

Training Menu

Please review the following 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.
- Sliding scale options are available.
- We reserve the right to decline training requests at our discretion.



Trainings (90 minutes):

- **Price:** \$600 per training or \$1,000 for both Intro to LGBTQIA2+ and Trusted Adults, \$1,400 for all three main training courses.
- **Trainings must be taken in sequential order, unless prior arrangements are made with IOYS staff.**
- **Intro to LGBTQIA2+**
 - 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
- **Trusted Adults**
 - 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
 - Prerequisite: Intro to LGBTQ+
- **Suicide Prevention**
 - 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
 - Prerequisites: Intro to LGBTQ+ or Trusted Adults

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.**

- **Comprehensive Sex Education & Sexual Violence Prevention**

- Objectives:

- Define what Comprehensive Sexual Education should look like in theory and in practice
 - Explain how Comprehensive Sexual Education serves as a protective factor against sexual violence and other negative health outcomes
 - Prerequisite: Intro to LGBTQIA2+ (or taken at same time)

- **Creating Safe Environments (Schools, Workplaces, etc.)**

- Objectives:

- Understand the importance of creating safe environments for LGBTQIA2+ and all individuals
 - Identify at least one way to help create a safe environment where you live and interact
 - Prerequisite: Intro to LGBTQIA2+ (or taken at same time)

- **Student Rights**

- Objectives:

- Identify what rights LGBTQIA2+ students have, according to state and federal guidance
 - Understand the importance of maintaining student privacy
 - Prerequisite: Intro to LGBTQIA2+ (or taken at same time)

Informational Sessions:

- These sessions are 20-30 minutes in length with minimal time for questions.
 - There are no costs for these informational sessions.
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- Inside Out Youth Services Programs & Information
 - Objectives:
 - Understand what IOYS does inside and outside the center and who is a part of it
 - Explain why IOYS is important to the community
 - Pronouns
 - Objectives:
 - Understand the function of pronouns in language and the history of the singular they
 - Understand the importance of proper pronoun use to the LGBTQIA2+ community



Questions or ready to request a training?

**Connect with our Outreach Team at
requests@insideoutys.org**

Request a training [here](#).