

TRAIN WITH THMS



Teen Health Mississippi works to improve young people's access to high-quality sex education and youth-friendly healthcare services. We do this by providing capacity-building trainings to youth, trusted adults, and organizations in communities throughout Mississippi and the South to ensure they have the knowledge, skills, and resources to meet the needs of young people in their lives. We have trained hundreds of youth and trusted adults throughout the state and region. Here are our training offerings. Visit teenhealthms.org to learn more, to sign up for one of our trainings, or to request a training.

SEX EDUCATION

Grades K-5 Human Growth and Development

Our Grades K-5 program supports schools and districts in adopting and implementing research-based, age appropriate, and medically accurate human growth and development programs for elementary school. The goal of the Grades K-5 program is to improve overall health and well-being for elementary-aged youth. We provide training and technical assistance in an in-person or virtual format.



Creating Healthy and Responsible Teens (CHART)

Our CHART program supports schools in adopting and implementing evidence-based, age appropriate, and medically accurate sex education for middle and high school. The goal of CHART is to reduce teen pregnancy and STI and improve teen sexual health. We provide training and technical assistance in an in-person or virtual format.



ANSWER Online Workshops—We provide self-paced, online workshops for sex education instructors to help build their capacity to effectively teach sex education. These online workshops help instructors increase their knowledge on youth sexual health issues and comfort and preparedness in teaching sex education.



Foundations: Core Skills for Training Sex Ed

The Foundations training helps build the core skills of sex education instructors to help them be better prepared to teach sex education in their classrooms. The training covers topics such as climate setting, sex education policies, facilitation skills, values clarification, managing personal disclosure, and answering difficult questions.



TEEN HEALTH
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FOR YOUTH-SERVING PROFESSIONALS



Youth-Friendly Healthcare Training Series

The Youth Friendly Healthcare Training Series provides trainings and technical assistance to healthcare providers, staff, and centers with the tools needed to become more youth-friendly. Trainings covers topics such as best practices for youth-friendly healthcare, minors' rights, and barriers to youth-friendly healthcare. We also help healthcenters assess their youth-friendliness by working with youth from the local community to do clinic walkthroughs and secret shopper activities.



LGBTQ Training Series

The LGBTQ Training Series provides educators and healthcare professionals with tools to affirm, support, and create safe environments for LGBTQ+ identifying youth in their spaces. It's a three-part series that takes a deep dive into affirming terminology, pronouns, values clarification, OBI (orientation, behavior, identity) model, examination of privileges, how to address harmful behaviors, and allyship.

Pregnancy Assistance Fund Training Series

The Pregnancy Assistance Fund Training Series provides trainings and technical assistance to youth-serving professionals that work with expectant and parenting youth (EPY) to increase their capacity to support youth they serve. It's a five-part series covering topics such as addressing values

when working with EPY, building trusting relationships with EPY, barriers to working with EPY, relevant consent and confidentiality laws to healthcare for EPY, and connecting EPY to the services or resources they need. This series helps participants gain skills needed to effectively assist EPY to access youth-friendly and high-quality medical, social, educational, and other services needed to be healthy.



FOR TRUSTED ADULTS



Mental Health First Aid—Mental Health First Aid is a course that teaches participants how to identify, support, and connect a person who may be experiencing a mental health or substance misuse

challenge to appropriate professional help. The trainings provide skills and resources to reach out and provide initial help and support to someone who may be developing a mental health or substance use challenge or experiencing a crisis. There are three Mental Health First Aid courses: Adult MHFA—teaches how to support adults experiencing a mental health or substance misuse challenge; Youth MHFA—teaches how to support youth experiencing a mental health or substance misuse challenge; and Teen MHFA—educates teens on how to support other teens experiencing a mental health or substance misuse challenge.

Askable / Trusted Adult Training Series



The Askable/Trusted Adult Training Series includes trainings that help parents and askable adults gain knowledge and confidence to talk to their child(ren) on a variety of topics, including adolescent development, cyberbullying, sex, body confidence, birth control, and healthy relationships.