A great challenge for parents and guardians, educators and health professionals is how to think about, talk about, and guide young people on positive paths toward adulthood, particularly on the topic of sexual health. We understand that adolescence launches a time of intense introspection – about identity, relationships, attitudes, values, and behaviors – influenced by cultures and contexts of childhood. And, we know that values and behaviors that determine a healthy course are set well before young people become sexually active.

During the 2016 Institute, learn strategies for effectively engaging young teens and their families in conversations about values and behaviors that set a course toward healthy sexuality. Talk with young people, health professionals, and educators who are committed to teaching about sexual health and improving clinical and social services. Consider evidence-based approaches with diverse groups of teens. Gain skills for working across multiple cultures and contexts, and understand the acquisition and influence of gender norms during early adolescence.

Who Should Attend?
All who work with young people – teachers, counselors, school nurses, social workers, mentors, coaches – public health nurses and nurse practitioners, health educators, psychologists, physicians – youth ministers, religious leaders, law enforcement, policy makers, and youth advocates.
Guest Faculty

Robert Wm. Blum & Al Vernacchio

Specializing in global issues in the health of adolescents, Robert Blum’s work has included a lifetime of distinguished service to improve the health of MCH populations. In 2014, the American Public Association’s Herbert Needleman Award “for scientific achievement and courageous advocacy” on behalf of the Society for Adolescent Medicine’s Outstanding Achievement Award, and the American Public Health Institute. He has edited two books, and has written nearly 300 journal articles, book chapters and special reports. In 2006, The National Academy of Sciences’ Institute of Medicine elected Blum into membership. He serves as a consultant to the World Bank, UNESCO, the United Nations Population Fund (UNFPA), and WHO.

His professional honors speak to the impact of his work, both in the US and globally. He has been awarded the Society for Adolescent Medicine’s Outstanding Achievement Award, and the American Public Health Association’s Herbert Needleman Award “for scientific achievement and courageous advocacy” on behalf of children and youth. In 2015 he was appointed to the Board of Directors of the World Health Organization. In 2015, the American Public Health Association elected Blum for the month of May 2015 Award and this year he was given the Copeland Award from the University of Minnesota, both awards honoring his work in adolescent health.

Core Faculty

Linda H. Buehrer, PhD, RN, FAAN, FSAHM, Professor and Director, Center for Adolescent Nursing, School of Nursing, U of MN

Jenny Oliphant, EdD, MPH, Professor and Director, Center for Adolescent Nursing, School of Nursing, U of MN

Gabriel McNeal, MA, Prevention Research Center, Div. of General Pediatrics and Adolescent Health, Dept. of Pediatrics, Medical School, U of MN

Amy Marsicano, Sexual Health Education Coordinator, School Safety Technical Assistance Center, Minnesota Department of Education

Catherine Nonmale, MA, Adolescent and Young Adult Development Specialist, Division of Community and Family Health, Maternal and Child Health Services, Minnesota Department of Health

Vernacchio’s blog and book share the same name, The Setting a Healthy Course: Effective Strategies for Teaching about Human Sexuality, The American Association of Sexuality Educators, Counselors, and Therapists and Advanced Sexual Health Educators and Trainers.

2016 Summer Institute in Adolescent Health Setting a Healthy Course: Talking about Sex in the Middle School Years

Day 1: Incorporating a Developmental Lens: Understanding Early Adolescent Sexuality

• Gather multiple perspectives on family, school, and community norms for conversations with young adolescents.
• Use social and developmental lenses to understand early adolescent sexual behaviors.
• Discuss patterns and trends related to the sexual health of young adolescents.
• Consider new ways of talking about middle school aged youth with respect to sexuality and health.

Day 2: Setting a Healthy Course: Effective Strategies

• Speak with experts about effective approaches for engaging young teens and their families in conversations about sexuality.
• Hear young people talk about supports and barriers to young teens’ healthy decision making.
• Collect valuable ideas and strategies for nurturing young teens’ skills and capacities for healthy sexual decision making and behavior.

Day 3: Embracing Our Roles as Teachers: Parents, Educators, and Health Professionals

• Delve into global cultures and contexts that shape gender norms around sexuality.
• Consider evidence-based sexuality education with diverse groups of young teens.
• Learn how educators, public health professionals, health and social service providers are expanding supports in schools, clinics, and community settings to prevent risky sexual behaviors among young teens and foster their healthy sexual development.

Institute Schedule: The Institute runs from 8:00 am – 4:30 pm each day.

Institute Registration Form

For more information and a printable Registration Form, please visit: www.umn.edu/ce/ setting_a_healthy_course

Registrations are due by July 5th.

Graduate Credit Options

Two graduate credit options are available, depending on your professional role.

Register for University of Minnesota CE/Credit

Two graduate credit options are available, depending on your professional role.

Graduate Tuition and Fees

Graduate tuition for this course is approximately $425 plus an additional University of Minnesota fees that may apply. The registration fee for individuals taking the institute for 10 hours of Graduate Credit is $275 (credit and CE).

Questions?

Contact Jenna Baumgartner, MS, Graduate Program Coordinator, at bm0272@umn.edu after registering for graduate credit.

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Location and Parking

The Institute will be held at the TIES Event Center, 8920 Lebanon Ave. S., St. Paul, MN 55126. For directions, please call the event office at 651-636-4567 or visit the Institute website at www.umn.edu/ce/setting_a_healthy_course.

Accommodations

For registrants needing hotel accommodations while attending the Institute, the following hotel is offering a special rate of $99 per night with a $7 in-room service charge. Free parking is available in the lot adjacent to the building.

Ramada Hotel Roseville

651-672-1414

Continuing Education

This program provides up to 21 hours of professional continuing education (CEU). It is designed to meet the requirements of the Minnesota Board of Nursing continuing education requirement.

Registration and Fees

Payment options are made by credit card or check, payable to the University of Minnesota. Online registration can be found through the continuing education link at https://www.ce.umn.edu and payments can be made by credit card or check, payable to the University of Minnesota. Registration fees are refunded if written cancellation is received by July 15th. Written cancellations received after July 15th are charged an $80 administrative fee. A full refund is not provided if the program is not held. Under Minnesota law, the University reserves the right to cancel the program in the event of insufficient enrollment. You are encouraged to register early, as enrollment is limited. Written cancellations received by July 15th are refunded; all others are charged a $50 fee. To register, please call the event office at 651-636-4567 or visit the Institute website at www.umn.edu/ce/setting_a_healthy_course.

Questions?

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Early Bird Registration:

Graduate Credit Option

Register by July 1st

$250 Early Bird Institute fee (Hamline credit and CE registrants)

$300 Regular Institute fee

$150 U of MN Graduate Credit Institute fee (Hamline credit and CE registrants)

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