The Traumatic Stress Institute of Klingberg Family Centers

Presents

Streetwise to Sex-Wise: Leading Sexuality Education Groups with High-Risk Youth

Steve Brown, Psy.D.

Tuesday, October 2, 2012, 9-4:30
Klingberg Family Centers – New Britain Campus

Steve Brown, Psy.D. is co-author of Streetwise to Sex-Wise: Sexuality Education for High Risk Youth, 2nd Edition, a curriculum used internationally by schools and agencies serving at-risk youth. Steve is also Director of the Traumatic Stress Institute of Klingberg Family Centers and Coordinator of the Risking Connection Training Program (TSI).
Why A Training About Sexuality Education With High-Risk Youth?

Aren’t all teens high-risk?

While it is true that all youth are at risk for sexual health problems, youth identified as “at risk” are especially prone to such problems including unwanted pregnancy, self-destructive or abusive relationships, sexually transmitted diseases including HIV/AIDS, sexual dysfunction, or sexual assault and abuse either as a victim or abuser.

The statistics bear this out:

- A study of youth in out-of-home care found that they were twice as likely to become pregnant as teens not in out-of-home care.

- While 20 percent of African-American males nationally report having consensual sexual intercourse by age 13, 40 percent of African-American males in a juvenile detention facility reported having intercourse by age 10.

- While one study found that 29 percent of girls nationally experienced sexual assault by age 18, estimates of sexual abuse among runaway and delinquent females has been as high as 55 percent.

Although these statistics indicate that these teenagers have profound problems related to their sexuality, they rarely receive quality sexuality education taught by trained adults. Parents or foster parents often are uncomfortable talking with their teens about sexuality. They often are NOT in mainstream school settings where students receive sexual health education. Finally, settings serving high risk youth often shy away from this topic because it is controversial or they lack skilled staff to teach the topic.

The choice is not whether teens will learn about sexuality. They are constantly learning from the media, peers, and personal experimentation. The choice is whether we leave sexuality education to these unreliable and, at time, exploitive sources OR provide educational opportunities for teens to learn accurate sexual health information and explore their feelings and values.
Content of the Training

This highly participatory full-day training will teach an approach and method for leading sexuality education groups in settings serving high-risk youth using the curriculum, *Streetwise to Sex-Wise: Sexuality Education for High Risk Youth, 2nd Edition*.

All participants will receive a copy of the curriculum at the outset of the training.

Training topics will include:

- Rationale for teaching sexuality education to high-risk youth
- Principles Underlying the *Streetwise* manual
- Creating A Group Atmosphere Conducive to Learning About Sexuality
- Common Teen Attitudes About Sexuality
- Examining Our Own Sexual Learning
- Getting Comfortable Talking About Sexuality
- Demonstration of lessons plans related to various topics in human sexuality such as:
  - Sexual and reproductive anatomy
  - Abstinence and pregnancy prevention
  - HIV/AIDS
  - Safer sex
  - Homosexuality
  - Healthy versus unhealthy relationships
- Teaching practice

**Note:** Participants will be expected to do practice teaching to a small group of peers as preparation for leading sexuality education groups in their setting. The practice teaching will be done in a supportive learning atmosphere.
Who Should Attend This Training?

Clinicians, nurses, occupational therapists, direct care staff, administrators, correctional officers who are interested in learning how to lead sexuality education groups in their settings. Settings that provide services for high-risk youth include:

- Residential treatment programs and group homes
- Shelter for runaway and homeless youth
- Foster care agencies
- Substance abuse programs
- Alternative schools
- Schools for emotionally disturbed or learning disabled children
- Juvenile detention and correctional facilities
- Outpatient mental health programs
- Sexual abuse survivor groups
- Juvenile sex offender programs
- Inpatient or partial-care psychiatric programs
- Extended day programs
- Job training programs
- Teen parent programs
- Support groups for lesbian, gay, bisexual, transgender, and questioning youth

IMPORTANT NOTE: The group leader’s comfort level talking about sexuality and rapport with young people are critical factors determining the effectiveness of sexuality education groups. Administrators who are selecting staff to lead sexuality education groups in your setting should consider the following criteria:

- Select a staff person who is genuinely interested in teaching this topic.
- Select a staff person who is able to establish rapport with young people, yet also remain professional.
- Select a staff person who you believe is comfortable, or could become comfortable, talking with young people about sexual issues.
Registration Form

Streetwise to Sex-Wise:
Leading Sexuality Education Groups with High-Risk Youth

Registration may be submitted by mail or fax at the address and fax number listed below, or may be e-mailed to marcim@klingberg.com.

Payment is expected at the time of registration. We will refund the registration fee minus a $30 processing fee for cancellations two weeks prior to the training. No refunds will be made for cancellations inside two weeks.

Space is limited to 45 registrants, so register early.

Name: ___________________________ Title: ______________________
Agency: __________________________
Address: ______________________________________________________
____________________________________________________________________

Phone: __________ Fax: __________ E-mail: _________________________

Registration Fee: $175.00; $150 if before September 17th

☑ Includes Streetwise to Sex-Wise Curriculum ($40 value)
☑ Includes coffee, lunch, and snacks

TOTAL __________

Method of Payment: Check, money order, VISA, or Master Card
(Please make checks payable to: Klingberg Family Centers)

Type of Credit Card (VISA or Master Card) __________________________
Credit Card # _________________________________________________
Expiration Date _________________________________________________
Name on card ___________________________________________________
Signature ______________________________________________________

Registration Mailing Address:
Marci Marciniec
Klingberg Family Centers
370 Linwood Street
New Britain, CT 06052
Phone: 860-832-5554; Fax: 860-832-8221
Directions to Klingberg Family Centers, New Britain Campus

Address: 370 Linwood St., New Britain, CT 06052; Phone (860) 224-9113

Via Route I-84 (West From Hartford Or East From Waterbury)
✓ Leave I-84 at Exit 35 (Route 72 East–NewBritain)–This is a left hand exit
✓ Take first Exit, Corbin Avenue
✓ Turn right onto Corbin Ave., proceed to the fourth traffic light
✓ At the light, take a left onto Shuttle Meadow Avenue
✓ Take the second right (at stop sign) onto Linwood Street
✓ Klingberg Family Centers is at the top of the hill

via Route I-91 (North from New Haven or South from Hartford)
✓ Leave Route 91 at Exit 22N (New Britain)–Follow Route 9N
✓ Leave Route 9N at Exit 24 for Routes 71 and 372 (Kensington)–This is a left hand exit
✓ Follow 372 to the first set of lights
✓ Turn right onto Route 71A (High Road/Kensington Avenue)
✓ Take the second left, Cambridge Street
✓ At the end of Cambridge Street, take a left onto Linwood Street
✓ Klingberg Family Centers is at the top of the hill

via Routes 5 & 15 (North from Meriden or South from Hartford)
✓ Exit in Berlin, following signs for 9N (New Britain)
✓ Leave Route 9N at Exit 24 for Routes 71 and 372 (Kensington)–This is a left hand exit
✓ Follow 372 to the first set of lights
✓ Turn right onto Route 71A (High Road/Kensington Avenue)
✓ Take the second left, Cambridge Street
✓ At the end of Cambridge Street, take a left onto Linwood Street
✓ Klingberg Family Centers is at the top of the hill

via Routes 9 North
✓ Continue on Route 9N, past the Route 91 interchange
✓ Leave Route 9N at Exit 24 for Routes 71 and 372 (Kensington)–This is a left hand exit
✓ Follow 372 to the first set of lights
✓ Turn right onto Route 71A (High Road/Kensington Avenue)
✓ Take the second left, Cambridge Street
✓ At the end of Cambridge Street, take a left onto Linwood Street
✓ Klingberg Family Centers is at the top of the hill
✓ From Downtown New Britain, CT
✓ Take Arch Street (Kimball Drive) to its end at Linwood Street
✓ Turn left onto Linwood Street
✓ Klingberg Family Centers is at the top of the hill
Sponsoring Organizations

The Traumatic Stress Institute (TSI) of Klingberg Family Centers

TSI of Klingberg promotes excellence in trauma-informed services both within Klingberg and to organizations nationally and internationally who treat clients with histories of psychological trauma and attachment disruptions. TSI helps organizations foster trauma-sensitive treatment cultures, increase clinical expertise, achieve positive lasting results with difficult clients, and develop a stable and well-trained work force. Through training and consultation, TSI has assisted organizations reduce restraints and seclusions, decrease staff turnover, operate more effectively within an increasingly competitive marketplace, and improve outcomes for children and families.

Klingberg Family Centers

Founded in 1903, Klingberg Family Centers is a private, nonprofit multi-service agency providing help to hundreds of persons across Connecticut each year. Our mission is to extend hope and healing to children and families whose lives have been affected by abuse in its various forms, severe family problems and various emotional, developmental and behavioral difficulties. Klingberg has earned national recognition for training and consultation on implementation of trauma-informed services.