

## Description of HIFY trainings

*\*Note: Workshops run 1-3 hours, anything longer than 3 hours is a Training. There is a 10 person minimum for all HIFY workshop or training.*

### **Workshops** (Recommended time: 1-3 hours)

#### ❑ Anti-Homophobia Workshop

Participants learn how to be allies, what oppression is, break down the LGBTQIQ2SA acronym, and how homophobia affects all youth.

- Learn about the communities represented in the LGBTQIQ2SA acronym.
- Practice separating homophobia into three levels.
- Discover how to be an ally.

#### ❑ Anti-Oppression Workshop

In this workshop participants explore the ways privilege and oppression affect them personally and society at large, as well as creating strategies to decrease discrimination and violence.

- Discuss the meaning of privilege and oppression.
- Explore the different identities that experience systematic discrimination.
- Break down oppression into three levels.
- Discuss microaggression in everyday lives.

#### ❑ Body Image Workshop

We explore the many ways healthy bodies look and learn how to counter negative media messages.

- Engage participants to recognize that body image is an issue that affects everyone and intersects with issues of racism, sexism, able-ism, and other forms of oppression.
- Explain that healthy body image and good general health are interdependent.
- Build skills for self-acceptance and form supportive environments for each other.

#### ❑ Bullying Workshop

In a middle school setting, youth learn what bullying looks like, the consequences, and strategies to create safer spaces.

- Understanding various forms of bullying.
- Discussing the impact of bullying and cyberbullying on an internal, interpersonal, and community levels.
- Identifying bullying in your school and learn strategies to create a safer environment.
- Defining bystander and ally.
- Understand ways to be part of the solution for bullying.

#### ❑ Doctors, Clinics, & Testing Workshop

Youth learn how to gain access to medical attention, what to expect during a physical exam, become familiar with human anatomy terminology, as well as how to advocate for their own health rights.

- Learn male and female anatomy, and how to perform a self-examination.
- Learn legal rights regarding access to health care and how to advocate for themselves at a clinic or medical provider.
- What to expect during different health exams.
- Provide resources for youth in preparation for a clinical visit.

### ❑ Healthy Relationships Workshop

In this workshop clients discuss: different types of relationships, gender roles, what to look for in a partner, and how power works in relationships.

- Explore different types of and labels for relationships.
- Recognize what qualities make a relationship healthy.
- Understand the importance of clear communication.

### ❑ HIV/AIDS Workshop

Youth learn what HIV/AIDS is, and details about getting tested. We use role playing and games to practice how to state our status and stay positive whether we are positive or not.

- What HIV and AIDS stand for; difference between the two.
- How HIV is treated.
- Learn to reduce the risk of becoming infected with HIV, debunk myths, and practice safer behaviors including condom use.

### ❑ Self-Esteem Workshop

Youth learn how the outside world affects our self-esteem, learn ways to identify and appreciate the positive aspect of our lives, and practice strategies to boost self-confidence.

- Connection between self-esteem and healthy behaviors.
- Identify external forces that can affect one's self esteem.
- Discuss concrete ways young people can cope when their self-esteem is challenged.

### ❑ Substance Use & Harm Reduction Workshop

Using the harm reduction principle, we talk about different substances, the history behind drug laws, and give youth a chance to learn from their own experiences with drugs in their lives.

- Discuss honest, factual information about drugs and their effects.
- Introduce Harm Reduction principles.
- Promote informed decision making.

## **Trainings** *(Recommended time: 3 hours or more)*

### ❑ Training of Trainers (TOT)

Requested workshops for youth leaders, peer educators, other facilitators on: facilitation skills, how to deal with different groups and people, building curricula, and using games to teach.

- Practice giving and receiving constructive feedback.
- Strengthen facilitation skills.
- Explore using popular education and games to make workshops more exciting!

### ❑ Health & Youth Development Training

Service providers learn to approach their clients through a youth development lens using client-centered practices.

- Explore personal values that get in the way of Youth Development.
- Learn strategies to incorporate 5 YD Themes into everyday interactions with youth.
- Set goals to implement Asset-Based thinking for “at-risk” youth.

### ❑ Substance Use and Youth Training

To better understand the situations that lead youth to use substances and learn to implement harm reduction skills with clients.

- Explore the context of substance use among youth
  - Define Harm Reduction
  - Gain skills and strategies in applying harm reduction
- ☐ **Positive Sexuality Training**  
This training gives participants the opportunity to discuss sex and explore what qualities are necessary for anyone to have a healthy sexual experience.
- To understand what positive sexuality is and how it helps us make healthy choices about sex.
  - Learn how to apply a positive sexuality framework to everyday interventions.
  - Identify ways to be inclusive of LGBTQIQ youth, youth survivors, and all other folks.
  - Practice supporting youth in identifying and fostering healthy relationships.
  - Take away activities and resources to use in real conversations with clients.
- ☐ **Working with Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, and Questioning (LGBTQIQ) Youth Training**  
Service providers learn strategies to be inclusive of LGBTQIQ2SA youth and create a safe environment
- Have a better understanding of the LGBTQIQ2SA community.
  - Walk away with positive ways of working with and helping LGBT youth.
  - Recognize the levels of oppression faced by this community, making it difficult to access services.
  - Understand the differences between biological sex, gender identity, & sexual orientation.

\*\*All topics can be tailored to meet your specific needs. For more information or to schedule a workshop, our phone number is (415) 274-1970 ext. 0025 or go to [www.hi4youth.org](http://www.hi4youth.org) to download a Workshop Request Form\*\*

## **Programming** *(Grant funded programs with cohorts at several locations)*

### □ **Sharing Knowledge to Increase Leadership and Learning (SKILL)**

This program emboldens youth to gain knowledge and agency regarding their health using a harm reduction approach, and offering professional development training for youth providers.

- Increase knowledge among youth of HIV, VH, STI, and substance use risks generally, and to increase participants' specific awareness of personal risk.
- Learn risk reduction strategies, confidence in ability to implement them, and willingness to employ them.
- Increase access to health services and testing, and lay the groundwork for awareness of their own sero-status.
- Increase capacity for youth serving teachers and providers to implement culturally, age appropriate and high quality HIV prevention education.

### □ **Comprehensive Sexual & Reproductive Health Workshops (Be Real, Be Ready)**

This 16 lesson series is a comprehensive curriculum for High School aged youth that explores sexuality and reproduction including individual/interpersonal/societal messages influencing our decisions...

#### 1. Puberty, Anatomy & Physiology

In this workshop youth learn the names and functions of the human body, and how they develop during puberty.

- Students will be able to list 5 changes of puberty and to provide the ages at which puberty usually occurs in males and females.
- Students will be able to correctly label and describe the functions of both internal and external male and female sexual organs, including their roles in generating sexual pleasure.

#### 2. Menstruation & Pregnancy

In this workshop youth learn about menstruation, pregnancy, making choices, exploring values, and discuss variation of scenarios from being pregnant to having a baby.

- Learn the options they have for an unplanned pregnancy
- Know the various experiences in various pregnancies
- Walk away with ways to make pregnancy a great experience
- Understand the process of going into labor

#### 3. Birth Control

In this workshop youth learn about the various contraceptives, how they affect our bodies, and how they are used to prevent pregnancy and/or STIs.

- To understand efficacy of different BCs.
- To understand how hormonal and barrier methods work.
- To discuss different questions to ask when choosing a BC method and practice asking them in scenarios.
- Practice putting on condoms.

#### 4. STI & Safer Sex

Safe, fun and consensual is the motto! Youth learn about STI, prevention, and treatment: along with how to use, barriers, and ways to stay STI free.

- To get a working understanding of what positive sexuality is and how it helps us make healthy choices about sex.
- To explore common STIs, their symptoms, and ways to stay safe.
- To learn about birth control/contraceptive options and practice with barrier methods.