

## ICAH Adult Education

Adults who work with or for youth not only need information and resources on the sexual health of young people, but also guidance on how to best support youth around these issues while honoring youths' rights and identities. ICAH's Professional Development for Adults is designed for youth workers, family members, and other healthcare, school, or family-serving professionals who are interested in increasing their knowledge, improving their skills, and better supporting young people and their sexual health, identities, and rights. While learning medically-accurate, age-appropriate information, participants will gain tools to be youth-friendly, LGBTQQIA+-inclusive, and trauma-informed adult accomplices who actively work to reduce the shame and stigma young people are subjected to.

## Professional Development for Adults

### **Sexual Health 101: Anatomy & Puberty**

Describes anatomy and puberty that is inclusive of all bodies and demonstrates supportive communication

### **Sexual Health 102: Safer Sex, STIs & Methods of Protection**

Discusses all ways STIs can be shared and methods of protection that can make any sexual behavior safer

### **Sexual Identities: Creating Safe Spaces**

Illustrates differences between sex, gender identity, and gender expression and develops accomplice strategies to interrupt oppression

### **Sexual Rights: Youth in Illinois**

Analyzes the legal rights youth have in accessing all healthcare services and builds strategies for youth advocacy

### **Sexuality Education that Works**

Inspects state and local health education laws, evidence-based curricula, and National Sexuality Education Standards to build best practices

### **Reproductive Justice 101**

Describes the Reproductive Justice movement in the US and analyzes reproductive injustices of marginalized groups throughout US history

## ICAH Adult Accomplices

ICAH offers a monthly Adult Accomplice training series at our office. You can register for a single training or all ten! The ICAH Adult Accomplice Certificate is presented to participants who complete all ten Adult Accomplice trainings. They also receive a copy of our published youth curriculum, *Sex Ed Saves*. Visit [icah.org/events](http://icah.org/events) to view our training schedule. Trainings are facilitated by ICAH's Education Manager, Micah Bernstein, unless otherwise noted. CDPUs and CEUs are available for any training for an additional \$20.

All our trainings align with the 7 National Sexuality Education Standards (NSES) and ICAH's innovative, youth-driven approach.

### **Reproductive Justice Includes Racial Justice**

Illustrates how the movements are inherently linked, establishes an intersectional approach, and credits Black women

### **Healthy Relationships**

Establishes how to work with young people to recognize healthy and unhealthy relationships and demonstrates trauma-informed support

### **Harm & Risk Reduction: Meeting Youth Where They're At**

Reviews the theories and models used in harm and risk reduction and develops applications to your own work

### **Reducing Shame:**

#### **Sex- & Body-Positivity + Trauma Awareness**

Demonstrates a trauma-informed approach and how these frameworks reduce shame and stigma

### **Youth Voice:**

#### **Building Youth & Adult Partnerships**

Teaches our youth-friendly approach by identifying adulthood and developing accomplice strategies

### **Title IX:**

#### **Supporting the Success of All Youth in School**

Reviews the Title IX law and integrates strategies that advocate for educational rights on behalf of all students

### **Birth Justice for Young Parents**

Practices supporting young parents by building birth plans and advocating with healthcare providers to reduce shame & stigma



Illinois Caucus for Adolescent Health  
719 S. State St. Floor 4  
Chicago, IL 60605

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## Performance-based Professional Development for Adults

Build your creative capacity and strengthen youth engagement through activities, skills, and techniques that you can utilize in any social justice youth program, health education setting, or classroom.

### **No Shame: Activating the Creative Potential of Your Program**

Understand the use of shame in health education and culture and cultivate creative strategies to reduce it

**To request a professional development training for your organization or to have one tailored to your needs, contact Education Manager**

**Micah Bernstein at [micah@icah.org](mailto:micah@icah.org).**

**Please visit [icah.org/adult-education](http://icah.org/adult-education) for more information.**