

Personal or school/business checks are acceptable forms of payment. If paying with a school/business check, please provide the school's FIN (federal identification number).

Make check(s) payable to **Virginia Department of Education** and mail to:

LaTonya Brown
Virginia Department of Education
P.O. Box 2120
Richmond, VA 23218-2120

No Purchase Orders will be accepted.

Confirmation packets that include directions, a campus map, and additional workshop information will be mailed upon receipt of the registration.

Check-in hours will be 3-5 PM on Sunday, July 15th for those traveling more than 200 miles and for others 8:30-9:45 AM on Monday, July 16th. The conference will begin at 10 AM on Monday, July 16th.

Please note that Longwood University is NOT a barrier-free environment. If you have any questions about access and/or accommodations, contact the Director of Disabilities Support Services at 434-395-2391 or 800-828-1120 TT Relay.

Registration and programmatic questions should be addressed to Caroline Fuller at 804-225-2431 or Caroline.Fuller@doe.virginia.gov.

Health for Success in Virginia Training Sessions

Longwood University

July 16-19, 2007



Registration Deadline
June 1, 2007

Sponsored by:

Virginia Dept. of Education (HIV Prevention Education)
Virginia Department of Health
(Division of Injury and Violence Prevention and Division of
Chronic Disease Prevention and Control)
Virginia Association for Health, Physical Education,
Recreation and Dance

The annual *Health for Success In Virginia* Training Sessions target anyone interested in improving the health and well-being of youth. To ensure maximum information sharing, it is suggested that school divisions pre-register participants by broad-based school and community teams.

Participants will receive a certificate of attendance for teacher recertification through their school divisions. Interested individuals can apply for CHES recertification credits. You must attend all sessions **IN FULL** to receive the recertification credits. CEUs and three graduate credit coursework will also be offered through Virginia Commonwealth University.

All participants must be pre-registered. There will be no on-site registration. The check and registration form must be received by **June 1, 2007**. Workshops are limited to approximately 30 persons on a first-come, first-serve basis. For workshops to be offered, there must be a minimum of 15 registrants.

The **non-refundable** registration fee of **\$50.00** per person must be **pre-paid by check**. **NO PURCHASE ORDERS WILL BE ACCEPTED.** If there is an emergency and a registrant is unable to attend, another person may substitute. If registrants fail to find a substitute, fail to cancel three working days prior to the start of the event, or leave early without just cause, they will be charged for each day not in attendance, from \$65.00 up to \$260.00 for the full four days. This amount will cover grant expenses spent for the participant. The registration fee includes all on-campus meals, lodging (including basic linens) and FLE training materials. All rooms are doubles unless an **additional fee of \$34.00 PER NIGHT is paid (for a total of \$102.00)**. There are a limited number of single rooms. You **MUST** include this additional amount in your registration fee.

Registration Instructions

Participants will attend one workshop each day. The training time for each workshop day is approximately six hours. **Training days will begin at 8:30 A.M. each day except for Monday July 17th when workshops begin at 10 A.M.**

Participants may sign up for one workshop per day. **However, if you are a first-time Family Life Education participant you must attend the *Understanding Human Sexuality Today Workshop*.** When marking choices, please notice workshops are offered on specific dates only. Spaces are limited so please respond as soon as possible. **Please write 1 for your first choice and A for your alternate choice each day.**

Monday, July 16, 2007

- _____ Understanding Human Sexuality Today
- _____ Practicing Effective Teaching Strategies in Family Life Education
- _____ Preventing Risky Behavior
- _____ Understanding Legal and Ethical Issues Related to Family Life Education
- _____ Can We Talk? (2-day training- Mon & Tues. Participants must attend both days.)
- _____ Chronic Disease Prevention and Control— You Can !!!

Tuesday, July 17, 2007

- _____ Understanding Human Sexuality Today
- _____ Practicing Effective Teaching Strategies in Family Life Education
- _____ Preventing STDs
- _____ Working with Diverse Populations
- _____ safeTALK and Bullying Prevention
- _____ Can We Talk? (Day 2)
- _____ Safe Schools and Safe Students for Elementary Schools
- _____ Coordinated School Health Programs and Working with School Health Advisory Boards

Wednesday, July 18, 2007

- _____ Understanding Human Sexuality Today
 - _____ Understanding Legal and Ethical Issues Related to Family Life Education
 - _____ Strengthening Character-based Abstinence Education
 - _____ Preparing for the Future: Family Planning
 - _____ Preventing Sexual Harassment, Abuse and Assault
 - _____ Nutrition and Dealing with Eating Disorders
 - _____ ASIST Applied Suicide Intervention Skills Training (2-day training – Wed. & Thur. Participants must attend both days.)
 - _____ Joint Sessions with School Nurses
- Circle one of the following:
- o Sports Related Injury and Illegal Drug Use
 - o Traumatic Brain Injury and Adolescent Brain Development
 - o Child Abuse Panel Case Study and Recognizing Dating Violence

Thursday, July 19, 2007

- _____ Preparing for the Future: Family Planning
- _____ Working with Diverse Populations
- _____ Preventing Sexual Harassment, Abuse and Assault
- _____ Preventing STDs
- _____ Preventing Risky Behavior
- _____ Introduction to the Child Assault Prevention Program (CAP)
- _____ ASIST (Day 2)

Evening sessions

- _____ *VCU Graduate Course (three-day class – Mon: 8-9:30pm, Tue-Wed: 6:15-8:45pm)*

PLEASE PRINT!

I will attend: (check all that apply) :
___ M ___ Tue ___ W ___ Thu

Your Name: _____

Title or Position: _____

County/City of Work: _____

School/Organization Name:

Summer Address (street, city, zip):

Summer Phone Number: _____

FAX Number: _____

E-mail:

Room preference: Double: ___ Single ___
(additional \$102.00 for three days single occupancy)

NOTE: All rooms are non-smoking.

I want to share a room with:

Has your roommate already registered?
Yes _____ No _____

___ **I will reside off campus.**

Do you need special accommodations? (Please explain).

Office use only:

Receipt # _____ Date _____ Initial _____

Course Descriptions

ASIST(Applied Suicide Intervention Skills Training)

2 day workshop

Objective: To develop Suicide Risk Assessment and Intervention Skills for working with middle and high school. Participants are required to attend both days.

“Can We Talk?” 2 day workshop

Objectives: (1) Prepare participants to facilitate the nationally recognized Can We Talk? Curriculum; (2) Help parents talk to their children about self-esteem, sexuality and peer pressure. Participants are required to attend both days.

Chronic Disease Prevention and Control - You Can !!!

Objectives: (1) Increase participant’s knowledge regarding the prevention of chronic disease; (2) Describe statewide projects offered by the Virginia Department of Health which reduce risk factors for chronic disease; (3) Understand the importance of accessing emergency response services promptly.

Coordinated School Health Programs and School Health Advisory Boards

Objectives: (1) Provide a networking opportunity for SHAB members; (2) Share ideas for improving school help; (3) Dr. Pat Cooper from McComb, Mississippi, will be sharing his experience with Coordinated School Health Programming.

Introduction to the Child Assault Prevention Program (CAP)

Objectives: (1) Discuss the dynamics of child assault, myths and facts, warning signs, responding to assault and reporting requirements. Child victim data from 37 sexual assault programs from throughout Virginia will be reviewed. (2) Learn the philosophy and dynamics of the national/international Child Assault Prevention (CAP) program's workshops for school staff, parents and children.

Nutrition and Dealing with Eating Disorders

Objectives: (1) Strengthen the educator’s knowledge of basic nutrition, and (2) Learn to identify signs and symptoms of an eating disorder.

Preparing for the Future: Family Planning

Objectives: (1) Know family planning options, including adoption, and contraception to prevent unwanted pregnancies; (2) Know relationships between contraceptive methods and sexually transmitted diseases; (3) Explore attitudes about sexual risk-taking behaviors; (4) Identify facts and general misconceptions about contraception; (5) Know strategies for teaching about contraceptive use after marriage.

Preventing Sexual Harassment, Abuse and Assault

Objectives: (1) Increase knowledge of sexual harassment, abuse, sexual assault; (2) Increase knowledge of incidence of sexual abuse among adolescents; (3) Identify impact of sexual abuse on a young person’s development; (4) Identify educational messages that are helpful to victims/survivors of sexual abuse; and (5) Experience classroom activities that address issues of sexual abuse.

Practicing Effective Teaching Strategies in Family Life Education

Objectives: (1) List five characteristics of effective sexuality/FLE education programs; (2) Describe four strategies for creating a psychologically safe and comfortable learning environment in the classroom; (3) Distinguish between effective and less effective teaching methods for sexuality/FLE education; and (4) Demonstrate increased comfort in answering sensitive/difficult questions.

Preventing Risky Behavior

Objectives: (1) Increase participants’ knowledge of characteristics of effective prevention programs; (2) Identify strategies for increasing students’ perceived vulnerability to sexually transmitted diseases (STDs) and more; (3) Identify important abstinence messages; (4) Identify strategies for teaching negotiation and refusal skills.

Preventing STDs

Objectives: (1) Increase participants’ knowledge of sexuality transmitted diseases other than HIV infection; (2) Explore attitudes toward adolescent sexual risk-taking and adult responses; (3) Explore attitudes toward adolescent sexual risk-taking and adult responses.

safeTALK and Bullying prevention

Objectives: (1) Provide the skills necessary to determine if a person is having thoughts of suicide; (2) Provide the skills necessary to connect the person having suicidal thoughts with trained suicide prevention professionals; (3) Provide **Suicide Awareness For Everyone** so that they can **Talk Ask, Listen & Tell** (safe TALK) about suicidal thoughts; (4) Provide a framework for recognizing bullying behaviors; (5) Provide a framework for implementing a bullying prevention program; (6) Provide skills and knowledge for reducing bullying behaviors.

Safe Schools and Safe Students for Elementary Schools

Objectives: (1) Understand the use of the Safe Schools and Safe Students in Virginia guide; (2) Overview of bullying prevention for school; (3) Explore curriculum resources for school injury prevention.

Strengthening Character-based Abstinence Education

Objectives: (1) Strengthen the concept that abstinence is a wise/realistic expectation for youth; (2) Identify and clarify foundational messages associated with abstinence education programs; (3) Evaluate and select effective curriculum and materials; (4) Integrate ethical decision making into Family Life Education and general education; (5) Educate for reducing STD and teen pregnancy rates.

Understanding Human Sexuality Today

Objectives: (1) Define human sexuality; (2) Explore attitudes and values regarding a range of sexuality topics; (3) Increase participants' comfort with teaching about sexuality issues; (4) Increase participants' knowledge of goals and philosophy of sexuality education; (5) Identify characteristics of sexually healthy adolescents; and (6) Identify age-appropriate classroom content for middle and high school students.

Understanding Legal and Ethical Issues Related to Family Life Education

Objectives: (1) Identify and analyze legal and ethical issues relating to sexual behaviors; (2) Understand the need for clear, consistent and current policies on HIV and Family Life Education; (3) Increase comfort level in teaching about legal and ethical issues related to sexuality and HIV education; and (4) Increase instructional skills related to legal and ethical issues in sexuality and HIV education.

Working with Diverse Populations

Objectives: (1) Identify a conceptual framework for understanding dimensions of diversity among individuals; (2) Increase awareness of participant's diversity and its impact on their lives including sexuality; and (3) Increase ability to be inclusive when teaching about sexuality and HIV prevention education.