



**Health for Success in Virginia Training Sessions and
Virginia Coordinated School Health Leadership
Institute
Longwood University
Farmville, Virginia**

July 11-14, 2005

What's In the Packet?

- Welcome to the 2005 Health for Success in Virginia Training Sessions and Virginia Coordinated School Health Leadership Institute
- Requirements Related to Family Life Education (HB 1015)
- Program Agenda
- Workshops and Training Teams
- List of All Family Life Education Staff Development Workshop Objectives and Workshop-at-a-Glance
- 2005 Training Staff Information
- Campus Map

Other Things You Will Receive This Week

- Participant List
- Training Handouts and Resources
- Free Printed Resources from a Variety of Sources
- Time to Preview Instructional Resources
- Time to Network with Colleagues across the State

Welcome
to the
2005 Health for Success in Virginia Training Sessions
and the
Virginia Coordinated School Health Leadership Institute

Longwood University

July 11-14, 2005

Event Co-sponsors

This training session is possible through funding and support of the:

- Virginia Department of Education, Office of Student Services:
 - “Improving the Health, Education, and Well-being of Young People through Coordinated School Health Programs” (Centers for Disease Control and Prevention: Division of Adolescent and School Health);
 - Safe and Drug-free Schools Programs (U.S. Department of Education)
- Virginia Department of Health,
 - Center for Injury & Violence Prevention
 - Division of Chronic Disease Prevention and Control
- Virginia Association for Health, Physical Education, Recreation, and Dance
- Virginia Comprehensive Health Education Training and Resource Center (VCHETRC), Longwood University
- National Middle School Association

Workshop Overview

The summer event, “2005 Health for Success in Virginia Training Sessions” is aimed at improving educators’ knowledge, skills, and comfort level in delivering instruction related to Family Life Education, including HIV prevention education, suicide prevention, and violence prevention. Additional workshops are scheduled to help educators increase awareness about general health topics and strategies for implementing coordinated school health programs at the school division and building levels.

The training session is designed to help school and community staff members promote parental involvement in Family Life Education (FLE) and comprehensive health instruction, foster positive self-concepts among children and youth, provide mechanisms for helping youth cope with peer pressure and the stresses of modern living, and design curriculum according to students' developmental stages and abilities. The session also is intended to help educators enhance the health and well-being of young adolescents so they may be more productive learners in school and community programs.

This four-day training session is designed for school and community personnel, school health advisory board members, college and university staff members, and parents interested in strengthening state and local FLE and HIV prevention education programs that address educational and developmental needs of children and adolescents. The

interactive, skills-based workshops focus on theoretically based activities that can help school and community educators implement effective programs and strategies in practical day-to-day educational settings.

The following topics will be covered during the Health for Success in Virginia Training Sessions, July 11-14, 2005:

- **Understanding Human Sexuality Today**
- **Strengthening Parental Involvement in FLE**
- **Preventing Sexually Transmitted Diseases**
- **Integrating HIV, STDs, and Teen Pregnancy Prevention Education across Curriculum**
- **Working with Diverse Populations**
- **Preventing Sexual Harassment, Abuse and Assault**
- **Understanding Legal and Ethical Issues Related to HIV and FLE**
- **Managing “Sensitive” Issues**
- **Reducing Risky Behavior**
- **Practicing Effective Teaching Strategies for Sexuality/HIV Education**
- **Preparing for the Future: Family Planning**
- **Strengthening Character-based Abstinence Education**
- **Special Education 101**
- **American Heart Association: Heartsaver CPR, 1st Aid, and AED training**
- **Nutrition 101 and Health Education**
- **Chronic Diseases Relevant to Today’s Children (Diabetes, Obesity Prevent, Asthma, Diabetes, and Mental Health)**
- **Second Step: A Violence Prevention and Character Education Curriculum, pre K – 9**
- **Applied Suicide Intervention Skills Training (ASIST): Suicide Risk Assessment and Intervention—middle and high school**
- **Graduate Course (Virginia Commonwealth University)**
- **Grant Writing 101**

During this week, candidates to become Fellows of Coordinated School Health will participate in the third learning experience and the second face-to-face training session in the Cycle I of Virginia Coordinated School Health Leadership Institute (Institute). This session is designed to help school health leaders learn efficient and effective procedures for promoting coordinated school health programming at the school or division level. The interactive, skills-based workshops focus on theoretically based activities and content. The Institute planning staff attempts to schedule nationally and state recognized workshop facilitators of the highest caliber for training Institute candidates.

The following topics are on the agenda during this session of the Virginia Coordinated School Health Leadership Institute, July 13-14, 2005.

- **Networking Efficiently**
- **Creating Effective PowerPoint Presentations**
- **Advocating is Critical to Our Mission**
- **Working Time with your Team Mentor**
- **Writing Grants**
- **Improving Student Health and Academic Achievement Simultaneously**
- **Strengthening Personal Leadership Skills**
- **Designing Effective Team Advocacy Plans**

Thank you for participating in this **Health for Success Training Sessions and/or the Virginia Coordinated School Health Leadership Institute**. Have a good week!

VIRGINIA ACTS OF ASSEMBLY -- CHAPTER
*An Act to amend and reenact § 22.1-207.1 of the Code of Virginia,
relating to family life education.*

[H 1015]
Approved

Be it enacted by the General Assembly of Virginia:

1. That § [22.1-207.1](#) of the Code of Virginia is amended and reenacted as follows:

§ [22.1-207.1](#). Family life education.

The Board of Education shall develop by December 1, 1987, standards of learning and curriculum guidelines for a comprehensive, sequential family life education curriculum in grades K through 12. Such curriculum guidelines shall include instruction as appropriate for the age of the student in family living and community relationships, abstinence education, the value of postponing sexual activity, the benefits of adoption as a positive choice in the event of an unwanted pregnancy, human sexuality, human reproduction, steps to take to avoid sexual assault, and the availability of counseling and legal resources, and, in the event of such sexual assault, the importance of immediate medical attention and advice, as well as the requirements of the law and the etiology, prevention and effects of sexually transmitted diseases.

All such instruction shall be designed to promote parental involvement, foster positive self concepts and provide mechanisms for coping with peer pressure and the stresses of modern living according to the students' developmental stages and abilities. The Board shall also establish requirements for appropriate training for teachers of family life education, which shall include training in instructional elements to support the various curriculum components.

For the purposes of this section, "abstinence education" means an educational or motivational component which has as its exclusive purpose teaching the social, psychological, and health gains to be realized by teenagers' abstaining from sexual activity before marriage.

(1987, c. 371; 1999, c. 422; 2002, c. 554; 2004, c. 1030.)

**2005 Health for Success in Virginia Training Sessions
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Virginia Coordinated School Health Leadership Institute**

Longwood University
July 11-14, 2005

Program Agenda

Sunday, July 10, 2005

3:00 pm - 5:45 pm	Staff Check-in Early Participant Check-in	Curry Commons
5:00 pm - 5:45 pm	Dinner	Dorrill (Dining) Hall
6:00 pm – 7:30 pm	Trainers and Other Staff Meeting (HFS Conference Workroom)	Frazer Resource

Monday, July11, 2005

8:30 am - 9:45 am	On-site Check-in	Curry Commons
10:00 am - 11:15 am	General Session: Greetings Training Sessions Orientation	Lankford Ballroom
11:30 am – 12:30 pm	Lunch	Dorrill (Dining) Hall
12:45 pm - 2:30 pm	Training Sessions # I: Understanding Human Sexuality Today (Group A)	Lankford A & B
	Managing “Sensitive” Issues	Lankford C
	Preventing STDs	Dorrill (Dinning) Hall The Annex
	Working with Diverse Populations	Dorrill (Dining) Hall Lewis (Salon B)
	Understanding Human Sexuality Today (Group B)	Wygol 106

	Strengthening Parental Involvement in FLE	Wygat 105
2:30 pm - 2:45 pm	Break	
2:45 pm - 4:45 pm	Training Sessions # I Continued:	
5:00 pm - 5:45 pm	Dinner	Dorrill (Dining) Hall
6:00 pm - 8:00 pm	Training Sessions # I Completed	
7:00 pm – 9:00 pm	Recreation Swim Night with Participants of the School Nurses Institute	Willett (Lancer) Pool
8:00 pm – 9:30 pm	Registration for Graduate Credit & Graduate Class	Dorrill (Dining) Hall Lewis (Salon B)

Tuesday, July 12, 2004

7:30 am - 8:30 am	Breakfast	Dorrill (Dining) Hall
8:45 am – 9:15 am	General Session: Day 2 Orientation	Lankford Ballroom
9:30 am – 10:30 am	Training Sessions # II: Understanding Human Sexuality Today (Group A)	Lankford A & B
	Managing “Sensitive” Issues	Lankford C
	Preventing Sexual Harassment, Abuse, & Assault	Amelia
	Practicing Effective Teaching Strategies for Sexuality/HIV Education (Group A)	Dorrill (Dinning) Hall Nance (Salon B)

	Practicing Effective Teaching Strategies for Sexuality/HIV Education (Group B)	Dorrill (Dinning) Hall The Annex
	Second Step: A Violence Prevention & Character Education Curriculum	Wygal 233
	Special Education 101	Wygal 105
	Understanding Human Sexuality Today (Group B)	Wygal 106
10:30 am - 10:45 am	Break	
10:45 am - 12:00 noon	Training Sessions # II Continued:	
12:00 noon - 1:00 pm	Lunch	Dorrill (Dining) Hall
1:00 pm - 2:30 pm	Training Sessions # II Continued:	
2:30 pm - 2:45 pm	Break	
2:45 pm - 4:45 pm	Training Sessions # II Completed:	
5:00 pm - 5:45 pm	Dinner	Dorrill (Dining) Hall
3:00 pm – 5:45 pm	On-site Check-in for Virginia Coordinated School Health Leadership Institute	Curry Commons
6:15 pm 8:45 pm	Graduate Class	Dorrill (Dining) Hall Lewis (Salon B)
6:15 pm – 9:00 pm	Instructional Resources Review	Lankford A, B & C, Commuter Lounge Amelia

	Nutrition 101 and Health Education	Willett (Lancer) 203
10:30 am - 10:45 am	Break	
10:45 am - 12:00 noon	Training Sessions # III Continued:	
12:00 noon - 1:00 pm	Lunch	Dorrill (Dining) Hall
1:00 pm - 2:30 pm	Training Sessions # III Continued:	
2:30 pm - 2:45 pm	Break	
2:45 pm - 4:45 pm	Training Sessions # III Completed:	
5:00 pm - 5:45 pm	Dinner	Dorrill (Dining) Hall
6:15 pm 8:45 pm	Graduate Class	Dorrill (Dining) Hall Lewis (Salon B)
6:15 pm – 8:00 pm	Grant Writing 101	Hiner 207
7:00 pm – 9:00 pm	Recreation Swim Night with Participants of the School Nurses Institute	Willett (Lancer) Pool

Thursday, July 14, 2004

7:30 am - 8:15 am	Breakfast	Dorrill (Dining) Hall
8:45 am - 10:15 am	Training Sessions #IV Applied Suicide Intervention Skills Training (ASIST): Suicide Risk Assessment and Intervention	Lankford A & B
	Preventing Sexual Harassment, Abuse, & Assault	Lankford C
	Preparing for the Future: Family Planning	Amelia

	Virginia Coordinated School Health Leadership Institute	Dorrill (Dinning) Hall The Annex
	Reducing Risky Behavior	Dorrill (Dining) Hall Lewis (Salon B)
	Strengthening Character-based Abstinence Education	Wygall 105
	Integrating HIV, STDs, and Teen Pregnancy Prevention Education across Curriculum	Wygall 106
8:30 am – 11:30 am	Chronic Diseases Relevant Today: Diabetes	Hiner 207
	Chronic Diseases Relevant Today: Asthma	Hiner 109
	Chronic Diseases Relevant Today: Obesity	Hiner 213
10:15 am - 10:30 am	Break	
10:30 am - 12:00 noon	Training Sessions # IV Continued:	
12:00 noon - 1:00 pm	Lunch	Dorrill (Dining) Hall
1:00 pm – 3:00 pm	Training Sessions # IV Continued:	
1:00 pm – 3:30 pm	Chronic Diseases Relevant Today: Diabetes	Hiner 213
	Chronic Diseases Relevant Today: Mental Health	Hiner 207
3:00 pm – 3:15 pm	Break	
3:15 pm – 3:45 pm	General Session: HFS Training in Review Introduction of VCSHLI Teams Evaluations Certificate Distribution	Lankford Ballroom
3:45 pm – 4:45 pm	Room Check Out	Curry Commons

See you next summer! Travel Safely!!

2005 HFS Training Teams

(In alphabetical order)

"Advocating is Critical to Our Mission"

(Wednesday, Lankford C)

Mary Dunne Stewart

"Applied Suicide Intervention Training"

(Wednesday & Thursday, Lankford A & B)

Jerry Earnhardt

Jane Wiggins

"Creating Effective PowerPoint Presentations"

(Wednesday, Hiner 207)

Donna Blank

"Designing Effective Team Advocacy Plans"

(Thursday, The Annex)

Kathy Tucker

"Heartsaver CPR, 1st Aid, & AED: American Heart Association"

(Wednesday, Wygal 233)

Danny Clary

"Integrating HIV, STDs, and Teen Pregnancy Prevention across Curriculum"

(Thursday, Wygal 106)

Sherrie Bollhorst

Dawn Cherry

Cathy Hawkins

"Managing 'Sensitive' Issues"

(Monday & Tuesday, Lankford C)

Herman Johnson

Cathy Hawkins

"Networking Efficiently"

(Wednesday, Lankford C)

Kathy Tucker

"Nutrition 101 and Health SOLS"

(Wednesday, Willet/Lancer 203)

Elena Serrano

Trish Quanty

"Practicing Effective Teaching Strategies for Family Life Education"

Group A (Tuesday, Lewis/Salon B)

Chuck Glover

David Bolter

"Practicing Effective Teaching Strategies for Family Life Education"

Group B (Tuesday, The Annex)

Phyllis Hussey

Lois Sandy

"Preparing for the Future: Family Planning"

(Thursday, Amelia)

Patricia Carter

Herman Johnson

Valerie Pettie

"Preventing STDs"

(Monday, The Annex)

Susan Tellier

Phyllis Hussey

"Preventing Sexual Harassment, Abuse, and Assault"

(Tuesday & Thursday, Lankford C)

Debbie Bartok Newton

Craig McMillan

"Reducing Risky Behavior"

(Wednesday, Lewis/Salon B)

Sherrie Bollhorst

Patricia Carter

Valerie Pettie

Susan Tellier

"Reducing Risky Behavior"

(Thursday, Lewis/Salon B)

Chuck Glover

Susan Tellier

"Second Step: A Violence Prevention & Character Education Curriculum"

(Tuesday, Wygal 233)

Mike Knez

"Special Education 101"

(Tuesday, Wygal 105)
Phyllis Mondak

**"Strengthening Character-based
Abstinence Education"**

(Wednesday and Thursday, Wygal 105)
Gale Grant
Danielle Jones
Robin Manes

**"Strengthening Parental Involvement in
Sexuality Education"**

(Monday, Wygal 105)
Dawn Cherry
Lois Sandy

**"Strengthening Personal Leadership
Skills"**

(Thursday, The Annex)
Muriel Azria-Evans, Fran Meyer, Rita Miller,
Gwen Smith, Kathy Tucker, Laura Wimmer

**"The Whole Child: There is Life Before
& After Testing"**

(Thursday, The Annex)
Pat Cooper

**Understanding Human Sexuality Today
Group A**

(Monday, Lankford A & B)
Craig McMillan
Chuck Glover

**Understanding Human Sexuality Today
Group B**

(Monday, Wygal 106)
Patricia Carter
Valerie Pettie

**Understanding Human Sexuality Today
Group A**

(Tuesday, Lankford A & B)
Dawn Cherry
Susan Tellier

**Understanding Human Sexuality Today
Group B**

(Tuesday, Wygal 106)
Patricia Carter
Valerie Pettie

Understanding Human Sexuality Today

(Wednesday, The Annex)
David Bolter
Dawn Cherry
Chuck Glover

**Understanding Legal and Ethical Issues
Related to HIV and FLE Group A**

(Wednesday, Amelia)
Debbie Bartok Newton
Herman Johnson

**Understanding Legal and Ethical Issues
Related to HIV and FLE Group B**

(Wednesday, Wygal 106)
Cathy Hawkins
Craig McMillan
Lois Sandy

"Working Time with Your Team Mentor"

(Wednesday, The Annex)
Muriel Azria-Evans, Fran Meyer, Rita Miller,
Gwen Smith, Kathy Tucker, Laura Wimmer

Working with Diverse Populations

(Monday, Lewis/Salon B)
Debbie Bartok Newton
David Bolter

"Writing Grants 101"

(Wednesday, Hiner 207)
Muriel Azria-Evans
Gwen Smith

Family Life Education Staff Development Training Workshops Objectives and Workshops At-a-Glance

Understanding Human Sexuality Today (6 hours)

Objectives: (1) define human sexuality; (2) explore attitudes and values regarding a range of sexuality topics; (3) increase participants' comfort with teaching about sexuality issues; (3) increase participants' knowledge of goals and philosophy of sexuality education; (4) identify characteristics of sexually healthy adolescents; and (5) identify age-appropriate classroom content for middle and high school students

Workshop At-a-Glance:

Welcome, Introductions, and Overview
"Journey" or "How Did You Learn About..." Activity
Sexual Beingness
Video: Sexuality Education
Values Voting
"Mythinformation" Game
Reflection and Evaluation

Strengthening Character-based Abstinence

Education (12 hours)

Objectives: (1) strengthen the concept that abstinence is a wise/realistic expectation for youth; (2) identify and clarify foundational messages associated with abstinence education programs; (3) evaluate and select effective curriculum and materials; (4) integrate ethical decision making into Family Life Education and general education; (5) educate for reducing STDs and teen pregnancy rates

Workshop At-a-Glance:

Day 1

Welcome, Introductions, & Overview
Student Needs
Sexual Health Day
Group Interaction
Common Ground Activity
Character Education Part I; Part II
Delivering the Message
The Abstinence Message Part I

Day 2: Welcome, Introductions, & Overview

Paper Clip Activity
The Abstinence Message Part II
Components of Effective Programs I; and II
Steps to Physical Intimacy
Discussion
What's Your Opinion?
Healthy Connection
Reflection and Evaluation

Practicing Effective Teaching Strategies for FLE/HIV Education

(6 hours)

Objectives: (1) Increase ability to establish a comfortable and safe learning environment; (2) increase knowledge about best practices for teaching about FLE and HIV disease; (3) increase ability to answer questions about FLE and HIV issues; (4) increase knowledge of the experiential learning cycle as a teaching methodology; (5) increase repertoire of energizers for the classroom; (6) identify nonverbal behavior that opens communication and behavior that closes communication; (7) increase ability to facilitate classroom activities on FLE and HIV issues

Workshop At-a-Glance:

Welcome, Introductions, & Overview
Effective Classroom Climate
Effective Sexuality/FLE Programs
Teaching Methods in Sexuality Education
Answering Difficult Questions
Reflection and Evaluation

Strengthening Parental Involvement in Family Life Education (6 hours)

Objectives: (1) explore attitudes toward parents as partners in sexuality education; (2) foster an attitude of respect and support for parents in their role as sexuality educators; (3) identify common issues and concerns parents have about communicating with their children about sexuality education; (4) increase ability to communicate comfortably about sexuality issues; (5) identify strategies parents can use to strengthen communication about sexuality with their children; (6) model activities to assist parents

Workshop-at-a-Glance:

Welcome, Introductions and Overview
Warm-up: Speaking of Parents
Video/Quiz: Parents as Educators
Role-play: Communicating with Parents
Energizer
Lecturette: Strategies for Increasing Parent-Child Communication about Sexuality
Activities to use with Parents
More Activities to use with Parents
Reflection and Evaluation

Preventing STDs (6 hours)

Objectives: (1) increase participants' knowledge of sexually transmitted diseases other than AIDS; (2) explore attitudes toward adolescent sexual risk-taking and adult responses; (3) introduce strategies for teaching about STDs in the classroom

Workshop At-a-Glance:

Welcome, Introductions and Overview
Warm-up: Known and Unknown
Who's Responsible?
STD Prevention Infomercials
Energizer: Guess the Disease
Modeling: STD Basketball -or- Video
Modeling: STD Facts and Feelings
Reflection and Evaluation

Preventing HIV (6 hours)

Objectives: (1) increase participant's comfort level with teaching about HIV; (2) increase participant's knowledge about the spectrum of HIV disease, modes of transmission, and testing; (3) examine attitudes and beliefs about HIV/AIDS, people with HIV/AIDS, HIV risk behaviors, prevention of HIV, and grief and loss; (4) increase participant's knowledge of curriculum content and underlying philosophy; and (5) experience modeling effective teaching strategies

Workshop At-a-Glance:

Welcome, Introductions, & Overview
Update on HIV/AIDS
"Match Your Minds" Activity
"What Do You Think Of?" or "Empathy & You"
Curriculum Issues
Modeling: The Risk Game
Reflection and Evaluation

Connecting Drug Use, Sexual Behaviors, and HIV (6 hours)

Objectives: (1) increase knowledge of how alcohol/drug use influences HIV/STD risks; (2) increase knowledge of adolescent risk behaviors; (3) examine attitudes and beliefs about adolescent drug use and HIV/AIDS; (4) understand adolescents who are dealing with HIV as a result of substance use and sexual behavior; (5) model effective teaching of curriculum activities that address the connections between drug use and HIV/AIDS and other STDs; (6) demonstrate adverse effects drug use and high risk sexual behaviors have on emotional and psychosocial needs of adolescents (and others)

Workshop-at-a-Glance:

Welcome, Introductions and Overview
Game: Don't Pass it Along!
Teen Risk Survey
Quiz: Knowledge of Risk Behaviors
Video or Guest Panel
Modeling: Continuum of Probability
Modeling: Risk-Reduction Role-plays
Reflection and Evaluation

Reducing Risky Behaviors (6 hours)

Objectives: (1) increase participants' knowledge of characteristics of effective prevention programs; (2) identify strategies for increasing students' perceived vulnerability to STDs and more; (3) identify important abstinence messages; (4) identify strategies for teaching negotiation and refusal skills; (5) pros and cons of condom use; (6) increase participants' knowledge of effective condom use as a method of reducing sexual risk

Workshop At-a-Glance:

Welcome, Introductions, & Overview
Risk Assessment
Risk Reduction: What's Working?
"It Can Happen to You" Activity
Sexual Signals
Ways to Express Love
Promoting Abstinence
Teaching Negotiation and Refusal Skills
Reflection and Evaluation

Integrating HIV, STD, and Teen Pregnancy Prevention Across Curricula (6 hours)

Objectives: (1) increase knowledge about HIV/AIDS prevention education; (2) increase knowledge and comfort level in using a variety of instructional strategies that may reinforce other subject areas: math, science, social studies, language arts, foreign language, music, visual arts, and theater/dance; and (3) increase awareness of publications that facilitate integrated teaching/learning

Workshop-at-a-Glance:

Welcome, Introductions and Overview
Warm-up Exercise
Knowledge Quiz on HIV/AIDS
Where Does it Fit?
Integrating HIV, etc.: Part I; Part II; and Part III
Reflection and Evaluation

Working with Diverse Populations (6 hours)

Objectives: (1) identify a conceptual framework for understanding dimensions of diversity among individuals; (2) increase awareness of participant's diversity and its impact on their lives including sexuality; and (3) increase ability to be inclusive when teaching about sexuality and HIV prevention education

Workshop-at-a-Glance:

Welcome, Introductions and Overview
Dimensions of Diversity
Diversity Circles
Privilege Walk
Walking in Another's Shoes
Strategies for Being Inclusive
Reflection and Evaluation

Managing “Sensitive” Issues (6 hours)

Objectives: (1) identify sensitive sexuality issues and become aware of feelings about these issues; (2) provide information about the negative impact of sexual ignorance, secrecy and shame on an adolescent’s developing sexuality; (3) provide classroom case studies for participants to analyze and respond to; (4) encourage participants to examine their attitudes and potential biases about these sensitive topics; and (5) provide opportunities for participants to practice answering questions about sensitive issues and get feedback and support from their peers; (6) help participants develop objectivity and not allow their personal biases to impact teaching sessions; and (7) present several models of selected teachers and schools that are managing sensitive issues successfully

Workshop At-a-Glance:

Welcome, Introductions, & Overview
Warm Up: ID Cards
Lecturette: “Ignorance, Secrecy, Shame”
Classroom Case Studies
Identifying, Understanding, and Choosing Values
Answering Questions about Sensitive Issues
Reflection and Evaluation

Dealing with Teen Pregnancy: A Focus on Fathers (6 hours)

Objectives: (1) identify perceptions of the prevalence and circumstances of young parents, especially teen fathers, in educational setting; (2) offer a forum for reflecting on relationships with fathers; (3) present key information on the status of young parents in the U.S.; (4) provide a realistic portrayal of young mothers and fathers; (5) examine attitudes and potential biases about young fathers; (6) identify the programmatic needs of young parents; and (7) explore ways to meet needs in educational settings

Workshop At-a-Glance:

Welcome, Introductions, & Overview
Warm Up: The Card Game
Four Corners
Teen Parenting Quiz
Video/Discussion -or- Panel of Young Parents
Lecturette: Promoting Responsible Fatherhood
Who’s Responsible?
Reflection and Evaluation

Preventing Sexual Harassment, Abuse, and Assault (6 hours)

Objectives: (1) increase knowledge of sexual harassment, abuse, sexual assault; (2) increase knowledge of incidence of sexual abuse among adolescents; (3) identify impact of sexual abuse on a young person’s development; (4) identify educational

messages that are helpful to victims/survivors of sexual abuse; and (5) experience classroom activities that address issues of sexual abuse.

Workshop-at-a-Glance:

Welcome, Introductions and Overview
Warm up: Twenty Questions
Information Quiz Activity
Sexual Abuse Case Studies -or-Video
Energizer
“Mythinformation” Game
Lecturette: Relationship Violence
Sexual Harassment Activity
Reflection and Evaluation

Understanding Legal and Ethical Issues Related to FLE Topics (6 hours)

Objectives: (1) identify and analyze legal and ethical issues relating to sexual behaviors; (2) understand the need for clear, consistent and current policies on HIV and Family Life Education; (3) increase comfort level in teaching about legal and ethical issues related to sexuality and HIV education; and (4) increase instructional skills related to legal and ethical issues in sexuality and HIV education

Workshop-at-a-Glance:

Welcome, Introductions and Overview
Warm-up Exercise: What Do You Believe?
Activity: What About the Law?
Activity: Moral/Ethical Issues
Energizer: Male-Female Relations
Lecturette on Legal Issues
Activity: Role Playing
Reflection and Evaluation

Preparing for the Future: Family Planning (6 hours)

Objectives: (1) increase knowledge of family planning options, including contraception, adoption, and unwanted pregnancies; (2) increase knowledge of relationships between contraceptive methods and prevention of sexually transmitted infections; (3) explore their attitudes about sexual risk-taking behaviors; (4) know facts and general misconceptions about contraception; and (5) know strategies for teaching about family planning in the classroom.

Workshop-at-a-Glance:

Welcome, Introduction and Overview
Warm-up Exercises: Quizzes
Lecturette on Background Information
Exercise: Advantages/Disadvantages
Exercise: Misconceptions
Considering the Options
Role-Playing
Reflection and Evaluation

Coordinating and Training Staff

“Health for Success in Virginia Training Session and the Virginia Coordinated School Health Leadership Institute”

Longwood University

July 11-14, 2005

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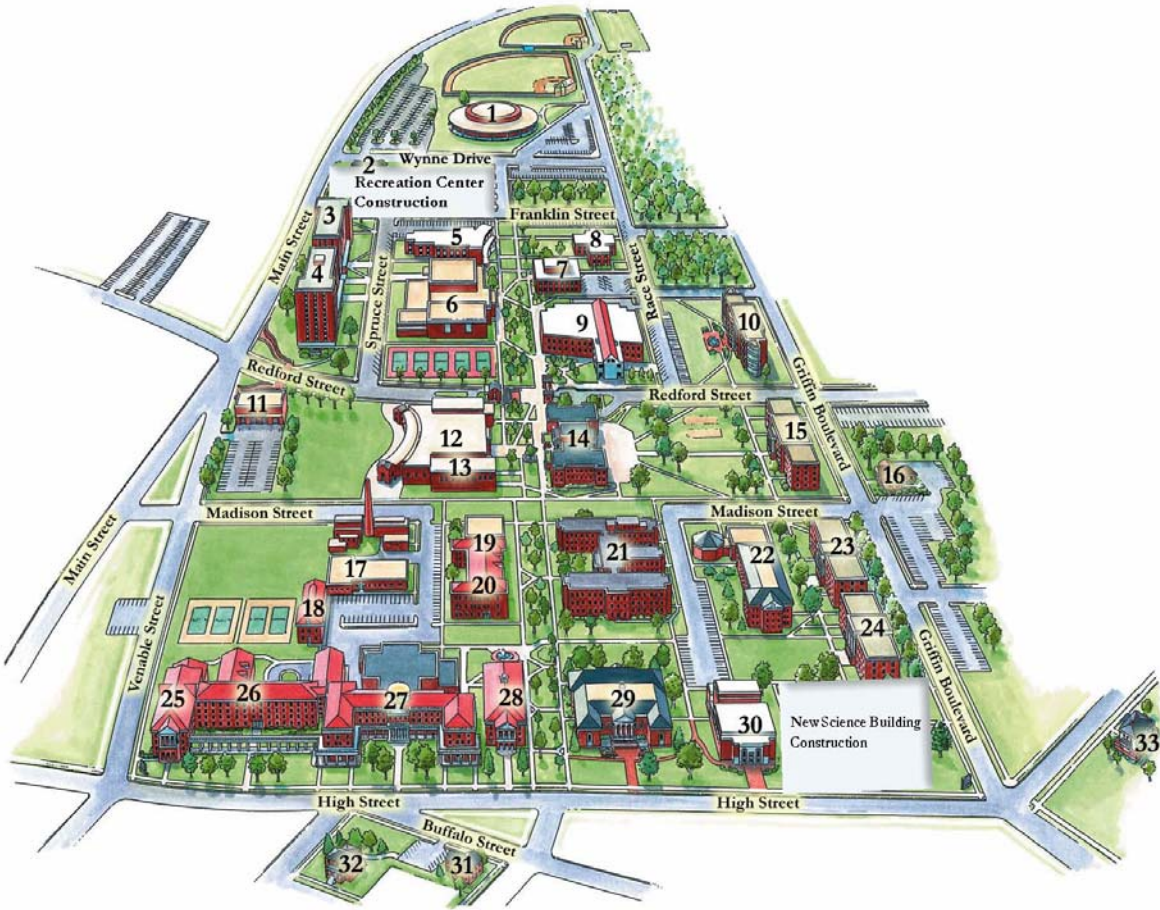
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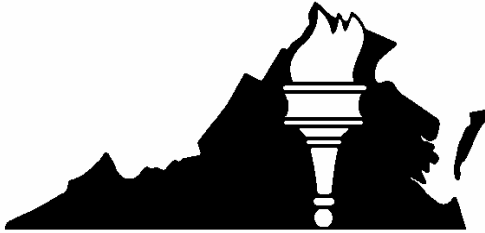
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LONGWOOD UNIVERSITY MAIN CAMPUS



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| 1. Wynne | 8. Bedford | 15. Stubbs | 22. Stevens/McCorkle | 29. Lancaster |
| 2. Clark | 9. Library | 16. Baptist Student Union | 23. Cox | 30. Jarman |
| 3. Frazer | 10. Arc | 17. Grahan | 24. Wheeler | 31. Craft House |
| 4. Curry | 11. Bristow | 18. Barlow | 25. French | 32. Hardy House |
| 5. Hull | 12. Dining Hall | 19. Coyner | 26. Tabb | 33. Alumni House |
| 6. Lancer | 13. Iler | 20. Hiner | 27. Ruffner | |
| 7. Wygal | 14. Lankford | 21. Cunninghams | 28. Grainger | |

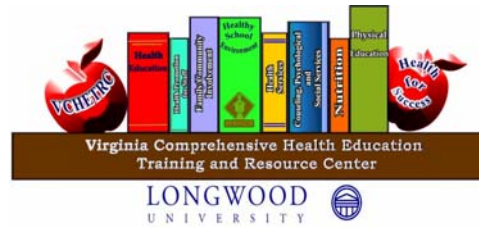
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