



SHARE PROGRAM

SEXUAL HEALTH
& RELATIONSHIP
EDUCATION





SHARE WORKSHOPS: GRADES 5-8



Youth Services of Glenview/Northbrook professional staff facilitate comprehensive, shame-free sexuality education workshops in elementary, middle, and high schools as well as youth-serving organizations. Workshops provide interactive, age-appropriate learning for grades 5-12 covering a variety of topics including reproductive and sexual health, healthy relationships, consent, sexual abuse prevention, mental health, stress management, and sexual & gender identities. Youth Services staff also provide workshops for adults, including parents, offering best practices for supporting youth development.

To schedule a workshop, email Michelle.Brody@ysgn.org. Accommodating your schedule and student needs is our highest priority. While we do charge at-cost fees for our workshops, we use a sliding scale to ensure our workshops are accessible to everyone. If you have questions or do not see what you are looking for, please reach out Michelle.Brody@ysgn.org or 847.724.2620.

SEXUAL HEALTH

PUBERTY / GRADES 5-6

This series of workshops, given over 3 class sessions, covers the physical, social, and emotional changes of puberty and strategies to manage them. We recommend combining with the Human Reproduction workshop.

HUMAN REPRODUCTION / GRADES 5-6

Covering human reproduction, pregnancy, and birth, this workshop includes a review of pelvic anatomy and an opportunity to identify supportive adults during puberty, as well as an overview of fetal development, trimesters of pregnancy, and birth.

BIRTH CONTROL / GRADES 7-8

This workshop covers methods of contraception, including abstinence and barrier & hormonal methods. It also covers the biology of how pregnancy occurs and students brainstorm factors someone might consider when selecting a birth control method.

STIS: REDUCING YOUR RISK / GRADES 7-8

This workshop covers how STIs are spread and focuses on three strategies that people can use to reduce their risk: abstinence, barrier methods, and regular testing and treatment. Students brainstorm challenges for each method and strategies for overcoming those barriers.

STIS: INFECTIONS OVERVIEW / GRADES 7-8

Designed as a supplement to “Reducing Your Risk,” this workshop details the different types of STIs, including viral, bacterial, and parasitic infections. Students learn about symptoms and effects, prevalence, testing, and treatment.



SHARE WORKSHOPS: GRADES 5-8



GENDER AND SEXUAL IDENTITIES

LGBTQ+ IDENTITIES AND ALLYSHIP / GRADES 6-8

This workshop covers sexual and gender identities and allyship. Students learn labels and language and facilitators address common questions regarding LGBTQ+ identities.

Students are given the opportunity to discuss pre-written scenarios in which they can practice allyship towards LGBTQ+ peers.

HEALTHY RELATIONSHIPS

THESE WORKSHOPS CAN BE ADAPTED TO FULFILL THE REQUIREMENTS OF ERIN'S LAW

BOUNDARY SETTING & RESPECT / GRADE 6

This workshop introduces boundaries in relationships, particularly friendships. Students learn to identify and communicate their boundaries, and to respect others' boundaries, through interactive scenarios.

SEXUAL HARASSMENT VS. FLIRTING / GRADES 7-8

Through scenario and discussion, students learn to differentiate sexual harassment from flirting, and practice setting, enforcing, and respecting boundaries related to early romantic touch and conversation. Participants are introduced to consent in romantic relationships.

CONSENT / GRADE 8

This workshop introduces consent for sexual behaviors, including kissing and touch.

Through games and age-appropriate scenarios, students learn that consent must be an informed, enthusiastic "yes."

INTERNET SAFETY / GRADES 7-8

This workshop explores the pros and cons of digital communication within all types of relationships. Students discuss strategies for staying safe on social media, and create a plan to maintain their boundaries.



SHARE WORKSHOPS: GRADES 5-8



HEALTHY RELATIONSHIPS CONTINUED

BESTIE OR BUST: HEALTHY FRIENDSHIPS / GRADE 8

In this workshop, participants will use collaborative storytelling to explore healthy friendships. Through scenario and role play, students will practice describing green flags and red flags, identifying opportunities for boundaries, and setting boundaries when needed.

MENTAL HEALTH

EMOTION IDENTIFICATION AND MINDFULNESS / GRADE 6

Using mindfulness as a tool, participants in this workshop will focus on identifying and exploring emotions. After a grounding exercise, students will have the opportunity to use creative exercises to identify how they experience different emotions in their body. Participants will discuss the purpose of emotions and close the workshop with another mindfulness exercise.

STRESS MANAGEMENT AND COPING / GRADES 6-7

Using engaging activities, participants will define stressors and the impact of distress and eustress on the body. Students will work together to create a “tool box” of ways to cope with stressful events.

STRENGTHS AND STRESS / GRADE 8

In this workshop, participants will learn how their strengths can help them overcome challenges. After reviewing distress and eustress, participants will identify and discuss their strengths. Using scenarios, participants will work together to describe how they can use their strengths to manage stress.



SHARE WORKSHOPS: GRADES 9-12



Youth Services of Glenview/Northbrook professional staff facilitate comprehensive, shame-free sexuality education workshops in elementary, middle, and high schools as well as youth-serving organizations. Workshops provide interactive, age-appropriate learning for grades 5-12 covering a variety of topics including reproductive and sexual health, healthy relationships, consent, sexual abuse prevention, mental health, stress management, and sexual & gender identities. Youth Services staff also provide workshops for adults, including parents, offering best practices for supporting youth development.

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SEXUAL HEALTH

SEXUALLY TRANSMITTED INFECTIONS (STIS) / GRADES 9-12

This workshop covers bacterial, viral, and parasitic STIs, including transmission, testing, treatment, and prevention. Students evaluate STI risk of sexual behaviors and strategies to reduce risk, including testing, barrier methods, and abstinence. Students also practice communicating sexual health decisions with partner.

BIRTH CONTROL / GRADES 9-12

This workshop covers methods of contraception, including abstinence and barrier & hormonal methods. It also includes information on the biology of how pregnancy occurs and pregnancy risk. Students consider factors in determining which contraceptive method to use.

SEXUAL HEALTH DECISION-MAKING / GRADES 9-12

This comprehensive workshop covers consent, STIs, birth control, and responsible decision-making. Using student-generated scenarios and role play, participants explore sexual health risks and strategies to reduce risk, including a focus on communicating personal boundaries with partners.

QUESTIONS?

We are always happy to hear from you about our content! Please reach out to Lizzy Appleby, LCSW, Pride/Share Director, at Lizzy.Appleby@ysgn.org or 847.724.2620 x121





SHARE WORKSHOPS: GRADES 9-12



GENDER AND SEXUAL IDENTITIES

THE GENDER BOX: LGBTQ+ IDENTITIES / GRADES 9-12

This interactive workshop explores the ways in which gender stereotypes and expectations have an impact on all people. Students will discuss what stereotypes exist for different gender identities, where the stereotypes come from, and build understanding between stereotypes and LGBTQ+ discrimination. Students will identify action steps to interrupt harmful behavior.

LGBTQ+ IDENTITIES & ALLYSHIP / GRADES 9-12

This workshop covers sexual and gender identities and allyship. Students learn labels and language and facilitators address common questions regarding LGBTQ+ identities. Students are given the opportunity to discuss pre-written scenarios in which they can practice allyship towards LGBTQ+ peers.

HEALTHY RELATIONSHIPS

COMMUNICATING BOUNDARIES & CONSENT GRADES 9-12

This interactive workshop explores defining and communicating personal boundaries with potential sexual or romantic partners. After brainstorming strategies for effective communication, students will discuss different kinds of boundaries and define consent. Finally, students are given an opportunity to practice communicating about sexual health decisions through role play.

SEXUAL ASSAULT: BYSTANDER INTERVENTION & SURVIVOR SUPPORT GRADES 9-12

This workshop begins with educating students about positive communication and what they can do to stop rape. After exploring consent, students watch a short video about a possible sexual assault and brainstorm strategies for intervention. At the end, participants learn how to help a friend who has been assaulted.



SHARE WORKSHOPS: ADULTS



Youth Services of Glenview/Northbrook professional staff facilitate a variety of workshops for adults who love or work with young people, including parents, educators, community members, and therapists, to support positive development among youth. Workshop participants gain skills and knowledge in addition to having an opportunity to discuss challenges, ask questions, and share strategies with other attendees.

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SEXUAL HEALTH

PUBERTY PARENT NIGHT 45-60 MINUTES

This workshop is an opportunity for adult family members of students participating in our Puberty series to meet the facilitators and learn strategies to support their child during the unit as well as throughout the social, emotional, and physical changes of puberty.

SEX ED PARENT NIGHT 45-60 MINUTES

This workshop is an opportunity for adult family members of students participating in any of our youth workshops to meet the facilitators and learn strategies to support their child during the unit as well as throughout adolescence.

"THE TALK:" HOW TO COMMUNICATE WITH YOUTH ABOUT SEX & RELATIONSHIPS 60-90 MINUTES

This workshop explores strategies for communicating with young people about sexual health and healthy relationships, including what to talk about and how to talk about it. Participants leave with skills and activities to use with youth.



SHARE WORKSHOPS: ADULTS



SEXUAL & GENDER IDENTITIES

THESE WORKSHOPS CAN BE ADAPTED FOR PARENT, PROFESSIONAL, & COMMUNITY AUDIENCES

ADULT ALLIES: SUPPORTING LGBTQ+ YOUTH 90-120 MINUTES

This comprehensive workshop provides an overview of gender and sexual identities, as well as the specific challenges experienced by young people who identify as lesbian, gay, bisexual, transgender, and/or queer, or those who are questioning their sexual or gender identities (LGBTQ+). This workshop provides information about youth identity development, different sexual and gender identities, and the negative effects of discrimination as well as opportunities to practice strategies to support LGBTQ+ young people.

LGBTQ+ LABELS AND LANGUAGE 45-60 MINUTES

This introductory workshop focuses on defining the differences between sex assigned at birth, gender identity, and gender expression, as well as sexual behavior, orientation and identity. Participants explore how identities intersect, and learn common language used by youth to describe sexual and gender identities.

SUPPORTING LGBTQ+ YOUTH IN SCHOOLS 45-60 MINUTES

Designed for adults already familiar with sexual and gender identities and the language to describe them, this workshop focuses on strategies to support LGBTQ+ youth. Participants learn best practices and have opportunities to learn new skills through scenarios.

Can be adapted to elementary, middle, and high school audiences.

SUPPORTING TRANS YOUTH IN SCHOOLS 45-60 MINUTES

Focusing on the experiences of transgender, nonbinary, and gender non-conforming youth, this workshop explores gender identity and expression. Participants review common language used to describe gender identities, as well as practice strategies for supporting trans youth.

Can be adapted to elementary, middle, and high school audiences.



SHARE WORKSHOPS: ADULTS



SEXUAL & GENDER IDENTITIES

THESE WORKSHOPS CAN BE ADAPTED FOR PARENT, PROFESSIONAL, & COMMUNITY AUDIENCES

STRENGTHENING LGBTQ+ YOUTH: OVERCOMING CHALLENGES & THRIVING TOGETHER **45-60 MINUTES**

In this workshop, we will cover common challenges that LGBTQ+ young people face and ways that adults can support them. We will discuss identity development, conflicts with peers, and challenges with adults both inside and outside the family system. Youth are welcome to attend this workshop to share strategies that have worked for them and learn tips they could use to navigate these situations as well.

THERAPISTS AS ALLIES: CLINICAL WORK WITH LGBTQ+ YOUTH **90 MINUTES - 3 HOURS**

In this workshop, clinicians will learn tools and strategies for supporting LGBTQ+ clients in therapy. With a focus on youth, we will discuss strategies for navigating identity development, family conflict, and social, legal, and medical transition for trans clients.

CLINICAL WORK WITH TRANS & GENDER EXPANSIVE ADOLESCENTS **90 MINUTES - 3 HOURS**

In this interactive workshop, clinicians will use a case study to explore how gender identity intersects with presenting clinical issues for trans and gender expansive adolescents. After a brief overview, participants will review a case in small groups. Participants will then return to large group discussion to identify key strategies that can be generalized to support a variety of clients and presenting issues. This workshop assumes a basic understanding of trans identities and experiences. We will not review terminology as a structured part of the training, though of course questions are welcome!



SHARE WORKSHOPS: ADULTS



MENTAL HEALTH & YOUTH DEVELOPMENT

THESE WORKSHOPS CAN BE ADAPTED FOR PARENT, PROFESSIONAL, & COMMUNITY AUDIENCES

ADOLESCENT MENTAL HEALTH TRENDS **45-60 MINUTES**

In this workshop, clinical staff will review the current context impacting adolescent mental health. After reviewing the impact of mental health challenges on three domains of functioning, we will identify strategies for supporting adolescents and their mental health.

WHO AM I? WHO ARE YOU? – IDENTITIES & INTERSECTIONALITY FOR PARENTS & FAMILIES **45-60 MINUTES**

This workshop is an opportunity for parents to develop common language to describe identity development and how it impacts a school community. Parents will also learn concrete strategies for supporting their child's positive identity development and respect for all.

PARENTING ONLINE: BOUNDARIES, RELATIONSHIPS, & SOCIAL MEDIA **45-60 MINUTES**

This workshop is designed to help you adapt your parenting style to an ever-evolving social media landscape. After reviewing the social, legal, and developmental context of adolescents online, participants will discuss realistic boundary-setting with their children, including scripts for talking with teens and preteens about staying safe and kind online

MENTAL HEALTH FOR MULTILINGUAL STUDENTS **45-60 MINUTES**

This workshop focuses on the unique factors that impact immigrant youth mental health, including immigration context, assimilation pressure and language/communication. Using Stutz's Life Force Model, we explore different ways to support immigrant youth and build resilience.



SHARE WORKSHOPS: ADULTS



MENTAL HEALTH & YOUTH DEVELOPMENT

THESE WORKSHOPS CAN BE ADAPTED FOR PARENT, PROFESSIONAL, & COMMUNITY AUDIENCES

ACCESSIBILITY LENS – CREATING INCLUSIVE SPACES FOR YOUNG PEOPLE WITH DIVERSE SOCIAL ABILITIES

45-60 MINUTES

During this workshop, participants will learn about the Accessibility Lens, a framework designed to support professionals in creating inclusive spaces for young people of all levels of social ability. Participants will learn to shift from a traditional model of group management to a more inclusive, non-punitive model. Participants will get the opportunity to discuss scenarios in which they can apply the Accessibility Lens.

CREATING AN ENVIRONMENT OF BELONGING **45-60 MINUTES**

In this workshop, participants will explore how understanding the intersectional identities of our various stakeholders (including participants and colleagues) can help us create a more inclusive and welcoming community space. Through personal reflection and scenario practice, participants will gather frameworks and tools to support them in making community spaces that are truly ones where everyone belongs.



OUR FACILITATORS



Our SHARE workshops are facilitated by members of our clinical team, who complete additional training in sexuality education and classroom management. Staff meet throughout the year to discuss strategies for engaging participants, make updates to curriculum to align with current trends and needs, and receive feedback from each other.



LIZZY APPLEBY
LCSW, PRIDE/SHARE DIRECTOR



MEGAN SHIPP
LAT, ATC, SHARE COORDINATOR



JESS LEVINE
LCSW, CLINICAL THERAPIST



ABRAHAM GARCIA
MA, CLINICAL THERAPIST



STELA KUKOC
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ABBY BACKER
LCSW, CLINICAL THERAPIST



SARAH MOSKOWITZ-GORDON
LCSW, CLINICAL THERAPIST



TESTIMONIALS & STATS



Great common language for all of our kids!

PARENT, AFTER PARTICIPATING IN PUBERTY NIGHT WITH HER CHILD

We have thoroughly enjoyed partnering and developing a rapport with Youth Services over the past several years. Their ability to connect with our students through meaningful pedagogical practices has helped foster a positive and engaging learning experience for our students and staff, especially with topics that are more sensitive in nature.

LONGTIME TEACHER PARTNER

The facilitator was wonderful and it was so nice to participate in such an interactive workshop.

[i learned that] open communication is the most important part of good sexual health.

HIGH SCHOOL WORKSHOP PARTICIPANT

ADULT WORKSHOP PARTICIPANT



100%

of teacher requestors
WOULD RECOMMEND YOUTH SERVICES' SHARE WORKSHOPS TO A COLLEAGUE

71%

of students said the scenarios in the workshop were realistic

MORE THAN HALF

of all students thought **the workshop should be offered to future classes**