

# Our Services

## What is WA PREP?

WA PREP is a sexual health education program administered by the Washington Department of Health (DOH), in partnership with the Office of Superintendent of Public Instruction (OSPI) and Cardea. Through professional learning and capacity development, WA PREP supports youth-serving organizations with comprehensive sexual health education (CSHE) planning and implementation, training and coaching, engaging parents and community members, and a variety of other supports. All of our services are provided at no cost for WA PREP partners, and we can offer small stipends to support your CSHE implementation.

School districts and youth serving organizations that decide to partner with WA PREP are required to complete evaluation forms: entry/exit surveys for participating students, attendance sheets, and staff perceptions survey.

## Services

WA PREP offers customized capacity development and professional learning services to support school districts and youth serving organizations in selecting, implementing, and sustaining comprehensive sexual health education programming.

## Implementation Support

These services provide organization leaders with the assistance they need to build buy-in and establish conditions and best practices for CSHE.

- **Curriculum Adoption Task Force:** Expert facilitators lead a structured, engaging process that is customized to meet your needs, including overview of CSHE legislative requirements and policies, guidance for curriculum and lesson selection, and more.
- **Presentations to Key Stakeholders:** We present to school boards, instructional materials committees, and administrations regarding CSHE legislative requirements and policies, curriculum adoption task force processes, and an overview of the selected curriculum.
- **Evaluation Report:** Our evaluation team provides a report summarizing the impact of CSHE in the district. This report can be used to communicate the importance of CSHE to administrators, educators, parents/caregivers, and community members, as desired.

## Educator Support

These services equip teachers and facilitators with the skills and tools to increase their comfortability and confidence teaching CSHE.

- **Training:** Facilitating CSHE effectively requires educators to create safe and supportive environments for student learning. Our trainings\* equip educators with the core skills needed to effectively implement CSHE in the classroom.
- **Implementation Support:** We provide CSHE facilitators with customized support and problem solving around their unique CSHE implementation needs through individualized coaching sessions and site visits including modelling lessons, observation, and feedback.

## Parent/Caregiver Support

These services provide parents, caregivers, and trusted adults with the knowledge, skills, and resources to support them in communicating with their young people about topics related to sexual health.

- **CSHE Informational Presentation:** A customized recorded presentation to inform parents/caregivers in the school community about CSHE legislative requirements and policies, the curriculum selected, and the implementation plan at the district.
- **“How to talk with young people about sexual health” Presentation:** A recorded presentation designed to build parents/caregivers’ comfort with having conversations about sexual health with young people in their life.
- **“The Talk” eLearning modules:** eLearning micro-modules to guide age-appropriate conversations between caregivers and youth about topics related to CSHE.
- **Q&A:** Our staff will respond to a google survey where parents/caregivers can submit questions about CSHE.
- **Resources:** A list of reliable books and websites regarding CSHE related topics as well as reflection worksheets designed to help guide caregivers in their conversations with young people.

## **\*Trainings**

### **Core Skills for Teaching CSHE**

- 6 hours total: 2.5 hours of self-paced eLearning modules followed by a 3.5-hour instructor led training
- Participants will learn foundational skills and knowledge necessary to effectively teach CSHE, including small group discussions and opportunities for practical application

### **Curriculum Training**

- 6 hours total: 2.5 hours of self-paced eLearning modules followed by a 3.5-hour instructor led training
- Participants will learn foundational skills and knowledge necessary to effectively teach CSHE, including small group discussions and opportunities for practical application

### **Supplemental Training**

2 hours each:

- Core Skills Refresher
- Trauma-Informed CSHE
- Equity & CSHE
- Affirmative Consent & Bystander Intervention
- Social Media & Sexually Explicit Materials
- Gender & Sexual Diversity
- Inclusive Puberty Education
- Consent 201