



April 7th & 8th 2022, 1-4 PM | virtual

#SEXEDFORALL

Maine's 16th Annual
Comprehensive Sexuality Education Conference



WELCOME TO THE 16TH ANNUAL COMPREHENSIVE SEXUALITY EDUCATION CONFERENCE!

What began as an effort to provide sexuality education updates to school nurses and health teachers has grown into an eagerly anticipated annual event by middle and high school teachers, school nurses, school counselors, and other youth-serving professionals.

Every year we are excited to come together to share new and innovative programming, develop skills and knowledge, and provide resources related to positive sexuality. There is a certain magic that happens when we realize that we are a community and our work thrives when we unite with others and share our ideas, questions, and strengths.

Our hope is that you all leave energized and inspired to continue providing the comprehensive sexuality education that ALL youth deserve. This year our theme is #SexEdForAll because we know that some youth still lack access to the vital information they need to be sexually healthy. Through our collective collaboration we can strengthen and broaden the foundation for positive sexual health in Maine and beyond.

We look forward to learning with you all over the next few days and continuing the conversations of how we can promote accessible and equitable sexuality education for all.

With gratitude,

Lynne, Lynette, Maddy, and Vicki, Maine Family Planning and the CSE Conference Planning Team

- *Dr. Sandra Caron, University of Maine*
- *Stacey LaFlamme, Maine CDC*
- *Jennifer McCann, LCSW/Sexuality Educator*
- *Lisa Ravar, Maine Coalition Against Sexual Assault*
- *Aspen Ruhlin, Mabel Wadsworth Center*
- *Elijah Wabnitz, New Beginnings*
- *Karen Wyman, Maine Coalition to End Domestic Violence*
- *Jean Zimmerman, Maine Department of Education*





CONFERENCE SCHEDULE AT A GLANCE

DAY 1

Thursday, April 7

1:00-2:30	Welcome and Keynote, Dr. Tanya Bass - Socially Just "Sex Ed For All"
2:30-2:45	Break
2:45-4:00	Workshops <ul style="list-style-type: none">• Towards Cultural Responsiveness in the Sex Education Classroom• Queering Consent• Teen Pregnancy & Moving Beyond "Prevention"• Centering the Disability Experience: Normalizing Sexuality <p><i>Pick one workshop to attend live.</i> <i>Attendees will be able to access recordings after the conference.</i></p>

DAY 2

Friday, April 8

1:00-2:15	Workshops <ul style="list-style-type: none">• Queer Sex Ed 201• How Do Gender Stereotypes Affect the Way We Teach Sex Ed?• What's New in Sexual Health? <p><i>Pick one workshop to attend live.</i> <i>Attendees will be able to access recordings after the conference.</i></p>
2:15-2:30	Break
2:30-3:45	Plenary Session: Lessons From the Field
3:45-4:00	Closing and Door Prizes



DAY 1

Thursday, April 7



1.00-2.30PM | WELCOME & KEYNOTE | SOCIALLY JUST "SEX ED FOR ALL"

Tanya Bass, PhD, MS, MEd, CHES®, CSE (she/her/hers)

Sex ed provides vital information that helps build and foster life skills, but it's also *social justice* because it can increase inclusivity and reduce inequity. Sex ed reveals the interconnection of historical implications of socially and culturally constructed programs and policies. Understanding and providing "sex ed for all" means taking the time to explore concepts of power, privilege, and oppression, and examine how these systems impact delivery of comprehensive sexual health education. It also means transforming the way you reach and teach your students.

2.30-2.45PM | BREAK

2.45-4.00PM | WORKSHOPS



TOWARDS CULTURAL RESPONSIVENESS IN THE SEX EDUCATION CLASSROOM

*April Perkins (she/her), Deqa Dhalac (she/her), and Amelia Lyons (she/her),
Maine Department of Education*

Culturally and linguistically responsive sex education provides a critical lifeline to students, empowering them with knowledge and skills for a lifetime of health and safety. In this presentation, we will discuss strategies for ensuring that all students are represented in sex education curricula, as well as considerations for reviewing and adapting curricula to meet the needs of the unique students in your classroom. This workshop will increase understanding of culturally and linguistically responsive instructional and curricular practices and identify strategies and instructional materials to increase the inclusivity of the classroom environment.

#SEXEDFORALL



SARSSM SEXUAL ASSAULT
RESPONSE SERVICES
OF SOUTHERN MAINE



QUEERING CONSENT

Kat Duvall (she/her), SARSSM and Caroline Wheeler (they/them), Through These Doors

Members of the LGBTQ+ community are at a higher risk of experiencing violent relationships, so it is imperative to explore the nuances and considerations of queer consent. This workshop focuses on the rejection of gender roles and normative sexual consent narratives in some queer relationships and the challenges/joys that can bring. We will discuss the lack of queer consensual representation in mainstream media, and identify the needs, knowledge gaps, and trends that we see in our interactions with queer youth. Participants will form an action plan with concrete steps for moving forward and instituting change in queering consent education.



TEEN PREGNANCY & MOVING BEYOND "PREVENTION"

Olivia Pennington (she/her), Planned Parenthood of Northern New England

In this workshop, we will uncover biases surrounding teen pregnancy, both those we hold personally and those written into curricula, with the goal of understanding how to support young people in making their own choices. #SexEdForAll means respecting all the numerous reasons a person may decide to become pregnant, remain pregnant, or become a parent. This workshop will help create strategies for moving sex education from a "prevention" framework to one that centers young people's bodily autonomy and ability to make hard decisions. Participants will learn together how to better support young pregnant and parenting people in our communities, as educators and community members.



Kintsugi Consulting, LLC

CENTERING THE DISABILITY EXPERIENCE: NORMALIZING SEXUALITY

Rachel Kaplan (she/her), Kintsugi Consulting

Youth with disabilities are often purposefully excluded from sexual health education and conversations, placing them at increased risk for abuse and assault, not because they have a disability, but because of the stigma and bias towards disabled individuals. This bias leads to a lack of access to healthy relationship education, exclusion from discussions about consent and empowerment as a sexual being, and a lack of accessibility and accommodations when it comes to sexual health discussions. This workshop will identify myths about people with disabilities as it relates to sexual health, explore how our own implicit biases shape the opportunities and education provided to individuals with disabilities, and offer skills using a harm reduction model to increase inclusion and representation of the disability population within sexual health education.



1.00-2.15PM | WORKSHOPS



QUEER SEX ED 201.

Aspen Ruhlin (they/them), Mabel Wadsworth Center

For educators who are ready for the next level of LGBTQ+ inclusive sex education, this workshop goes beyond just acknowledging that there are LGBTQ+ students, and provides more specific content relevant to the sexual health of these students. During the workshop, participants will gain an in-depth understanding of why LGBTQ+ students deserve comprehensive sex education, learn specific ways to be inclusive of intersex individuals, and leave the workshop with a deeper understanding of how queer inclusive sex education benefits all students, including those who are not part of the LGBTQ+ community.



HOW DO GENDER STEREOTYPES AFFECT THE WAY WE TEACH SEX ED?

Danny Mejia (he/him) and MB2M Youth Council, Maine Boys to Men

This workshop will explore the ways gender stereotypes manifest in our dominant culture and how these stereotypes play a role in our delivery of sex education. We will apply a critical lens to toys to investigate how these stereotypes begin at such early ages. Attendees will also hear from members of Maine Boys to Men's Youth Council on how to apply youth-centered best practices for dispelling stereotypes and gain a greater understanding of how more comprehensive knowledge on gender stereotypes can allow for more equitable sexual education for all.



WHAT'S NEW IN SEXUAL HEALTH?

Vanessa Shields-Haas (she/her), Maine Family Planning Thomaston Clinic

This presentation will use a reproductive justice framework to provide an overview of some big picture clinical changes in emergency contraception, IUDs, and quickstart contraception. We will also briefly discuss the CDC's new STI treatment guidelines. Vanessa will discuss what happens when an adolescent, or minor, comes to a Maine Family Planning clinic to start contraception and how telehealth can reduce barriers to care. Lastly, Vanessa will discuss care for the LGBTQ+ community including Maine Family Planning's training program for all staff as well as our Open Door program offering gender affirming care to transgender and non-binary clients.



2.15-2.30PM | BREAK

2.30-3.45PM | PLENARY SESSION



LESSONS FROM THE FIELD

Maine Sexual Health Educators

This session highlights the creative strategies Maine schools are using to provide #SexEdForAll. The plenary contains a series of lightning talks highlighting concrete strategies for creating an inclusive sexual health classroom, ways to build collaborative relationships with community partners and fellow health teachers, and stories from students about how they are changing and expanding the conversation about sexual health on campus.

Presenters include:

- Dr. Sandra Caron, Professor of Family Relations/Human Sexuality, University of Maine
- Brenda Weis, Wellness Teacher, Cony Middle and High School, Augusta
- Jake Kulaw, Health & PE Teacher and District Coordinator, Deering High School, Portland
- Kelly Koziol, Health Educator, Fort Fairfield Middle/High School
- Deborah McPhail, Director of Guidance and Civil Rights Team Project Advisor, and Civil Rights team members Ruth Griffith and Saia Miles, Piscataquis Community Secondary School, Guilford
- Stacey Vannah, Health Educator, Brunswick High School

3.45-4.00PM | CLOSING AND DOOR PRIZES

Join us as we raffle off some fabulous door prizes! We've got books, a poster, a plushie, a sex ed game, and a \$100 gift card. You will want to stick around to see if you are one of the lucky winners.

During this session we will also share the link to the conference evaluation and discuss how you can access CEUs.



BIOS

KEYNOTE



TANYA BASS

(she/her)

Tanya, PhD, MS, MEd, CHES®, CSE, is the founder of the North Carolina Sexual Health Conference. She is an award-winning sexuality educator and subject matter expert in sexuality education, reproductive health, and health equity. Dr. Bass is an alumna of North Carolina Central University's Department of Public Health Education, where she had served as an adjunct instructor for several years and is currently the lead instructor for Human Sexuality. She is an adjunct instructor at East Carolina University in the Department of Health Education and Promotion where she teaches 'Management of School Health Education Programs' and 'Planning, Implementing, and Assessing Sexuality Education.'

She completed her PhD in Education at Widener University for Human Sexuality Studies. Dr. Bass remains committed to seeking professional development and is a member of the NC Society for Public Health Educators, the Women of Color Sexual Health Network, the Association of Black Sexologists and Clinicians, and the American Association of Sexuality Educators, Counselors, and Therapists.

TOWARDS CULTURAL RESPONSIVENESS IN THE SEX EDUCATION CLASSROOM

APRIL PERKINS

(she/her), Maine Department of Education

April is the World Languages & English for Speakers of Other Languages Specialist at the Maine DOE. In addition to her experience training teachers in strategies for supporting students' language learning needs, she also supports educators in navigating cultural and linguistic differences. Before becoming a language teacher, she served for two years as an HIV and STD prevention educator and HIV test administrator.

DEQA DHALAC

(she/her), Maine Department of Education

Deqa is a passionate advocate for the immigrant community with extensive experience in social services, public health, and community building. Deqa is the Family Engagement and Cultural Responsiveness Specialist for Maine Department of Education. She formerly worked for The Opportunity Alliance as a community builder and The City of Portland as Health and Human Services Councilor. Deqa holds a master's degree in Development Policy and Practice from the University of New Hampshire and master's degree in Social Work from the University of New England. She is a certified language tester and cultural skill trainer and has been providing broad mediation for clients in different settings with service providers to ensure unmet needs of immigrant communities are met. Deqa is originally from Somalia East Africa; she came to the United States in 1992 and has three children. She is a leader in the Somali Community Center of Maine and Maine Muslim Community Center. Deqa served as Board President for Maine Immigrant Rights Coalition, she is a Board member for Northern Light Mercy Hospital, Board member for I am Your Neighbor Books. Deqa is the co-founder of Cross-Cultural Community Services where she and her colleagues provide cultural competency trainings to organizations in Maine to better understand the challenge immigrants and other BIPOC communities go through as they navigate the western systems. Deqa believes everyone should have the opportunity to access quality education, healthy food, safe and affordable housing and a clean environmental to thrive in no matter where they are from or what ethnicity they have.



AMELIA LYONS

(she/her), Maine Department of Education

Amelia is the State Coordinator for the McKinney-Vento Homeless Education Program at the Maine Department of Education. Amelia has been inspired by her work with migrant farmworkers, immigrants, refugees, and families. She graduated from McGill University with a dual degree in Anthropology and Latin American and Caribbean Studies and is currently pursuing a Master of Science in Project Management with Northeastern University. She speaks English, Spanish, basic French, and is currently learning Kinyarwanda. Amelia is enthusiastic about educational equity, centering student voices, and is always eager to listen and learn more about all students' experiences with education in Maine.

QUEERING CONSENT

KAT DUVALL

(she/her), SARSSM

Kat found her passion for education as an Outdoor Educator at Colgate University. After graduating, she worked for several years at Hurricane Island Center for Science and Leadership, developing and delivering curriculum integrating marine ecology, sustainable practices, leadership, and scientific research. She also spent some time at Wolfe's Neck Center as a Farm School Educator, but decided to move away from experiential outdoor education towards a practice more fully grounded in systems, and more people centric. Kat started at SARSSM in September '21 as the Greater Portland Youth Prevention Educator, and hasn't looked back since!

CAROLINE WHEELER

(they/them), Through These Doors

Caroline is the Community-Based Youth Educator at Through These Doors, the domestic violence resource center for Cumberland County. After graduating with a degree in Sociology and Women and Gender Studies from the University of Southern Maine, Caroline stepped into this role in August 2020. Their primary work focuses on the prevention, intervention, and response to teen dating violence in lives of LGBTQ+ youth in Portland. They have also worked as a camp counselor and educator at Equality Maine's New Leaders Project for three summers.

TEEN PREGNANCY & MOVING BEYOND "PREVENTION"



OLIVIA PENNINGTON

(she/her), Planned Parenthood of Northern New England

Olivia works as an educator with Planned Parenthood of Northern New England and is passionate about finding ways to center young people's autonomy. She has worked in the sexual & reproductive health & rights world since 2017 and is a graduate of the University of Maine. Olivia is passionate about abortion access, supporting families, and growing tomatoes.

CENTERING THE DISABILITY EXPERIENCE: NORMALIZING SEXUALITY



RACHEL KAPLAN

(she/her), Kintsugi Consulting, LLC

Rachel is the founder of Kintsugi Consulting, LLC with a focus on providing training and consultation related to disability inclusion, education, accessibility, and representation. Rachel holds a Master of Public Health and Graduate Certificate in Drug and Addiction Studies from the University of South Carolina. She has extensive experience working with the homeless population, youth services and youth programming, youth with disabilities, sexuality health education, mental health awareness, suicide prevention, wellness programming, crisis intervention, and sexual assault and domestic violence advocacy. Rachel has over ten years of experience working with youth, adolescents, and adults with various disabilities, as well as personal experience as a person with a disability. Rachel believes that impact outweighs intention. By centering the disability experience, individuals without disabilities are better able to increase inclusive and accessible practices in their day-to-day.

QUEER SEX ED 201



ASPEN RUHLIN

(they/them), Mabel Wadsworth Center

Aspen has been in their role at Mabel Wadsworth Center for three years, where they do a mix of direct client work and community engagement. Their work focuses on trans health, abortion access, sexual/reproductive health, and the intersection of all three. Aspen is particularly passionate about trans-inclusive abortion care, for which they have led workshops with Innovating Education, Abortion Care Network, and the National Abortion Federation.

HOW DO GENDER STEREOTYPES AFFECT THE WAY WE TEACH SEX ED?

DANNY MEJIA

(he/him), Maine Boys to Men

Danny is the Program Director at Maine Boys to Men, whose mission is to end all forms of male violence and self-harm and to advance gender equity by supporting the development of self-aware, empathetic boys and men. Danny have seen firsthand the impact our programming has on young people, and remain committed to reducing gender-based violence in our community, specifically male-violence towards self and others. I believe that through a broader understanding of masculinity, we can encourage everyone to be whoever they choose to be and create safety for all.

MB2M YOUTH ADVISORY COUNCIL

Maine Boys to Men

MB2M Youth Advisory Council (YAC) is a group of 14- to 24-year-olds who provide intentional youth voice and presence. The YAC is critical to our work and its enthusiasm and commitment to our mission inspires us every day. YAC members partner and collaborate with Maine Boys to Men in pursuit of its mission and its program development and delivery. Many community organizations seek out the Youth Council for their fresh perspective and ask them for help to inform policies and programs. The Youth Council has made a documentary; trained Maine students and teachers; attended conferences; created a podcast; served on panels; convened speakers; and brought our youth violence prevention program to hundreds of students and adults. Our Youth Council changes the world.

WHAT'S NEW IN SEXUAL HEALTH?



VANESSA SHIELDS-HAAS

(she/her), Maine Family Planning

Vanessa (she/her) joined Maine Family Planning in 2021, and is offering gender-affirming care in addition to comprehensive sexual and reproductive healthcare in our Thomaston clinic. Vanessa and her family relocated to Maine from New Orleans, where she was a sexual assault and domestic violence forensic nurse. She also worked for the Louisiana Public Health, HIV/STI department. Vanessa is an advocate for LGBTQ+ youth and serves on the board of OUT Maine. She is completing a doctorate focused on quality improvement in healthcare with a focus on sexually transmitted infection screenings for youth.