing their experiences accessing culturally responsive health care.

For trainings contact armonte@advocatesforyouth.org.



So Change It: A Guide For Students



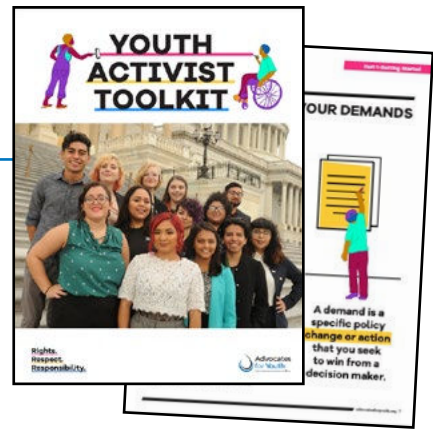
Young people are creating change across the world and in their own communities. Through everything from social media, events, and even artwork, young people are encouraging each other to care about public health and to work for a better world. **So Change It: A Guide For Students** can help students to change their world for the better, beginning with their own schools. Interested in a Youth to the Front!: Key Components of Student-Led Campaigns training?

For trainings contact daniella@advocatesforyouth.org.

Youth Activist Toolkit

Our **Youth Activist Toolkit** was developed with youth writers and activists to be a detailed guide to help young people develop a plan, organize a coalition, and define and implement strategies to achieve measurable social impact goals.

For trainings contact armonte@advocatesforyouth.org.



Act Out!



In 2023, Advocates launched **ActOut!**, a campaign to recruit, train, and support over **1,000 young people nationwide**, mobilizing their peers to support LGBTQ youth. This national network consists of young people who are advocating for the rights of LGBTQ youth. Constant attacks on queer and trans youth at the state, local, and school board levels are not only endangering queer and trans youth, but they are also creating a sense of hopelessness as harmful policies are enacted before many people even know what's being debated. **Young people are the target of these laws, and they are energized and ready to fight back.**

FOR MORE INFORMATION CONTACT [ARMONTE@ADVOCATESFORYOUTH.ORG](mailto:armonte@advocatesforyouth.org)

Training Requests & Fees

Advocates for Youth is delighted to offer a comprehensive training menu to support teachers and community-based educators in developing the comfort, knowledge and core skills needed to implement sex education, no matter what curriculum they chose to use. **Our goal is to help prepare educators to provide consistent high quality sex education that young people deserve.**

TRAINING DETAILS

ALL TRAINING WILL INCLUDE THE FOLLOWING:

- Initial meeting with Advocates for Youth trainer (See contact list in the next section)
- Registration Support
- Material review
 - Advocates for Youth trainers will send you the slide deck for your training to review and ensure that the objectives are met
- Pre-training meeting (within one week of the training)
- Training
- Creation of evaluation to distribute at the end of training and summary of results
- Resources (including training recording, if virtual) compiled and shared with participants after the training concludes
- Follow-up meeting
- Discuss evaluation results and wrap up outstanding requests

Advocates for Youth trainings are individualized to the needs of our partners and therefore ample prep time is required in order to prepare, develop, and deliver the training. Rates are as follows:

TRAINING REQUEST	COST
VIRTUAL TRAININGS	
90-minute training (up to two skills, i.e, "Answering Difficult Questions" or "Creating Inclusive Environments for LGBTQ+ Youth")	\$1650
Virtual Professional Development hour-long session	PRICING INCREASES ON 1/1/26 TO \$325 PER HOUR. LOCK IN 2025 PRICES NOW.
IN PERSON TRAININGS	
Half-Day training	\$2750 + TRAVEL
Full-Day training	\$3250 + TRAVEL

Training Requests & Fees

TRAINING ATTENDANCE

MINIMUM – we ask that a minimum of 12 people attend the training (in-person or virtual).

MAXIMUM – we ask that no more than 30 people attend either an in-person or virtual training to ensure that each person receives attention and support. Our trainings are highly engaging and we keep our numbers manageable to ensure there is no change in the quality of training. If you have more than 30 people we will require an additional trainer and costs will reflect that need as well.

TRAVEL COSTS

In person training costs does not include travel of the trainer. When billing travel expenses for trainers, we will only charge the actual travel costs, not the estimated costs outlined below. For example, a flight may be more or less than \$600 at the time of booking.

Please see an example of estimated travel costs below:

- Flight: Starting at \$600
- Hotel: \$300/night
- Per Diem: \$75/day
- Ground Transportation: \$200

Testimonials

"This session rekindled the love of teaching I have not experienced in a while. It was one of the most thought-provoking, enjoyable, and professionally appealing experiences I have ever had!"

— MELANIE LIGHTBOURNE-ROWE, LOS ANGELES UNIFIED SCHOOL DISTRICT

"This training was thorough and absolutely digestible - and the facilitator was engaging and affirming, gently modeling the skills she was teaching. Excellent!"

— CINDI HUSS, COLLABORATING DIRECTOR, RISE: HEALTHY FOR LIFE

"Following the Queer and Gender Equity Project's staff training, multiple team members commented that the training reinforced many of our previous interventions with one person noting "we've come a long way" which was viewed as a success by all. There was a general consensus of increased comfort and confidence in caring for LGBTQ youth."

— JO TAYLOR, APRN-CNP, PROGRAM MANAGER, COLUMBUS PUBLIC HEALTH

"I do a lot of parent consultation and will use this resource guide!"

— TEACHER, CREATING CHANGE CONFERENCE

"I think this should be a required session for the whole district. So good!"

— HEALTH EDUCATOR, DENVER PUBLIC SCHOOLS

"The Cultural Responsiveness Training Series was a fantastic, interactive learning experience. It catered to both newcomers and those already actively engaged in this work within their organizations. We received very positive feedback from attendees!"

— MELANIE, OREGON HEALTH AUTHORITY

"I feel more confident when confronting misinformation and preparing to engage in community outreach on matters of sexual health."

— PROGRAM MANAGER, CDC DIVISION OF ADOLESCENT AND SCHOOL HEALTH (DASH) FUNDED LOCAL EDUCATIONAL AGENCY

Staff Contacts

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HIV

LGBTQ+

YOUTH ENGAGEMENT

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AMAZE

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HIV

LGBTQ+

YOUTH ENGAGEMENT

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HIV

LGBTQ+



VISION

Advocates for Youth envisions a society in which all young people are valued, respected and treated with dignity; sexuality is accepted as a healthy part of being human; and youth sexual development is normalized and embraced. In such a world, all youth and young adults are celebrated for who they are and afforded honest, affirming, inclusive sex education; access to confidential, universal sexual health services; and the economic, educational, and social power to exercise their bodily autonomy and make informed decisions regarding their health and well-being.

VALUES

ADVOCATES' RIGHTS, RESPECT, RESPONSIBILITY PHILOSOPHY UNDERPINS ALL OF THE ORGANIZATION'S WORK:

RIGHTS: Youth have the inalienable right to honest, inclusive sex education; confidential, universal sexual health services; and the economic, political and social power that supports their agency, bodily autonomy, and self-determination.

RESPECT: Youth are due respect. They are leading the fight for equity and justice. Young people must be meaningfully involved in the design, implementation and evaluation of systems, policies and programs that affect their health and well-being.

RESPONSIBILITY: Society has the responsibility to examine and dismantle systems of oppression that drive sexual health disparities and other inequities and to instead champion community initiatives, programs, policies, and systems that ensure equity and justice for all young people, their families and communities.

