Planned Parenthood of Metropolitan New Jersey
Education Department

Trainings for Professionals

Intended for school, college, social work, social services, healthcare, and youth-serving settings.

Each package contains 3 workshops and is $600. Book two or more packages and receive a $100 discount! Workshops are 45-60 min and can be conducted in-person or over Zoom.

Package A: The Basics

Intro to Sexuality Education
Exploration of values, culture, and understanding of sexuality as more than just the act of s-e-x.

Building Trauma-Informed & Safer Spaces
Intentionally create spaces for people to feel safe talking about uncomfortable topics, without shame, judgment, or re-traumatization.

Answering Tough Questions
Confidence and proficiency are essential to be able to handle controversial topics.

Package B: Creating LGBTQ+ Affirming Spaces

101: Foundations
The basics of LGBTQ+ identities, including terminology and understanding intersectionality.

102: Applying Concepts to Practice
Practice having conversations using pronouns and inclusive language

How to Support LGBTQ+ Youth
Ally is a verb. Learn how to best to support your students and clients with resources for affirmation and mental health support.

Package C: Reproductive Rights

Pregnancy Options
Four options for unintended pregnancies, including abortion, and destigmatizing young parents

Abortion Access and NJ Law
The landscape of abortion laws across the country, focusing on resources for people seeking abortions in NJ.

Reproductive Justice: Beyond Rights & Choice
Explanation of the human rights-based RJ framework, including a brief history of the reproductive rights movement and examples of reproductive oppression

Package D: Training of Educators

This series is intended for folks in health educator capacities and should be completed following, or in tandem with, Package A.

Fee for Package D (five 90-min sessions):
$1,000

The TOE will help folks become prepared to teach:

- Birth Control
- Sexually Transmitted Infections (STIs)
- Pregnancy Options
- Relationships & Consent
- Sexual Orientation & Gender (SOGIE)

At this time, PPMNJ does not offer Continuing Education credits.

To book a workshop series, call 973-622-3900 ext 1221
or email us at sex.education@ppmnj.org

www.ppmnj.org