

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 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.