

# TRAINING MENU

*Please review the following information  
before requesting a training:*

- Please provide **at least two weeks' notice** for training requests, but a month's notice is preferred.
- Please include **multiple potential dates** to accommodate for our staff's capacity.
- All of these presentations' lengths can be modified to fit your needs, but the price will remain the same.
- We reserve the right to decline training requests at our discretion.
- We can complete trainings in-person in the Colorado Springs area, or virtual/hybrid anywhere in Colorado.
- **Sliding scale pricing options are available for those with limited or no budget.** We want these trainings to be accessible, so don't let the price stop you! That being said, if you have the ability to pay, we are grateful for your investment in the LGBTQIA2+ community.

# Intro to LGBTQIA2+

This training walks you through the LGBTQIA2+ acronym, defining common terms and dispelling myths and misconceptions about some of our beautiful identities. You'll also learn about proper pronoun use, and a few simple steps to best support LGBTQIA2+ people in your life and work.

- **Audience:** Anyone looking for a base-level understanding of the LGBTQIA2+ community and how to support them.
- **Objectives:**
  - Identify and define common terminology related to identities, orientations, and expressions.
  - Differentiate between gender identity/expression and sexual orientation.
  - Understand how hetero-normative and gender-normative bias present in the community (and workplace).
  - Identify at least one technique for supporting the LGBTQIA2+ community in your daily life.
  - Understand the importance of pronoun use.
- **Length:**
  - 90 minutes
- **Price:**
  - \$600 (sliding scale and bulk options available)
- **Prerequisite:**
  - None

“They did a great overview of identities. Appreciated learning about Two Spirit.”

— **IOYS Training Attendee**

# Becoming a Trusted Adult

This training will provide you with techniques on how to have productive, supportive conversations with youth and young adults, as well as a window into some issues commonly faced by young people of all gender identities and sexual orientations.

- **Audience:** Parents, teachers, youth-serving professionals, anyone with an LGBTQIA2+ young person in their life.
- **Objectives:**
  - Understand the developmental changes, strengths, and common concerns that arise during middle and high school adolescence.
  - Identify additional strengths and challenges that youth in the LGBTQIA2+ community face.
  - Understand the importance of being a trusted adult for youth.
  - Understand how to have a difficult conversation with young people in order to support their social/emotional well-being.
- **Length:**
  - 90 minutes
- **Price:**
  - \$600 (sliding scale and bulk options available)
- **Prerequisite:**
  - Intro to LGBTQIA2+

“I appreciated the mix of activities, discussion, and presentation and [our trainer was] very engaging and knowledgeable.” — *IOYS Training Attendee*

# Suicide Prevention Among LGBTQIA2+ Youth

This training will introduce you to the concept of shared risk and protective factors, and highlight the risk factors experienced by LGBTQIA2+ people. We will also discuss specific ways to be supportive, and specific steps to take if you know a young person in crisis.

- **Audience:** Anyone who wants to better support the mental health of LGBTQIA2+ youth and learn to assess someone for suicide risk.
- **Objectives:**
  - Identify at least two risk factors and at least two protective factors related to LGBTQIA2+ youth mental health.
  - Identify indicators of suicidal ideation and how to develop a safety/stabilization plan.
  - Understand when hospitalization is required and what alternative treatment methods exist.
- **Length:**
  - 90 minutes
- **Price:**
  - \$600 (sliding scale and bulk options available)
- **Prerequisite:**
  - Intro to LGBTQIA2+

“[I] Gained better knowledge on how to communicate with this Great community of individuals.”

— *IOYS Training Attendee*

# Sexual and Domestic Violence Prevention

This training will introduce you to the challenges faced by LGBTQIA2+ youth in navigating sexual and domestic violence, and equip you with tools to have a trusting conversation with those youth.

- **Audience:** Anyone who wants to better support the mental health of LGBTQIA2+ youth and assess someone for suicide risk.
- **Objectives:**
  - Identify at least two risk factors and at least two protective factors related to LGBTQIA2+ youth mental health.
  - Identify indicators of suicidal ideation and how to develop a safety/stabilization plan.
  - Understand when hospitalization is required and what alternative treatment methods exist.
- **Length:**
  - 90 minutes
- **Price:**
  - \$600 (sliding scale and bulk options available)
- **Prerequisite:**
  - Intro to LGBTQIA2+

"I loved the language [our trainer] used throughout the activity of supportive ways that people might respond."

— *IOYS Training Attendee*

# IOYS + ChangeLine Training Options

The following 90-minute trainings are available through Inside Out Youth Services' partnership with Changeline. More advance notice may be required to coordinate the two agencies.

## **Allyship with Transgender and Gender-Expansive People**

- **Objectives:**

- Understand the issues impacting the health and wellbeing of transgender individuals today and historically.
- Explore the truth behind recent disinformation around trans identities and experiences.
- Practice having difficult conversations in support of trans individuals.
- Learn about opportunities for advocacy.

## **Creating Inclusive Clinical Environments (for medical providers)**

- **Objectives:**

- Learn about health disparities in the LGBTQIA2+ community, and why LGBTQIA2+ individuals may be hesitant to get care.
- Describe what an inclusive environment is, and why it is important.
- Identify relational practices that may make a healthcare setting more inclusive.
- Identify environmental practices that may make a healthcare setting more inclusive.

# Additional Modules:

- Price: \$200 per module
- These sessions are a minimum of 45 minutes. They can be added to one of the training courses listed above or scheduled at a separate time.

## **Creating Safer Environments**

For anyone who is interested in making a safer space (classroom, business, home, etc.) for and with LGBTQIA2+ youth. Learn what a safer space is, why it's important, and some ways to create one.

## **Intro to Pronouns**

For everyone who interacts with LGBTQIA2+ people, this module will help you understand what personal pronouns mean to the trans and gender-expansive community, how to use them, and what to do if you make a mistake.

## **Inside Out Youth Services Programs & Information**

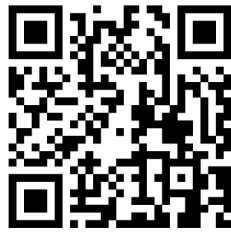
For anyone interested in learning what IOYS does inside and outside the center, who is a part of IOYS, and why IOYS is needed in this community.

## **Student Rights**

For LGBTQIA2+ students of any age, and the adults who support them, to understand their rights at school and beyond.

# Ready to request a training?

[Click here](#) or scan the QR code



## Questions?

Connect with our Outreach Team at  
[requests@insideoutys.org](mailto:requests@insideoutys.org)



**"Great presentation. [It was] very engaging and enthusiastic!"**



**"I appreciate the presenters' role in explaining LGBTQ."**



**"I appreciated the hand outs and they will be very helpful in the future."**