

MAINE'S 18TH ANNUAL
COMPREHENSIVE SEXUALITY EDUCATION CONFERENCE

**CULTIVATING CONNECTIONS:
STRENGTHENING COMMUNITIES THROUGH SEX ED**

TUESDAY, APRIL 23
8:00 - 3:30

SAMOSET RESORT
ROCKPORT, ME



CULTIVATING CONNECTIONS: STRENGTHENING COMMUNITIES THROUGH SEX ED



WELCOME TO MAINE'S 18TH 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 *Cultivating Connections: Strengthening Communities Through Sex Ed*. When youth feel connected and know that they matter to their communities, their health outcomes are improved. As educators and youth professionals, we have the opportunity to build the connections, skills, and tools young people need to navigate a changing world. This year we are uplifting the voices of people working, living, or who have a connection in Maine through our opening panel, workshops, and roundtable sessions.

Today we also joyfully honor Maine individuals and organizations with the following Excellence in Sexual Health Education Awards:

- Claire Hall, *Rising Star*
- Stacey Vannah, *Significant Contribution*
- Olivia Friday Loneman, *Community Star*
- Maine Coalition Against Sexual Assault, *Community Pillar*

We look forward to celebrating and 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*
- Amanda Taisey, *Maine Coalition to End Domestic Violence*
- Susan Berry, *Maine Department of Education*
- Katie Lutts, *OUT Maine*
- Aspen Ruhlin, *Mabel Wadsworth Center*
- Olivia Friday Loneman, *Planned Parenthood of Northern New England*
- Kelly Colbath, *New Beginnings*

CULTIVATING CONNECTIONS: STRENGTHENING COMMUNITIES THROUGH SEX ED



CONFERENCE SCHEDULE AT A GLANCE

MORNING

8:00-8:30	Registration and Exhibits
8:30-9:45	Welcome and Panel of Speakers
9:45-10:15	Break and Exhibits
10:15-11:30	Workshops
11:30-12:00	Lunch
12:00-12:30	Excellence in Sexual Health Education Awards

AFTERNOON

12:30-1:30	Roundtable Sessions
1:30-1:45	Break and Exhibits
1:45-3:00	Workshops
3:00-3:15	Break
3:15-3:30	Conference Closing and Door Prizes

CULTIVATING CONNECTIONS: STRENGTHENING COMMUNITIES THROUGH SEX ED



**LOWER LEVEL
WEST WING**



LOBBY LEVEL

CULTIVATING CONNECTIONS: STRENGTHENING COMMUNITIES THROUGH SEX ED



MORNING

8:00-8:30 | REGISTRATION

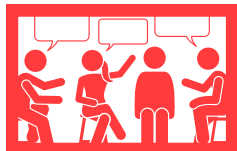


Lynne Kaplowitz (*she/her*), Conference Coordinator, Maine Family Planning

ACCESSIBILITY INFORMATION

- Visit Lynne at the registration desk in the hallway of the Lower Level West Wing if you have questions or need assistance during the conference.
- Pumping/chest feeding Room is available in the Monhegan room on the lobby level.
- Family/Gender Neutral Bathroom - The Samoset does not have a single stall bathroom available.
- ASL interpreters are available on request.
- Please have your name badge visible throughout the day.

8:30 - 9:45 | WELCOME & PANEL OF SPEAKERS |

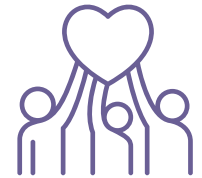


The panel is composed of the following school personnel who have started initiatives and innovations to promote sexual health and education in their school community.

- **Stacey Vannah**, Brunswick High School - Healthy relationship symposium.
- **Grace Valenzuela**, Portland Public Schools - Parent University and supporting diverse families.
- **Miranda Wakefield**, Noble High School - Sexual health education for youth with differing abilities.
- **Miranda Snyder**, MDI High School - Starting a Condom Availability Program.

9:45 - 10:15 | BREAK AND EXHIBITS

CULTIVATING CONNECTIONS: STRENGTHENING COMMUNITIES THROUGH SEX ED



10:00 - 11:30 | MORNING WORKSHOPS



WHAT SURROUNDS US SHAPES US

Karen Wyman (she/her) and Amanda Taisey (she/her)

Penobscot
Bay

Safe, stable, and nurturing relationships and environments support children and youth, and have the potential to reduce violence, foster resilience, and prevent substance abuse behaviors. Karen and Amanda invite you to join them in defining and exploring safety, stability, and nurturance as ways to increase these protective factors in communities and schools. This interactive activity from the Indiana Coalition Against Domestic Violence's Primary Prevention Toybox uses writing, drawing, and discussion to explore thoughts about safety, stability, and nurturance. Build stronger connections with other conference attendees and take home all you need to lead this activity in your own community!



Birth control, Abortions, and Trans care: OH MY!

Christina Theriault (she/her), Maine Family Planning

Rockland

This will be a non-traditional workshop to discuss birth control options with the emphasis on the myths surrounding types of birth control and fertility. This workshop will include the major services offered at Maine Family Planning, including abortion services (medical versus surgical) and MFP's gender-affirming hormone therapy program. It will include information on gender-inclusive language, the etiology and prevalence, and how to make your services more gender-inclusive.



Gender (in)Justice and Sexual Health Education: Developing Critical Awareness for Positive Health Outcomes

Meg Charest (she/her), Hardy Girls

Schooner

This workshop will unpack gender stereotypes and examine the connections between these stereotypes and how they translate into sexual health education accessed by youth in Maine. We will then discuss strategies for strengths-based approaches to develop youth critical thinking and curiosity in service of stronger, comprehensive sexual health education.



LGBTQ+ Identities and Health Class - Navigating the Hard Questions

Maggie Hirshland (she/them), OUT Maine

Camden

This workshop is a confidence builder! We will practice answering common questions students ask about LGBTQ+ identities as well as strategies for shutting down conversations when needed. We will discuss helpful frameworks to determine when to dive deeper into the discussions, when to redirect, and how to center the safety and inclusion of LGBTQ+ students in these discussions.

11:30 - 12:00 | LUNCH

12:00 - 12:30 | EXCELLENCE IN SEXUAL HEALTH EDUCATION AWARDS

CULTIVATING CONNECTIONS: STRENGTHENING COMMUNITIES THROUGH SEX ED



12:30-1:30 | ROUNDTABLE SESSIONS

These 25 minute facilitated sessions provide an opportunity for sharing collective wisdom on topics relevant to providing sex education in today's school and community environments. You will have the opportunity to attend two roundtables, choosing from the list of 10 options below.

Schooner

Tips for Talking Sex Ed in a Divisive Environment

Facilitated by Craig Freshley, Good Group Decisions

In this roundtable we will share tips for finding personal peace in the face of conflict and strategies for how to handle adversarial comments, alternative facts, and downright disrespect, including the actual words to say.

Camden

Planning a Successful Teen Issues Day/Sex Ed Fieldtrip

Facilitated by Stacey Vannah, Brunswick High School

From event logistics and advocacy to building relationships with community partners, this roundtable will discuss the key strategies for building an impactful health event that will leave your students talking for weeks to come.

State of Maine Hall

Preventing and Responding to Teen Dating Abuse

Facilitated by Nancy Provost, Family Violence Project; Daniel Norwood, Caring Unlimited; Allison Fortin, New Hope Midcoast

Do you have favorite resources or lessons for teaching about healthy relationships and discussing teen dating abuse? Join this roundtable hosted by experienced domestic violence prevention educators to discuss strategies and best practices for raising awareness and understanding of teen dating abuse at your school.

Rockland

Delivering Sex Ed to Students with Varying Abilities/IDD

Facilitated by Miranda Wakefield, Noble High School

This roundtable will highlight ways to identify and adapt sexual health education to meet the needs of youth of varying intellectual and developmental abilities with a Maine educator who has both personal and teaching experience on the topic.

State of Maine Hall

Teaching Sex Ed Through the Grade Spans: What to Teach and When

Facilitated by Maddy Magnuson, Maine Family Planning

The phrase "age appropriate" is a common refrain heard in the sex ed world, but what does it mean? This roundtable will discuss typical milestones in child and adolescent development, what is relevant to young people at different ages and stages, and how to communicate to other adults about what is age appropriate.



CULTIVATING CONNECTIONS: STRENGTHENING COMMUNITIES THROUGH SEX ED

12:30-1:30 | ROUNDTABLE SESSIONS, CONTINUED

These 25 minute facilitated sessions provide an opportunity for sharing collective wisdom on topics relevant to providing sex education in today's school and community environments. You will have the opportunity to attend two roundtables, choosing from the list of 10 options below.

Penobscot
Bay

Survivors in the Classroom - Being Trauma Informed

Facilitated by Lisa Rävär (MECASA) and Kathleen Paradis (Sexual Assault Crisis and Support Center)

Join us to share strategies for considering the needs of young people who have experienced sexual violence when you are presenting sex ed curricula. We welcome tips for trauma-informed practice that will benefit all students.

State of
Maine Hall

The Journey to Implementing a Condom Availability Program

Facilitated by Miranda Snyder, MDI High School

Have you considered making condoms available at your school? Do you wonder where to start? Join Miranda to learn more about the program and to share tips and strategies for making a condom availability program successful!

Rockport

Supporting Healthy Masculinity in the Sex Ed Classroom

Facilitated by Mark Priceman, Maine Boys to Men

How do you notice gender stereotypes emerging in your classroom? Join this discussion on how to engage in impactful conversations with youth to promote gender equity.

State of
Maine Hall

Working with Parents and Families from Multicultural Backgrounds

Facilitated by Lynette Johnson, Maine Family Planning

Families come from diverse cultural and religious backgrounds and often have questions and concerns about their children learning about sexual health topics in school. Bring your successes and challenges to share in this discussion about engaging with parents and families of diverse beliefs and backgrounds.

State of
Maine Hall

Media Literacy and Sex Education

Facilitated by Maine Department of Education

This discussion will explore the dynamic relationship between media literacy and sex education, looking at the impact of media on perceptions of sexuality and relationships, and sharing strategies to empower youth as critical consumers of media and online sexuality content.

1:30-1:45 | BREAK AND EXHIBITS

CULTIVATING CONNECTIONS: STRENGTHENING COMMUNITIES THROUGH SEX ED



AFTERNOON

1:45 - 3:00 | AFTERNOON WORKSHOPS



Penobscot Bay

Microaggression Awareness and Response

Clara Porter (she/her) and Nuna Gleason (she/her), Prevention. Action. Change.

Microaggressions are subtle verbal or behavioral slights and indignities based on membership in a social group. The goal of Microaggression Prevention and Response Training is to help participants build awareness of the types of identity-based microaggressions experienced by students, staff, and community members and learn methods for effective early intervention and response. Skillful intervention can help shift school and organizational culture and prevent escalation into more overt verbal and physical harassment. This workshop will explore types and examples of microaggressions, barriers to intervention, elements of safety assessment, and the 6 Ds of intervention. Participants will also gain tools for managing adrenaline in stressful situations and practice interventions in real scenarios.



Rockland

Self Determination in Sex Ed: When Prevention Feels Like Control

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

Sexuality is a fundamental aspect of human identity and development, yet conversations around sex education often revolve around prevention and risk. This workshop aims to shift that paradigm by offering a comprehensive, inclusive, and equitable approach to sexuality education that focuses on empowerment and self-determination through an anti-racist lens.



Schooner

Sex, Stigma, and STIs

eSBee Buhlman (they/she), Maine Center for Disease Control

Learn about current STI trends in Maine, testing and treatment, and ways we can reduce stigma when working with young people. Get ready to practice some skills learned and maybe even get your Kahoot! on.

CULTIVATING CONNECTIONS: STRENGTHENING COMMUNITIES THROUGH SEX ED



1:45 - 3:00 | AFTERNOON WORKSHOPS, CONTINUED



Camden

Cultivating Connection as the Root of Sexual Violence Prevention

Katie Lutts (she/her) and Lisa Råvar (she/her)

Often when discussing the prevention of dangers to young people's safety - commercial sexual exploitation, sexual violence, online harassment, and so on - educators focus on risks and warning signs. This session explores what it would mean to take a step back and consider what makes young people vulnerable to begin with. Lisa and Katie will provide a framework for cultivating connection and building a sense of belonging as protective not only for sexual violence prevention but a myriad of other positive health outcomes. They'll discuss efforts local sexual assault support centers and OUT Maine are each doing to foster community and connection with ample time for participants to share what has worked or might work for them in their own classrooms, schools, or communities.

3:00-3:15 | BREAK

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!*

Visit the registration table for instructions on how to enter the raffle.

CULTIVATING CONNECTIONS: STRENGTHENING COMMUNITIES THROUGH SEX ED



PRESENTER BIOS

Karen Wyman (she/her), Maine Coalition to End Domestic Violence Workshop Presenter, What Surrounds Us Shapes Us

Karen Wyman is MCEDV's Prevention & Intervention Director. In her role, she supports statewide prevention and intervention approaches that move individuals and communities toward greater safety and collective liberation. Karen has over 20 years experience in social change movements in Maine, New Mexico, and Ohio. Karen was born and raised in Damariscotta. She now lives in Hallowell with her wife, where they eagerly await the return of the riverside rainbow Adirondack chairs each spring.

Amanda Taisey (she/her), Maine Coalition to End Domestic Violence Workshop Presenter, What Surrounds Us Shapes Us

Amanda Taisey is the Health Systems Engagement Coordinator for MCEDV and is tasked with the development and effective implementation of MCEDV's programming related to health care systems as critical components of a coordinated community response to domestic abuse and violence. Amanda started her career as a shelter advocate in 2003 while finishing her bachelor's degree in Criminology at USM and spent four years at Through These Doors supporting survivors of domestic abuse in both Maine Correctional Center in Windham and Cumberland County Jail in Portland. Amanda also served as a Certified Domestic Violence Intervention Program co-facilitator.

Meg Charest (she/her), Hardy Girls Workshop Presenter, Gender (in)Justice and Sexual Health Education: Developing Critical Awareness for Positive Health Outcomes

Meg Charest is the Teen Programs and Training Institute Manager at Hardy Girls, a Maine-based nonprofit serving self-identified girls and nonbinary youth. Meg comes to Hardy Girls from the field of public education, where she taught English for several years at a Washington County middle school. Meg's focus on youth-empowered positive youth development work drives her interest in partnering with youth to develop responsive and comprehensive approaches to sexual health education and gender justice education that equip young people to pursue a future defined by their vision.

Clara Porter (she/her), Prevention. Action. Change. Workshop Presenter, Microaggression Awareness and Response

Clara Porter, MSW has worked in the field of violence prevention for 30 years with individuals, groups, and organizations to build prevention, intervention, and response skills and gain tools for healing and growth. Beginning in 2016, Porter expanded the work of Prevention. Action. Change. to include Active Bystander Intervention, De-escalation, and Microaggression Prevention and Response. PAC has worked with numerous schools and organizations on these topics including: Maine Health, Health Equity Alliance, Youth Led Justice, Safe Voices, Through These Doors, Telstar Middle School and Falmouth, Deering, Telstar, and Casco Bay High Schools.

Nuna Gleason (she/her), Prevention. Action. Change. Workshop Presenter, Microaggression Awareness and Response

Nuna Gleason is the founder and executive director of Wounded Healers International in Kenya and Kivulini yoga studio in South Portland Maine. Nuna is an activist, healer, and teacher of yoga and self defense who brings people together across their experiences to grow, heal, and celebrate themselves and one another. Nuna's passion is to disrupt systems of oppression and support survivors of sexual violence.

Maggie Hirshland (she/them), OUT Maine

Workshop Presenter, LGBTQ+ Identities and Health Class - Navigating the Hard Questions

Maggie Hirshland is the Youth Engagement Coordinator at OUT Maine, and through this position plans, facilitates, and leads LGBTQ+ youth drop ins, advisory boards, after school programs, youth trainings, and more. Working with LGBTQ+ youth between the ages 9-22 years, Maggie has created collaborative programming for queer youth and allies of all ages across a variety of disciplines, in school and in after school settings. Prior to OUT Maine, Maggie studied in the School of Education and Human Development at the University of Virginia, and has since worked in the midcoast for the past four years in community and youth engagement roles, including as the After School Coordinator at South School Elementary.

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, *Cultivating Connection as the Root of Sexual Violence Prevention*

Katie is a 2007 graduate of the University of Maine with a degree in Kinesiology and Physical Education and has been teaching health and physical education in Maine for the past 14 years. Katie has experience working with the teacher's union, administration, and school board on creating and implementing policy. She brings enthusiasm, energy, and years of experience working with students and adults to encourage and support change.

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

Workshop Presenter, *Cultivating Connection as the Root of Sexual Violence Prevention*

Lisa Råvar is the Prevention Director at the Maine Coalition Against Sexual Assault. Lisa strives to support the impactful work of local centers' prevention efforts by ensuring preventionists can access tools, resources, and partnerships that deepen and connect their work in communities. Her role seeks to address primary prevention in the communities in which we all live, play, and work to allow for the most sustained social change. Her previous roles in violence prevention have been as a volunteer community educator for the Boston Area Rape Crisis Center, supporting the Division of Violence Prevention at the Boston Public Health Commission, and directing sexual and dating violence prevention programming at Bowdoin College

eSBee Buhlman (they/she) Maine Center for Disease Control

Workshop Presenter, *Sex, Stigma, and STIs*

eSBee Buhlman taught middle and high school health for a decade before transitioning to work for the Maine CDC as a Public Health Educator. They have held various leadership positions advocating for better health education - from local health vertical teams to a statewide cadre. eSBee passionately believes everyone has a right to stigma-free, inclusive, comprehensive, and culturally humble sex-ed.

Christina Theriault (she/her) Maine Family Planning

Workshop Presenter, *Birth control, Abortions, and Trans care: OH MY!*

Christina Theriault is a Women's Health Nurse Practitioner at Maine Family Planning in Fort Kent and Presque Isle. She has been a Nurse Practitioner for 18 years with previous nursing experience working in Labor and Delivery, Postpartum, and antepartum floors of a major Boston hospital. She received her BSN from University of Pennsylvania in 2000 and her Masters in Nursing from Boston College in 2006. She is faculty at University of Maine Orono, teaching the didactic portion of Reproductive Health to NP students in the Family NP track. She is routinely a preceptor for graduate nurses in the clinical setting through numerous universities, and a preceptor for medical students from Quinnipiac University. A lifetime advocate for LGBTQIA+ folks, she was recently elected to the board of OUTMaine. She is the lead clinician for Open Door, Maine Family Planning's program for gender-affirming hormone therapy. Christina resides in Fort Kent with her husband and 2 very energetic sons.

**CULTIVATING CONNECTIONS:
STRENGTHENING COMMUNITIES THROUGH SEX ED**



EXHIBITORS

- DISABILITY RIGHTS MAINE
- MABEL WADSWORTH CENTER
- MAINE FAMILY PLANNING
- OUT MAINE
- PPNE
- UNIVERSITY OF MAINE
- MCEDV
- MECASA
- NEW BEGINNINGS
- PREVENTION. ACTION. CHANGE.
- SPEAK ABOUT IT
- MAINE WOMEN'S LOBBY
- MAINE DEPARTMENT OF EDUCATION
- MAINE CDC STD PROGRAM

SPONSORS

