

# Health Initiatives for Youth YOUTH WORKSHOP/PROVIDER TRAINING REQUEST FORM

Please print CLEARLY and complete this form as much as possible



DATE OF REQUEST: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

ORGANIZATION: \_\_\_\_\_

CONTACT PERSON: \_\_\_\_\_ TITLE: \_\_\_\_\_

PHONE: \_\_\_\_\_ ALTERNATE PHONE: \_\_\_\_\_

FAX: \_\_\_\_\_ EMAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ ROOM#: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

## Workshop or Training Request Information

1<sup>st</sup> Choice: Date Requested: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Start time: \_\_\_\_ AM PM End Time: \_\_\_\_ AM PM

2<sup>nd</sup> Choice: Date Requested: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Start time: \_\_\_\_ AM PM End Time: \_\_\_\_ AM PM

3<sup>rd</sup> Choice: Date Requested: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Start time: \_\_\_\_ AM PM End Time: \_\_\_\_ AM PM

ADDRESS OF WORKSHOP/TRAINING (If different from above): \_\_\_\_\_

YOUTH WORKSHOP or PROVIDER TRAINING requested. Please choose only ONE per form. See reverse side for descriptions.

- |  |  |
|--|--|
| <input type="checkbox"/> Anti-Homophobia Workshop ☆                    | <input type="checkbox"/> Health & Youth Development Training   |
| <input type="checkbox"/> Body Image Workshop                           | <input type="checkbox"/> Positive Sexuality Training   |
| <input type="checkbox"/> Doctors, Clinics, & Testing Workshop ☆        | <input type="checkbox"/> Substance Use and Youth Training  |
| <input type="checkbox"/> HIV 101 Game show Workshop ☆                  | <input type="checkbox"/> Working with Lesbian, Gay, Bisexual,<br>Transgender, Queer, Intersex, and Questioning<br>(LGBTQIQ) Youth Training |
| <input type="checkbox"/> Self-Esteem Workshop                          |  |
| <input type="checkbox"/> STD and Safer Sex Workshop ☆                  |  |
| <input type="checkbox"/> Substance Use & Harm Reduction Workshop ☆     |  |
| <input type="checkbox"/> W.O.R.D (Writing Our Realities Down) Workshop | ☆ <i>Disponible en español — marque aquí</i> <input type="checkbox"/>  |
| <input type="checkbox"/> Zine-making Workshop Series                   |  |

Total number of participants (must be 10 or more) \_\_\_\_\_ Age range \_\_\_\_\_ Are participants peer educators? Yes No

Briefly describe your group (anything you think would be useful for us to know): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



# HIFY'S YOUTH WORKSHOPS AND PROVIDER TRAININGS

## WORKSHOPS FOR YOUTH

- ➔ **Free**
- ➔ **Spanish workshops: Free in San Francisco, Berkeley, Oakland, and San Leandro, with negotiable travel expenses for other areas.**

### ANTI-HOMOPHOBIA (Available in Spanish)

Participants will gain awareness of the multi-layered effects homophobia has in our communities and discuss ways to be allies to their Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, and Questioning (LGBTQIQ) peers.

### BODY IMAGE

Using games and interactive discussion, we encourage youth to see the gender stereotypes and commercial interests behind the media's version of "ideal beauty."

### DOCTORS, CLINICS, & TESTING (Available in Spanish)

This workshop incorporates a no-nonsense approach to health care access with fun exercises including skits and information on legal rights. Also covers specific topics including pelvic exams or testicular exams.

### GENDER

Coming SOON!

### HEALTHY RELATIONSHIPS

Coming soon!

### HIV 101 GAME SHOW (Available in Spanish)

This high-energy workshop covers basic definitions and information on transmission, testing, and harm reduction.

### SELF-ESTEEM

Using creative exercises and interactive discussion, we help youth recognize the power they have to create positive connections with each other and forge a stronger future for themselves.

### STDs AND SAFER SEX (Available in Spanish)

As the rates of sexually transmitted diseases rise among youth, so does the stigma for those who are infected. Instead of fear-based tactics, our safer sex message incorporates both the how and the why of protection for everyone regardless of sexual orientation.

### SUBSTANCE USE & HARM REDUCTION (Available in Spanish)

In this workshop we will explore substance use in a non-judgmental way. We discuss the reasons why people use drugs, and how to make informed decisions to reduce the harm of any drug.

## PUBLICATION/Writing WORKSHOPS

➔ **Free**

### W.O.R.D (Writing Our Realities Down) WORKSHOPS

This writing workshop utilizes the power of writing and self-expression to engage youth in discussion and activities about health. Topics include: Body Image, Relationships, Substance Use & Harm Reduction, and Media & Propaganda.

### ZINE-MAKING SERIES

Incorporating the do-it-yourself ethic of making "zines" (independent mini-magazines), we cover the history of zines, layout, folding, and reproduction, while brainstorming themes and creating content. The series is 4-6 sessions, once a week for 2 hours. Participants walk away with their very own zine.

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## PROVIDER TRAININGS

➔ **Cost: \$100 first hour, \$50 each additional hour, plus travel costs**

### HEALTH & YOUTH DEVELOPMENT

An introduction of HIFY's perspective on youth and health. We explore youth development theory, the values underlying our work with youth, and how to apply an asset-based approach to youth health issues. Includes strategies for both health care settings and youth agencies, as well as a chance to hear and share best practices.

### LATINAS/OS AND HEALTH & YOUTH DEVELOPMENT

This workshop introduces aspects of Latin American and Latina/o cultures that promote resilience, health, and can empower Latina/o youth to thrive in their adulthood. It is specifically designed for adults that work with Latina/o youth and are seeking to practice culturally appropriate youth development.

### SUBSTANCE USE & YOUTH

We will discuss harm reduction theory, analyze messages that youth receive about drugs, and explore the context in which youth make decisions about substance use. Includes activities to reduce harm and promote health of youth.

### WORKING WITH LGBTQIQ YOUTH

Homophobia affects the well-being of all youth, whether they are LGBTQIQ or straight. We give you the knowledge and skills to create a safe place for youth to explore their sexuality and gender regardless of how they identify. We also discuss health concerns and work on ways to be allies.

### POSITIVE SEXUALITY AND YOUTH

Youth are inundated with conflicting and judgmental messages about sex. We challenge these messages by examining the concept of positive sexuality and explaining how it applies to working with youth. We will discuss how to support youth as they make sexual decisions, including both the choices of abstinence and sexual activity.

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## TRAINING OF TRAINERS

➔ **Cost: \$100 first hour, \$50 each additional hour, plus travel costs**

This training for peer educators explores what makes a good trainer and allows plenty of time for youth peer educators to practice their public speaking skills and group facilitation skills. We include activities about how to work with difficult participants as well as provide some of HIFY's "tricks of the trade."