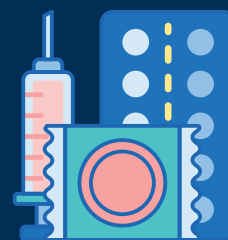
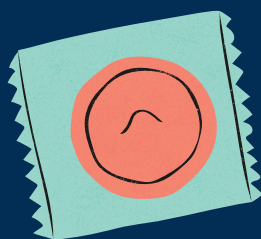


Maine's 17th Annual
Comprehensive Sexuality Education Conference

SEX ED IN A CHANGING WORLD

April 7th 2023, 8:30AM-3:30PM
Augusta Civic Center



SEX ED IN A CHANGING WORLD



WELCOME TO THE 17TH 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.

This year our theme is Sex Ed in a Changing World. From the pandemic to political divisions – our changing world has challenged educators to articulate, advocate for, and promote sexual health education in new ways. Our online-savvy youth can demonstrate their knowledge of the 'basics', yet still yearn for and deserve open and honest communication around sex education that is inclusive and represents their experiences. We have the opportunity to reframe sex education and become champions for positive sexuality that focuses on healthy, mutual and pleasurable relationships. This conference will inspire educators to embrace a journey towards a more holistic health-based approach to delivering sexuality education that meets young people where they are and builds support for comprehensive sex education. 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!

With gratitude,
Lynne, Lynette, Maddy and Vicki, Maine Family Planning

Conference Planning Team:

- *Dr. Sandra Caron, University of Maine*
- *Kimberly Gosselin, Maine CDC*
- *Jennifer McCann, LCSW/Sexuality Educator*
- *Lisa Råvar, Maine Coalition Against Sexual Assault*
- *Jessa Wyman, New Beginnings*
- *Karen Wyman, Maine Coalition to End Domestic Violence*
- *Jean Zimmerman, Maine Department of Education*
- *Katie Lutts, OUT Maine*
- *Dan Kipp, SafeBAE*
- *Danny Meija, Maine Boys to Men*
- *Colleen Walker, Rape Response Services*

SEX ED IN A CHANGING WORLD



CONFERENCE SCHEDULE AT A GLANCE

MORNING

8:00-8:30	Registration and Exhibits
8:30-9:45	Welcome and Keynote, Dr. Rachael Gibson
9:45-10:00	Break and Exhibits
10:00-11:15	Workshops
11:15-12:00	Lunch
12:00-12:15	Excellence in Sexual Health Education Awards

AFTERNOON

12:30-1:45	Workshops
1:45-2:00	Break
2:00-2:30	Chat Rooms
2:30-2:40	Transition to Next Chat Room
2:40-3:10	Chat Rooms
3:15-3:30	Conference Closing and Door Prizes

SEX ED IN A CHANGING WORLD



MORNING



8:30 - 9:45 | WELCOME & KEYNOTE |

Dr. Rachael Gibson, (she/her)

The field of sex education is no stranger to controversy, and despite an uptick in anti-sex ed public discourse and changing policy, young people are leading the charge when it comes to strategic change. Taking the lead from Youth Activists across the country, educators can learn the strength in building community, grass-roots activism, and amplifying the voices of our most vulnerable populations in order to create real, lasting change. Let's learn from the lessons of sex education pioneers and youth leaders, to support the work of educators and other youth-serving professionals. As a community, we can build strategies, navigate controversy, and ensure that all young people have access to the quality sex education they deserve.

9:45 - 10:00 | BREAK AND EXHIBITS

10:00 - 11:15 | MORNING WORKSHOPS



Washington
York

PREVENTION, RESPONSE, AND HEALING FROM SEXTORTION

Dr. Rachael Gibson, (she/her)

Sextortion has quickly become an urgent issue deserving an urgent response, involving parents, educators and youth. Financial sextortion is a form of online abuse and manipulation, blackmailing victims using explicit imagery, and targeting young people on social media and gaming platforms. Youth experiencing this abuse often do not see themselves as victims, and believe it is their fault, which makes this abuse both traumatizing and isolating. This workshop will define sextortion – what it is and what it isn't – and will share recent research on how it is impacting young people. Educators will explore attitudes and skills needed to teach young people and their families how to prevent and respond to sextortion; reducing shame and blame and emphasizing healing strategies in the aftermath of an incidence of sextortion. Participants will engage with educational tools to strengthen their instructional practice in a way that removes the shame and stigma associated with sextortion. Free resources will be shared to support further learning and awareness in classroom, group, and individual settings.



Arnold
Howard

Abortion Is Normal: Sharing Facts and Debunking Myths

Lindsey M Piper (she/her), Maine Family Planning

In this workshop, we will discuss common ideas and beliefs about abortion, ways to make sure students have updated information about abortion, and how new legal changes affect this important health care option. By the end of the workshop, attendees will be able to articulate facts about how common and safe abortion is, how a patient could access this service, and a basic understanding of what to expect. Attendees will also be given an update of the political climate and how recent legal changes may (or may not) affect abortion access- especially in Maine.

SEX ED IN A CHANGING WORLD



10:00 - 11:15 | MORNING WORKSHOPS, CONTINUED

HARDY GIRLS
HEALTHY WOMEN

Piscataquis

The Perfect Girl Doesn't Exist: Social Media and Gender Stereotypes

Adrienne Carmack (she/her), Hardy Girls Healthy Women

"You should be skinny, but also have boobs and a butt." "You should be having sex, but not *too* much sex." We live in a world that's saturated with gendered messages, double standards, and stereotypes -- especially on social media platforms. Every day, social media users share an estimated 3.2 billion images and 720,000 hours of video on the internet. Often without us even noticing, the images and videos we see online teach us how we should act, look, and think based on our gender. A lot of these messages can have harmful effects on sexual health and body image. In this workshop from Hardy Girls, a local nonprofit that empowers girls and nonbinary youth to be activists in their communities, participants will gain skills to be critical consumers of social media and create ways to challenge the status quo: to use social media in a way that pushes back against stereotypes and affirms diverse identities. This workshop is open to folks of all gender identities, but it will have a particular focus on the experience of growing up as a girl.



Sagadahoc

Resources for Culture Change: Youth Empowerment & Adult Allyship

Dan Kipp (he/him), SafeBAE

Young people are hungry to learn about issues that directly impact their wellbeing. What's more, with a little guidance, young people have the power to take charge of their sexual health education and create positive change. In this workshop, participants will learn about SafeBAE's free resources that support students in becoming leaders in sexual violence prevention, intervention, response, and healing. Participants will also explore resources that empower adult allies to help co-create school cultures based in consent, bystander intervention, and accountability.

mecasa
MAINE COALITION AGAINST
SEXUAL ASSAULT

maine family
planning

Fort
Western

Porn Literacy

Katie Church (she/her) and Lisa Råvar (she/her), MECASA; Lynette Johnson (she/her), Maine Family Planning

This workshop will explore the role that porn literacy can play in comprehensive sexuality education and as an integral piece of sexual violence prevention education. Presenters from MECASA and Maine Family Planning will use their combined lenses to illustrate the connection between porn literacy and media literacy; discuss the impact porn viewing can have on the knowledge, attitudes, and behaviors of young people when it comes to sex, relationships, power, and identity; and review resources and strategies for addressing the topic with young people in accessible, approachable, and appropriate ways. The workshop will frame porn literacy as a skill for today's changing world that recognizes the ubiquity and accessibility of pornographic material for young people. It will take a neutral stance in exploring ways we as educators can empower young people to reflect on the media they consume and mitigate any harmful effects.

SEX ED IN A CHANGING WORLD



11:15 - 12:00 | LUNCH

12:00 - 12:15 | EXCELLENCE IN SEXUAL HEALTH EDUCATION AWARDS

AFTERNOON

12:30 - 1:45 | AFTERNOON WORKSHOPS



Fort
Western

Accessible Sex Ed For All

Emma Hill (she/they), Constellation Workshops For All

In this workshop we will explore the realities of comprehensive sex ed for folks with intellectual and developmental disabilities (I/DD). We will spend some time examining the current statistics that make sex ed for this population especially important, and we will use the majority of our time together taking on the big question: How do we make sex ed accessible for students with I/DD? We will learn adaptive teaching skills specific to these topics, practice having conversations with parents and guardians about the necessity of their children receiving this education, and build our own confidence in tackling adaptive sex education content.



Piscataquis

What is Anti-Racist Sex Ed? Taking Diversity, Equity and Inclusion (DEI) from Theory to Action.

Olivia Friday LoneMan, M.Ed (she/her), PPNNE

This workshop will look at the white supremacy that is still deeply entrenched in even the most comprehensive sexual health programs and challenge the ways we've been trained to teach. Through group activities and processing, participants will come away with tools and strategies to confront biases (their own and those written into curricula) to transform their sexual health programs to be inclusive and affirming for all young people.



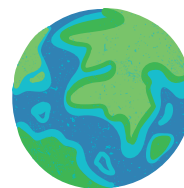
Arnold
Howard

Building Welcoming and Inclusive Health Classes for Maine's LGBTQ+ Youth

Katie Lutts (she/her), OUT Maine

This training is designed for health educators who work with youth of all ages. It will provide a brief overview of terminology and foundational concepts, while focusing on maintaining safe and supportive health classes, navigating student questions, and creating an inclusive health program. There will be ample time for Q&A and discussion with fellow participants.

SEX ED IN A CHANGING WORLD



12:30 - 1:45 | AFTERNOON WORKSHOPS, CONTINUED



Sagadahoc

Preventing Teen Dating Violence

Nancy Provost (she/her), Family Violence Project

Danielle Eaton (she/her), Safe Voices

Daniel Norwood (he/him), Caring Unlimited

Allison Fortin (she/her), New Hope Midcoast

Did you know that 1 in 3 teens experience dating abuse in high school? Have you ever wanted to learn how you can help students recognize abusive behaviors? This workshop features Prevention Educators from four of Maine's Domestic Violence Resource Centers. Join us for an interactive session about what Prevention Educators do, both in and out of the classroom, to provide youth with skills and resources that align with consent, respect, and equality. Participants will have the opportunity to participate in simulated relationship scenarios through the *In Their Shoes* curriculum. Bring your questions, your concerns, and your passion to prevent intimate partner abuse for youth.



Washington
York

Sex is a Funny Word: Addressing Common Questions about Sexual Health Services

Finn Wilder (they/them)

In this interactive presentation, Finn Wilder, MSN FNP-BC will provide information about accessing comprehensive reproductive healthcare at Maine Family Planning (MFP) while addressing common questions teens (and educators!) have about sexual health, including when, why, and how to access sexual health services. After attending this presentation, educators and mentors will be able to discuss Maine's Reproductive Privacy Act and how it applies to teens; help teens understand the services that are offered by Maine Family Planning, what services might be applicable to their situation, how to access services, and what to expect at an MFP visit. Plan for audience participation through poll questions, read-aloud scenarios, and group discussions!

1:45 - 2:00 | BREAK

SEX ED IN A CHANGING WORLD



2:00 - 3:10 | CHAT ROOMS

These 30 minute facilitated sessions provide an opportunity to share information on a specific topic. The five chat rooms will be repeated, with a short break for participants to move to a second chat room.

Sagadahoc

Engaging Parents and Guardians as Allies in Sexual Health Education

As parents voice their support and concerns for sexuality education, it is important that we take time to engage them as we teach sexual health. In this chat room session, Jennifer Wiessner, a Licensed Clinical Social Worker and AASECT Certified Sex Therapist, sex educator and consultant, will share her work providing parent programs and facilitate a discussion around helpful strategies for building meaningful “allyships” with parents.

Fort Western

Maine Family Planning's Prevention Education Program

Learn how MFP's Prevention Education Team can support your school or organization in implementing puberty or sexual health programming. From professional development to one-on-one support, their team can connect you to resources and train you in their up-to-date curricula. In this chat room, you will receive a snapshot of their three curricula: *Puberty Happens*, *Middle School Scope and Sequence for Teaching Sexual Health*, and their high school *Best Practices in STIs/HIV and Pregnancy Prevention*.

Washington York

Intellectual Freedom: How Access to Information Impacts Health Outcomes for Students

The Maine Library Association will help participants examine the current landscape of frequently challenged books in Maine and be able to describe the historical context of these challenges. In this chat room, attendees will gain a clear understanding of what a book challenge can look like, what support is available to those faced with them, and how book challenges affect students' first amendment rights. People will learn terminology, get a better understanding of the book challenge process, and feel better prepared to respond to them.

Piscataquis

LGBTQ+ Youth Resources and Support

OUT Maine and Maine Transgender Network will share their Maine-based resources and programs for LGBTQ+ youth, including online groups, GSTA visits, overnight retreats, drop ins, partnerships with local museums and galleries, and more! There will be time for participants to share ideas and brainstorm together what type of additional programming would be helpful and exciting, and how OUT Maine and Maine Transgender Network can support your students, staff, school, and the larger community!

Arnold Howard

The Importance and Challenges of Providing Inclusive Sex Ed in Divisive Times

Have you been wondering about how to be inclusive and supportive of your students in these divisive times? Now more than ever, inclusive LGBTQ+ sex education is of critical importance. Join Katie Lutts, former Health Teacher and current Program Director at OUT Maine, for a conversation that will allow for you, our incredible educators, to share with each other your commitment to the work of providing inclusive sex ed and how you have responded to the challenges of our current landscape.

3:15-3:30 | CLOSING AND DOOR PRIZES

Join us as we raffle off some fabulous door prizes! You will want to stick around to see if you are one of the lucky winners. *Must be present to win!*

SEX ED IN A CHANGING WORLD



PRESENTER BIOS

Dr. Rachael Gibson (she/her), Advocates for Youth

Keynote and Workshop Presenter, *Prevention, Response, and Healing from Sextortion*

Rachael E. Gibson, PhD, MPH, MS, MEd is the Senior Program Manager of AMAZE Education at Advocates for Youth. Dr. Gibson is an AASECT Certified Sex Educator based in Miami, Florida and Cape Town, South Africa and has taught comprehensive sexuality education all over the U.S. and the world. Dr. Gibson has over 20 years of experience in the health and sexuality education field, and currently serves on SHAPE America's National Health Education Council.

Lindsey Piper (she/her), Maine Family Planning

Workshop Presenter, *Abortion is Normal: Sharing Facts and Debunking Myths*

Lindsey is a sexual and reproductive health nurse practitioner and Lead Clinician for Maine Family Planning's Center for Reproductive Health in Augusta where she is an abortion provider and guides clinical service and protocol development. She also sees patients in Augusta and Belfast for other family planning care, abortion care, gynecologic care, cancer screening, vasectomies, gender affirming hormone care, STI testing and treatment and intrauterine insemination. In addition to being enthusiastic about providing and talking about abortion, Lindsey loves to run and garden, to hike and play and be with her close friends and family. Lindsey parents two lovely young people who are social justice savvy in their own rights. Lindsey has been in the sexual and reproductive health field for over 20 years and has worked as a nurse practitioner for 14 years.

Adrienne Carmack (she/her), Hardy Girls Healthy Women

Workshop Presenter, *The Perfect Girl Doesn't Exist: Social Media and Gender Stereotypes*

Adrienne is the Executive Director of Hardy Girls, where she gets to create and sustain youth-driven programs that empower girls and nonbinary youth across the state to use their voices to challenge a society that ignores their brilliance. She lives in Portland with her partner and their orange cat, and she enjoys running and scrolling TikTok.

Katie Church (she/her), Maine Coalition Against Sexual Assault

Workshop Presenter, *Porn Literacy*

Katie works to coordinate the efforts and act as a resource for Maine's Network of Children's Advocacy Centers (CACs) and the Children's Safety Partnership, an initiative that began in response to the legislation passed in 2015 mandating child sexual abuse prevention for all publicly funded Pre-K through 5 programs in Maine. Focusing on trauma-informed responses to child sexual abuse, Katie primarily trains and provides support to CAC staff, school personnel, and several statewide partners. Katie holds a master's degree in educational psychology.

Lisa Råvar (she/her), Maine Coalition Against Sexual Assault

Workshop Presenter, *Porn Literacy*

Lisa strives to support the impactful work of local sexual assault support centers' prevention efforts by ensuring preventionists can access tools, resources, and partnerships that deepen and connect their work in communities. Her role at MECASA seeks to address primary prevention in the communities in which we all live, play, and work to allow for the most sustained social change. Prior to this role, Lisa worked in sexual violence prevention and as a confidential resource at Bowdoin College, and provided program support to the Division of Violence Prevention at the Boston Public Health Commission. She holds a Masters in Public Health focused on social determinants of health.

Lynette Johnson (she/her), Maine Family Planning

Workshop Presenter, *Porn Literacy*

Lynette Johnson, MFP's Director of Prevention Programs, has worked in sexuality education for 22 years, and in sexual/reproductive health for over 30 years starting out in international family planning work. She advocates for comprehensive, inclusive sexuality education for all youth and develops resources and trainings to help others become sexuality educators. Lynette has a Master's degree in International Development.

Dan Kipp (he/him), SafeBAE

Workshop Presenter, Resources for Culture Change: Youth Empowerment & Adult Allyship

Dan Kipp is an educator and advocate working with young people and youth-serving adults to prevent violence and promote resilience. His work is informed by degrees in Sociology and Gender Studies, experience in the domestic violence movement, as well as extensive training and practice in Non-Violent Communication and Empowerment Self-Defense. Dan is the proud co-parent of 100-something houseplants and two chihuahuas (who you can follow on Instagram @small_paolo).

Emma Hill (she/they), Constellation Workshops For All

Workshop Presenter, Accessible Sex Ed For All

Emma Hill is a clinical social worker with over 15 years of experience working with adults with intellectual and developmental disabilities (I/DD). In 2022 they chose to leave the outpatient therapy world in order to found Constellation Workshop For All, which offers workshops in sexual education and mental health for folks with I/DD along with staff and guardians who support them. She believes that access to accurate and judgement-free sex education promotes not only safety, but a rich and fulfilling life.

Olivia Friday LoneMan, M.Ed (she/her), PPNNE

Workshop Presenter, What is Anti-Racist Sex Ed? Taking DEI from Theory to Action

Olivia Friday LoneMan, M.Ed is an enrolled member of the Cheyenne and Arapaho Tribes of Oklahoma and an educator who has been working in sexual and reproductive health education for about a decade, most recently working with Planned Parenthood of Northern New England. Olivia believes deeply in the freedom, power and healing that can be possible through people-centered anti-racist sexuality education and focuses the majority of her time working with historically, intentionally marginalized communities.

Katie Lutts (she/her), OUT Maine

Workshop Presenter, Building Welcoming and Inclusive Health Classes for Maine's LGBTQ+ Youth

Katie is the Program Director at OUT Maine and brings 14 years of teaching Health and Physical Education in the state to the position. During that time, she gained experience working with parents, administrators, school board members, the teachers union, but most importantly, with students. She believes in pushing sex education forward, talking about the hard things, and loudly supporting the Maine Family Planning *Best Practices* curriculum.

Finn Wilder (they/them), Maine Family Planning

Workshop Presenter, Sex is a Funny Word: Common Questions about Sexual Health Services

Finn Wilder, MSN, FNP-BC is a queer, nonbinary nurse practitioner providing comprehensive sexual and reproductive healthcare at Maine Family Planning. They approach care and education from a background in reproductive and social justice with the goal of increasing access to competent, equitable, compassionate care for all. Outside of work, Finn enjoys spending time with their family cooking delicious food, going on outdoor adventures, gardening, and having spontaneous dance parties.

Maine Coalition to End Domestic Violence Prevention Educators

Workshop Presenters, Preventing Dating Violence

- **Nancy Provost (she/her)** Abuse Prevention Educator for Family Violence project since 2011. Provides interactive presentations to students in Kennebec and Somerset counties, grades prek-12.
- **Diane Gallagher (she/her)** Prevention Coordinator for Safe Voices since 1996. Provides interactive presentations to students in Franklin, Oxford and Androscoggin, grades k-12.
- **Allison Fortin (she/her)** Youth Educator & Advocate for New Hope Midcoast. Provides interactive presentations to students in Lincoln and Sagadahoc counties, grades pre-k-12.
- **Daniel Norwood (he/him)** Youth Educator for Caring Unlimited. Provides interactive presentations to students in York County, grades 6-12.