

# 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.

  

- 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](mailto:requests@insideoutys.org)

Request a training [here](#).