



Sexual Health Conversations with Youth and Families

(Course Code: BH0233)

DATE AND TIME

January 16, 2019
8:30 AM to 4:30 PM

LOCATION

Academy for Professional Excellence
6367 Alvarado Court; Suite 105
San Diego, CA 92120

COURSE DESCRIPTION

Discussions around sexual health are some of the most crucial, most complex, and all-too-often most avoided conversations with youth and families. This training will begin with a definition of sexual health and the context from which to understand sexual development as well as the right to sexuality for all individuals as defined by the World Health Organization. We will review the normative course of youths' physiological and psycho-social sexual development across developmental stages. We will then conduct a more thorough examination of sexual identity development across specific populations as it relates to sexual orientation and gender identity, ethnic and cultural norms/expectations, religious influences, and popular culture--with a discussion of the role of social media, celebrity role models, and cultural misogyny on double standards for sexual behavior/expression across gender and (un)acceptability of sexually risky behaviors. Participants will complete personal inventories of their own sexual beliefs and biases to better understand how these beliefs and biases influence comfort with discussions of sexual health with youth and families. We will discuss practical issues associated with language barriers, jargon, and sexual terminology, as well as pragmatic and theoretical issues associated with understanding sexual health as a cultural competence.

Click here to see the [training outline](#).

AUDIENCE

Counselors, family and youth support partners, therapists, case managers, teachers, social workers, probation officers, and other individuals working with children, youth, and families.



PRESENTER

[Susan Writer, Ph.D](#)



LEARNING OBJECTIVES

Upon completion participants will be able to:

- Describe the course of physiological and psychological sexual development in youth inclusive of identifying appropriate developmental behaviors and exploration at different stages of development relative to overall brain development and psycho-social functioning
- Examine different sources of bias and fears in youth, families, and providers as it pertains to sexual health (e.g., cultural, ethnic, religious, historical, etc.)
- Define 'sexual identity' and 'gender identity' and how these two identity concepts apply to everyone
- Define healthy sexual exploration in the context of physiological and psycho-social sexual development in youth and the role of social media and the effects of generational differences
- Identify ways to discuss sexual health with children, youth and families

Registration If you already have an account, you may search for the course by name or course code. [Click here](#) to log into the LMS. If you do not already have an account in the LMS you will need to open an account. Please [click here](#) to request an LMS account. Email BHETA@sdsu.edu if you have any questions. This training is FREE of charge to BHS County employees and contractors.

Continuing Education This course meets the qualifications for **7** hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. The Academy is approved by the American Psychological Association to sponsor continuing education for psychologists and the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs, Provider #91928. The Academy is approved by the California Board of Registered Nursing, Provider # BRN CEP15014; CCAPP-EI, Provider # 1S-98-398-0820, and CAADE Provider # CP10-906-CH0320 for **7** contact hours/CEHs. The Academy maintains responsibility for this program and its content. CE certificates will be available for download 5 business days after course completion. Click here for information on how to [obtain CE Certificates](#). Click here for the [CE Grievance Procedure](#).