



## **Connecticut State Departments of Education and Public Health Pregnancy, HIV/STD Prevention Cadre of Trainers**

Welcome to the Connecticut State Department of Education Pregnancy, HIV/sexually transmitted diseases (STD) Prevention Cadre of Trainers workshop opportunities list! The Cadre conducts quality, interactive, research-based workshops that promote health-enhancing behaviors in children and youth. The workshops may be scheduled as an after school, half, or full day professional development training opportunity. The Cadre also presents statewide workshops at regional locations throughout Connecticut.

### **Reaching Out to Youth: STD/HIV Counseling, Testing and Referral**

The Pregnancy, HIV/STD Prevention Cadre of Trainers, in collaboration with the Connecticut State Department of Public Health, will present this new workshop opportunity designed to increase comfort level and knowledge regarding HIV and STD counseling, testing and referral. An information update and classroom activities to assist professionals in addressing the needs of adolescents who may be at risk for HIV or STDs will be shared. One workshop goal is for participants to increase their sensitivity to the complex dynamics of personal risk assessment among adolescents. The workshop is designed for school and community-based health professionals including health educators, nurses, mental health providers and clinic personnel.

### **Reducing the Risk: Building Skills to Prevent Pregnancy, STDs and HIV**

“Reducing the Risk,” a pregnancy, STD and HIV prevention program that goes beyond the facts about abstinence and protection. The 16-lesson program presents a powerful, active approach to prevention with activities that motivate students to take steps to avoid high-risk behaviors. This program is designed for grades 9-10 but has been successful in middle schools as well.

### ***Helping Young People Visualize Their Way to A Healthier Future:* The New “Tell Me What You See” STD, Hepatitis and HIV/AIDS Prevention Initiative**

Take part in a professionally enriching training opportunity! The *Tell Me What You See* initiative, a supplemental package for high school aged youth addressing STD, hepatitis and HIV/AIDS prevention, integrates functional knowledge and skill development through an art-based approach for prevention education. The art and poetry, created by incarcerated youth, focuses on a multidisciplinary approach, and includes various forms of student assessments that align with the *State Department of Education’s Healthy and Balanced Living Curriculum Framework*. The *Tell Me What You See* program goals for integrating student artwork into existing Comprehensive School Health Education lesson

plans are to promote student-parent/guardian dialogue and enhance teachers' ongoing efforts to convey actionable prevention programs in their classrooms.

### **Making Proud Choices**

Making Proud Choices is a research-based program that has shown to have credible evidence of effectiveness in reducing health risk behaviors among youth ages 11-13. The eight-lesson module is designed to empower adolescents to change behavior in ways that will reduce their risk of becoming infected with HIV, other STDs, and significantly decrease their chances of being involved in unintended pregnancies. The program has proven to be effective with youth ages 14-15 as well.

### **Building Cultural Competency to Address Pregnancy, HIV and STD Prevention**

The Centers for Disease Control has identified populations that are disproportionately infected and affected by HIV and STD. These populations include: persons of color, women and sexual minority youth. This workshop will include: discussion on issues of diversity in the classroom, demographics of HIV/AIDS and STDs with respect to diverse communities; and strategies for being inclusive when teaching about HIV and STD prevention. This workshop is designed for health education teachers, nurses or youth-serving professionals who teach wellness and prevention education to youth in grades 7-12.

### **Activities That Work: Innovative Ways to Address Pregnancy, HIV/STD Prevention**

This workshop includes: Pregnancy, HIV/STD prevention information update; data on youth risk behaviors; skills-based, age-appropriate activities for the classroom; and dynamic resources for teachers. The workshop is designed for K-12 health education teachers, nurses and youth-serving professionals who teach wellness and prevention education.

If you would like to schedule a workshop or learn more about the Pregnancy, HIV/STD Prevention Cadre of Trainers, please contact:

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