

# Training Menu

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

- We require a minimum of two weeks' notice for training requests, but a month's notice is preferred. Under most circumstances, we will not facilitate a training during the first full week of the month so our staff can prepare for the upcoming month's work. Regardless, please include multiple request 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 available based on budget and needs.
- 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.**
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- **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](mailto:requests@insideoutys.org)

Request a training [here](#).