

# Making Sense of Abstinence

## Professional Development Workshop



### LOCATION:

**Kearney - April 14, 2015**  
**8:30 a.m. – 4:00 p.m.**

ESU #10  
76 Plaza Boulevard Kearney, NE  
68845

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### Make Sense of Abstinence?

Abstinence is a key message for sexuality education in Nebraska. Teachers, health educators and others that work with young people need positively-framed, empowering lesson plans that support young peoples' abstinence decisions. Based on the 16 empowering, positive lessons in the manual *Making Sense of Abstinence*, this training will equip professionals with important ancillary resources to support their abstinence education efforts.

### What does the workshop cover?

Using interactive methods, lecture and discussion, *Making Sense of Abstinence* will explore the definition of abstinence, attitudes and values related to abstinence, and skills to help young people be successful with their abstinence decisions. Attendees will build skills to help students explore what abstinence means to them; recognize abstinence as a conscious, viable choice; think critically about their decisions in the context of factual information and their own family and cultural values; and learn how to be effective at carrying out the decision to choose abstinence.

### Training Objectives

1. Describe conflicting ways in which people define "sex" and abstinence.
2. Identify morals, opinions, and values that adults hold related to abstinence.
3. Describe the four themes related to the "Making Sense of Abstinence" pedagogical framework.
4. Describe at least one way to teach young people to develop personal, meaningful definitions about abstinence.
5. Discuss ways to present factual information about touching behaviors and how they do/do not fit in to definitions of abstinence.
6. Describe at least two skills needed for successful abstinence.
7. Describe why and when a young person's abstinence decision might change, and how to support them.

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### Who should attend?

Target audience members include health educators, teachers, nurses, clinical staff, social workers, counselors, and anyone who works with young people.

### Trainer

The trainer, Bill Taverner, MA, CSE is the executive director of the Center for Sex Education and is the editor-in-chief of the American Journal of Sexuality Education. He has co-authored or co-edited many sex ed teaching resources, including Making Sense of Abstinence; Sex Ed 101; and many others.



### Registration

Space is limited! Registration due by March 31, 2015. Cost is \$15 per person.

*Certificates of Completion will be awarded, with peer-approved contact hours for nurses available. An application for 5.75 hours of Continuing Education has been submitted to the Georgia Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission On Accreditation. This program meets the criteria of an approved continuing education program for social work and mental health practice. Lunch and materials will be provided with registration fee. For More Information Contact: Nebraska DHHS Division of Public Health, Adolescent Health Program, [michaela.meismer@nebraska.gov](mailto:michaela.meismer@nebraska.gov), 402-471-0538 or 800-801-1122.*

**TO REGISTER: Complete and Mail this form with \$15.00 registration fee by March 31st.  
Make check out to and mail to:**

**NE DHHS Adolescent Health Program  
P.O. Box 95026  
Lincoln NE 68509-5026**

**YOUR NAME** \_\_\_\_\_

**COMPLETE MAILING ADDRESS:**

\_\_\_\_\_  
\_\_\_\_\_

**EMAIL ADDRESS (We will use this for confirmation of registration and unexpected cancellations.)**

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**Please note dietary restrictions here:** \_\_\_\_\_

*Special Needs? Please contact Michaela Meismer at [michaela.meismer@nebraska.gov](mailto:michaela.meismer@nebraska.gov)*