



MOASH Training & Workshop Descriptions

Topics Available

- [LGBTQIA+](#)
 - LGBTQIA+ Student Rights and Advocacy in Michigan Schools
 - Sexual Health and Your Trans Teen
 - Supporting All LGBTQIA+ Youth
 - GSA Advisor Workshop
 - GSA 101
 - Inclusive Sex Education for LGBTQIA+ Youth
 - Creating Safe, Inclusive, & Affirming Environments for LGBTQIA+ Youth
 - LGBTQIA+ Youth and Pregnancy
 - Parent and Family Resources for Supporting LGBTQIA+ Youth
 - Fat Liberation is Queer Liberation
 - Sexual Violence Prevention and LGBTQIA+ Youth
- [Sexual Violence Prevention and Consent](#)
 - What is Rape Culture?
 - Challenging Rape Culture
 - Infusing Consent into Sex Education
 - Sexual Violence Prevention and LGBTQIA+ Youth
 - Trauma-informed Sexual Health Education
 - Adapting Sexual Violence Prevention Education for a Virtual Environment
- [Sex Education](#)
 - Michigan Sex Education Policy and Law
 - Best Practices for Sex Education in Michigan
 - Trauma-informed Sexual Health Education
 - Inclusive Sex Education for LGBTQIA+ Youth
 - Inclusive Sex Education for Expectant and Parenting Youth
 - Infusing Consent into Sex Education
 - Getting Involved with Sex-Ed Advisory Boards
- [Access to Sexual Health Services](#)

- Barriers to Abortion Access for Michigan Minors a.k.a. Judicial Bypass Process in MI
- [Expectant and Parenting Youth](#)
 - Inclusive Sex Education for Expectant and Parenting Youth
 - LGBTQIA+ Youth and Pregnancy
- [Social Justice](#)
 - How Fatphobia Negatively Impacts You(th) and What to Do About It
 - Intersectionality and Why It Matters
 - Sex Positivity and Cultural Humility in Youth Healthcare
 - Racial Justice and Youth 101
- Advocacy
 - What is Advocacy? / Advocacy 101
 - How to Politically Advocate 101
 - How a Bill Becomes Law in MI & How You Can Get Involved
- [Youth Advisory Council Work](#)
 - How to Survive Running a Youth Group
 - Authentic Youth Engagement
- [Miscellaneous](#)
 - Beyond the Talk: Supporting Your Child's Sexual Health
 - Working Virtually
 - Adapting Teaching and Presentation Strategies for a Virtual Environment
 - Adapting Sexual Violence Prevention Education for a Virtual Environment
 - Sex Education for Disabled Youth
 - Physical Disability focus
 - Neurodivergent focus
 - Consent and boundaries for Disabled bodies and lives



About our trainings

MOASH provides technical assistance, training, and presentations on a sliding scale. Experienced trainers will facilitate presentations, trainings, and workshops to meet your needs. We facilitate trainings for educators, health professionals, parents, administrators, youth, and more! We also have youth advisory boards that can be part of the training or speak on a panel to share youth perspectives. You can view our list of already created trainings [here](#) or reach out to us about custom presentations if you'd like something not listed.

MOASH is part of the [National Sex Education Collaborative](#) (SEC) which brings together leading organizations in the field to provide training and support for those implementing sex education around the country. Together, we created SexEducationCollaborative.org—a one-stop shop for educators and administrators everywhere. You can find an overview of each state’s sex education policies as well as resources created and endorsed by the SEC.

You can also view our training info on the [SEC Training Hub](#) that brings together trusted national, regional, and state-based sex education professional training, technical assistance, and policy support for K–12 schools in one place.

LGBTQIA+ Inclusivity

LGBTQIA+ Student Rights and Advocacy in Michigan Schools

LGBTQIA+ students have the right to a safe and healthy learning experience in Michigan. Students and educators, however, are often unaware of these rights. In this training, we will identify and state the implications of key legal and policy issues affecting LGBTQIA+ students and a safe school environment in Michigan.

- Review relevant and current data related to LGBTQIA+ students
- Examine federal and state law and policy
- Discuss district-level decisions and the Michigan Department of Education’s Statement and Guidance on Safe and Supportive Learning Environments for LGBTQ Students
- Examine law around GSA clubs
- Identify current needs and action planning

Sexual Health and Your Trans Teen

Talking to your teen about sex and relationships is important, and particularly so for parents and caregivers of transgender, gender diverse, and gender non-conforming youth. In this interactive session, participants will reflect upon effective elements of sexual health conversations, review both general and trans-specific sexual health topics and content, and discuss strategies for initiating and sustaining these conversations.

- Reflect on prior sexual health conversations
- Examine your role and involvement as a parent/caregiver of a trans teen
- Discuss sexual health content/topics basics
- Practice shared tips for talking and other resources

Supporting All LGBTQIA+ Youth

This interactive workshop engages adults working with youth on how to support and advocate for LGBTQIA+ youth both interpersonally and structurally, focusing on intersectionality and systems of oppression.

- Self-reflect on adults' own identities, experiences, and biases
- basic terminology
- Discuss the multilayered effects of systems of oppression on LGBTQIA+ youth
- Action plan around concrete ways to individually and structurally support LGBTQIA+ youth

GSA Advisor Workshop

Many supportive educators and school staff are asked to be gay straight alliance (GSA) advisors but don't know where to start. GSAs (also known as gender and sexuality alliances, queer straight alliances, and other names) are student-driven clubs for LGBTQ+ students and allies that play a huge role in making schools more safe and supportive. This workshop, for both prospective and current advisors, covers the landscape of LGBTQIA+ youth's experiences in and out of schools, how advisors can be allies and advocates in a youth-driven group, and practical skills on how to start, facilitate, and sustain a GSA.

- Self-reflect on advisor's own identities, experiences, and biases
- Discuss what it means to be an adult ally in a youth-driven group
- Gain a better understanding of the complexities of gender and sexuality
- Review relevant and current data on LGBTQIA+ youth
- Understand what GSAs do, why they're important, and how they run
- Gain knowledge and skills in starting, running, and sustaining a GSA
- Understand how systems of oppression affect youth at every socio-ecological level both in and out of school

Inclusive Sex Education for LGBTQIA+ Youth

Many LGBTQIA+ youth thrive in school, relationships, and their communities, but it is important to recognize that LGBTQIA+ youth are also at high risk for experiencing violence and bullying and have disproportionately high rates of unintended pregnancies, sexually transmitted infections, depression, and substance abuse. Comprehensive and inclusive sex education can help improve these outcomes for all youth. This training will provide an overview of the unique challenges and needs of LGBTQIA+ youth and allow participants to discuss and practice strategies to promote more inclusive classrooms and curriculum.

- Understand the needs of LGBTQIA+ youth, including those related to sex education

- Define LGBTQIA+ terminology
- Review relevant and current data on LGBTQIA+ youth
- Look at the relationship between sex education and LGBTQIA+ youth
- Discuss the creation and content of the LGBTQIA+ Inclusivity Toolkit
- Apply inclusivity principles in reviewing and adjusting curriculum

[LGBTQIA+ Youth and Pregnancy](#)

[Fat Liberation is Queer Liberation](#)

[Sexual Violence Prevention and LGBTQIA+ Youth](#)



Sexual Violence Prevention and Consent

What is Rape Culture?

This short training covers the history, underlying systems, and basic pillars of rape culture, including victim blaming, slut-shaming, non-consensual sexual objectification, trivializing rape, denial of widespread rape & sexual violence, and refusal to acknowledge harm of sexual violence. We will also briefly talk about moving from rape culture to a culture of consent, particularly in schools.

Creating a culture of consent in the classroom

In this session, we will discuss and share strategies for creating a culture of consent in the classroom, including guidelines, classroom set-up, and resources.

Creating a culture of consent in curriculum

In this session, we will discuss and share strategies for creating a culture of consent through curriculum, including trauma-informed social-emotional learning, sex education, and humanities.

Creating a culture of consent in school policy

In this session, we will discuss and share strategies for creating a culture of consent through district policy, including policies around harassment, restorative justice, discrimination, and dress code.

Creating a culture of consent with staff and students

In this session, we will discuss and share strategies for creating a culture of consent with students and staff, including recommended trainings and how to work with student-driven clubs as part of the process.

Rape Culture & Intersections with STIs

In this interactive training, participants will gain a better understanding of the intersection of sexual violence and incidence and prevalence of STIs/HIV while identifying (and challenging) their own values and beliefs around rape culture. The training will include lecture, facilitated discussion, and engaging hands-on activities.

- Understand rape culture vs. consent culture
- Review relevant and current data on sexual violence and STIs
- Examine the connection between sexual violence and STIs
- Reframe curriculum and other program content to challenge rape culture and promote consent culture

Infusing Consent into Sex Education

Since the Me Too movement more teachers are looking for ways to incorporate consent into sex education and have a consent focused curriculum. This training will help participants recognize language changes and immediate shifts/changes they can make in existing content, in addition to identifying various tools, resources, materials, and activities that could be used in the classroom related to consent. It will also review best practices and key messages for teaching consent; particularly being intentional about students at different developmental levels.

- Define consent
- Discuss the importance of consent education
- Understand considerations when working with different age groups
- Review relevant and current data on consent and sex education
- Practice language shifts in lessons
- Discuss preparing for disclosures

Trauma-informed Sex Education

We never know what traumas someone has experienced or what could trigger a trauma response for someone. As more and more research has shown the high levels of trauma many young people are experiencing, it's essential that we work on creating safer spaces for young people in schools. This includes ensuring that sex education will not become a re-traumatizing

experience for survivors. This training will cover the basics of trauma, small “t” vs. big “T” trauma, and how Adverse Childhood Experiences (ACEs) can play a part in sex education. We will cover six key principles of trauma-informed sex education and work on strategies to implement in the classroom. This training will have interactive small and large group discussions and provide opportunities for participants to work through scenarios to practice principles they learned in the session.

- Define trauma
- Review relevant and current data on trauma
- Examine how trauma relates to sex education
- Learn key principles for trauma-informed sex education
- Discuss concrete strategies of a trauma-informed approach in the classroom
- Practice applying a trauma-informed approach to sex education curriculum analysis and tailoring
- Share age-appropriate strategies for infusing consent into sex education
- Determine other preparations and next steps

Sexual Violence Prevention and LGBTQIA+ Youth

LGBTQIA+ youth are at higher risk than their heterosexual and cisgender peers for being victims of domestic and sexual violence. This session will explain why these youth are at higher risk; the unique challenges they face in experiencing sexual assault and/or relationship violence and protecting themselves; and relevant laws, policies, and court decisions, including Title IX. Participants will identify strategies adult allies can use to prevent and identify domestic and sexual violence against LGBTQIA+ youth, as well as how to provide support to survivors.

- Understand why LGBTQIA+ youth are at increased risk for domestic and sexual violence and discuss the unique challenges faced by LGBTQIA+ youth in relation to domestic and sexual violence
- Describe the laws, policies, and court decisions in place to protect LGBTQIA+ youth against domestic and sexual violence, including Title IX
- Identify concrete strategies to prevent sexual assault and relationship violence among LGBTQIA+ youth.



Sex Education

Michigan Sex Education Policy and Law

This training will walk participants through current Michigan law and policy as it relates to sex education in K-12 schools. We will review content requirements and spend time on sex education advisory boards (SEABs), the groups that set goals and objectives and review and recommend curriculum for their local school districts. Finally, we will discuss best practices for SEAB establishment and functioning.

- Review relevant and current data on sex education
- Review state laws and requirements for sex education
- Review state laws on sex education advisory boards (SEABs)
- Review SEAB logistics, including meetings, membership, and curriculum review
- Understand the scope of the sex education advisory board's power and influence in a school district
- Identify resources and next steps for SEABs

Best Practices for Sex Education in Michigan

In this presentation, we share the most up-to-date, evidence-informed information on sex education - content specifics, facilitation strategies, scope and sequence, outcome indications, and more. The training will review sex education law in Michigan and delve into current research on elements of the most effective sex education programs. Participants will have opportunities to reflect on their current programming and action plan to expand quality sex education practices in their own district.

- Review sex education guidelines in Michigan
- Define components of sex education programming
- Define desired outcomes for sex education programming
- Discuss evidence-informed best practices for sex education programming
- Review sex education resources and ways in which you can get involved in improving sex education in your community

[Trauma-informed Sex Education](#)

[Infusing Consent into Sex Education](#)

[Inclusive Sex Education for LGBTQIA+ Youth](#)



Access to Sexual Health Services

Barriers to Abortion Access for Michigan Minors

Unplanned pregnancies are challenging for any population, but particularly so for adolescents. When dealing with issues like pregnancy and abortion, teens are often denied the tools to make informed and autonomous decisions. This training will work with participants to identify and set aside our own judgments so we can provide unbiased support to pregnant adolescents. The workshop will also cover mandatory parental involvement laws, judicial bypass, and how to help minors navigate the judicial bypass system.

- Identify own biases around abortion and teen pregnancy
- Understand unique barriers for teens to access abortion services
- Define and review parental involvement laws and judicial bypass
- Define requirements for judicial bypass
- Describe the judicial bypass process
- Discuss findings from MOASH's Michigan Youth (MY) Rights project



Expectant and Parenting Youth

Inclusive Sex Education for Expectant and Parenting Youth

Although expectant and parenting youth (EPY) express a need for sex education (contraception, healthy relationships, etc.), many programs are not adequately inclusive of EPY. This interactive workshop will help educators and service providers recognize the need for EPY inclusivity and

support in pregnancy prevention programming and provide concrete strategies for implementation. We will discuss our experiences working with EPY from across the state and how their feedback helped us to develop a toolkit of strategies for adults working with EPY to ensure they're being effective and affirming. We will also identify and demonstrate ways to alter our language choices related to young parents and interrupt common myths and stigma about teen parenthood, allowing EPY to better engage with the content in sex education programs. Finally, we will have a hands-on component where participants will analyze sample sex education curriculum and work in small groups to tailor the content to be more EPY-inclusive.

- Understand the needs of expectant and parenting youth, including those related to sex education
- Review relevant and current data on EPY
- Look at the relationship between pregnancy prevention initiatives and expectant and parenting youth
- Discuss the creation and content of the Expectant and Parenting Youth Inclusivity Toolkit
- Apply EPY inclusivity principles in reviewing and adjusting curriculum

LGBTQIA+ Youth and Pregnancy

Did you know that LGBTQIA+ youth are more likely to be involved in a pregnancy compared to heterosexual youth? This issue is often misunderstood and ignored. This workshop will explore pregnancy risk among LGBTQIA+ youth and how to ensure that unintended pregnancy prevention education, medical services, and facilities are inclusive and affirming of LGBTQIA+ youth.

- Explore data that present the rates of pregnancy and parenting among LGBTQIA+ youth
- Discuss the underlying causes of the increased risk for teen pregnancy among LGBTQIA+ youth, including greater societal constructs and systems of oppression
- Identify strategies for making medical and support spaces for expectant, pregnant, and parenting teens more inclusive and affirming of LGBTQIA+ youth

Social Justice

How Fatphobia Negatively Impacts You(th) and What to Do About It

Even within justice-oriented spaces, fatphobia is a system of oppression that is frequently normalized and ignored. From diet culture and body surveillance under the guise of public health, we are not often given the space to discuss liberation from fatphobia. This workshop will discuss

how fatphobia is tied to systems of oppression, body image and well-being, as well as how it affects youth and shows up in schools and organizations. We will examine fatphobia within society (diet culture, BMI, clean eating, health myths, etc.), along with reflecting on our internalized fatphobia and work on strategies to move toward body/fat acceptance for ourselves and others. We will discuss how fatphobia connects to racism, transphobia, homophobia, sexism, and ableism. Participants will learn about alternatives to the traditional weight-centric medical model, like Health at Every Size. Participants will also leave with strategies to address fatphobia personally and at their organizations.

- Understand how fatphobia is tied to all other systems of oppression
- Examine our own internalized fatphobia and identify strategies for self-advocacy and community advocacy
- Share local and national resources on fat positivity and liberation

Youth Advisory Council Work

Authentic Youth Engagement

In this introductory session, participants will engage in discussions and activities that will give them tools to foster authentic partnerships with youth and meaningfully engage and include youth in classrooms and beyond.

How to Survive Running a Youth Group

Youth advisory councils (YACs) are at the heart of everything MOASH does. Over the past twelve years, we have grown from having only one YAC to five. In this time, we've developed a number of best practices for recruitment, engagement, and retention for youth advisory councils and working with youth. In this session, we will share what we've learned and participants will have the opportunity to hear from and ask questions to current YAC members and facilitators. Youth engagement can have its challenges on its own but when you add innumerable challenges since COVID, tricky topics, and a shift to virtual work, it can feel almost impossible. Participants will have the chance to reflect on their own youth groups and plan concrete next steps they want to take with their youth work.

- Participants will learn tools and best practices for YAC recruitment, engagement, and retention, with special attention to virtual considerations
- Participants will have the opportunity to hear from and ask questions of youth advisory council facilitators and members on their experiences

- Participants will action plan and come away with concrete next steps around improving their recruitment, engagement, and retention practices and skills in their YACs



Miscellaneous

Working Virtually

If you didn't know, MOASH doesn't have an office and staff have been working from home before COVID. While working remotely can have a lot of benefits, there can be challenges that come with it. Join us on this webinar to learn more about best practices for having a virtual office. We'll share what we learned from having a virtual office and things we've changed to adapt to being 100% virtual because of COVID-19. We will discuss best practices for staying on top of work and staying connected as a team as well as tips for things you can do individually to make working from home more manageable.

Adapting Teaching and Presentation Strategies for a Virtual Environment

With COVID-19, educators of all types - K-12 teachers, university professors, professional trainers and speakers, and more - have been put in a position requiring rapid translation of their material into a virtual format. We honor the struggle, applaud the resilience, and want to share the collective expertise that has been developed over the last few months to meet this challenge. Join us for an hour-long workshop on ways to adapt different learning activities to a virtual format, as well as strategies to engage learners before, during, and after online instruction. (Note: this presentation is broadly designed for anyone delivering educational content in a virtual format, and it will focus on general strategies over how to use particular technologies, LMS, and web applications.)

Adapting Sexual Violence Prevention Education for a Virtual Environment

Incorporating trauma-informed sexual violence prevention content into health education - consent, bodily autonomy, gender norms, healthy relationships, and everything in between - can be difficult in a classroom on a good day! Translating this material to a virtual format, especially given all the COVID-related barriers both students and educators face, is certainly a challenge we don't take lightly. You're not alone! Join us for an hour long workshop on ways to adapt this content to a virtual format, including specific considerations around trauma and confidentiality, as well as strategies to engage learners before, during, and after online instruction.

Beyond the talk: Supporting your child's sexual health

The majority of teens say that they want their parents to talk with them about sexual health, but they are afraid to ask. Research shows that parents talking with their kids about sexual health has positive effects for sexual/reproductive health, as well as mental and social health. In this training, we will work with public health and community-based professionals, who work with children and adolescents, work with parents of children and adolescents, and/or who are parents themselves. Youth from one or more of MOASH's youth advisory councils will sit on a panel to discuss their perspective on parent-child communication about sex. Topics discussed will include personal reflection, sex ed sources (e.g., friends/peers, teachers, health providers, websites/books, family, supportive adults) and how they stack up, best practices for engaging and continuing the conversation (e.g., developmental appropriateness, responding to difficult questions, and teachable moments), sexting and porn, STD/HIV testing, and youth rights to accessing healthcare relevant to their reproductive and sexual health.

- Reflect on personal experience of sexual health conversations as a starting point to examining approaches to conversations with youth about sexual health, including HIV/STD prevention, testing, and treatment
- Discuss best practices for parents and caretakers when talking with children and adolescents about sex
- Identify next steps in determining what sexual health education their child/adolescent is learning in school and how to get involved
- Understand most up-to-date data about sexual activity among Michigan youth

Sex Education for Disabled Youth

Physical Disability focus

Disabled youth have different bodily needs than non-disabled youth, due to this it is societally overlooked that they too need sex education and sexual health resources.

Neurodivergent focus

Neurodivergent youth have different needs than neurotypical youth, due to this it is societally overlooked that they too need sex education and sexual health resources.

Consent and boundaries for Disabled bodies and lives

