Sexuality research gives a consistent answer to the questions, “Do parents make a difference? Do families matter?” Yes. Youth-family connections and communication are keys to young people’s healthy sexual decision-making. Yet, a great challenge for parents and families is how to think about, talk about, and guide young people on a positive path to adulthood, particularly during a time when gender identity and sexual orientation are evolving. Additionally, new technologies continue to dramatically expand young people’s access to a multitude of sexual messages. How are parents helping adolescents navigate exposure to messages, some that may be contrary to their families’ cultures, values, and beliefs?

During the 2017 Summer Institute, learn strategies for creating a buzz to engage young people and their families in conversations about healthy sexuality. Gain understanding for working with parents across cultures and contexts, and consider evidence-based strategies with diverse populations, including youth with special health care needs. Build skills for addressing parents’ concerns about young people’s exposure to sex, drugs, and technology. Weigh the merits of different approaches to sexuality education, then, tailor a toolkit to the realities of the settings and communities where you work.

Who Should Attend?
All who work with parents and 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.
Day 2: Considering Adolescent Sexuality: Looking Through a Developmental Lens

- Investigate attachment theory, sexual socialization, and successful parenting strategies
- Consider new ways of thinking and talking about adolescent sexual orientation and gender identity, and how to guide teens into healthy adulthood
- Explore effective strategies for engaging with and supporting parents from a variety of family structures.

Day 2: Bridging Barriers between Parents and Teens: Addressing the Gaps

- Examine sexuality education curricula aimed at increasing parent-child communication and comprehension
- Identify strategies to discuss healthy sexuality for teens with disabilities, chronic illness, and other special health care needs.
- Expand cultural competence in working with parents.

Guest Faculty

Vincent Guilamo-Ramos, PhD, MPH, LCSW, RN, ACRN

University and community colleagues alike recognize the remarkable talents of Dr. Guilamo-Ramos, who takes on one of the most challenging issues in working with families: creating social connections and open communication between parents and their teen to foster resilient and healthy reproductive and health-related questions and concerns. As a professor in nursing, social work, and public health at University of Minnesota (UMN), Guilamo-Ramos moves the social science between academic and community settings, creating mentoring and parent-engaged projects focused on health and drug prevention, particularly in communities with high levels of adolescent tobacco, alcohol and drug use. He is particularly interested in understanding the role of families in shaping the development, health, and overall well-being of Latino adolescents.

Dr. Guilamo-Ramos’ most recent work targets father-child relationships in African American and Latina/o families with the aim of improving effective communication and access to reproductive and sexual health care. Recognizing the critical need to assure ongoing funding for clinics and programs, Guilamo-Ramos gives priority to evaluation of short- and long-term impact of the innovative interventions created in partnership with community. Support from several federal agencies (HRSA, CDC, and HUD Office of Adolescent Health) fund his work that has been published in the field’s top journals, American Journal of Public Health, Journal of Adolescent Health, JAMA Pediatrics, and Health Psychology, to name a few.

Core Faculty

Amber Cameron, MS, Associate Director for Public Engagement Initiatives, Office for Public Engagement, U of MN

Jill Farris, MPH, Director, Adolescent Sexual Health Training, Education, Youth Health Development – Prevention Research Center, Div. of General Pediatrics and Adolescent Health, Dept. of Pediatrics, Medical School, U of MN

Monique Henderson, Project Manager, Health Care Education and Training, Inc.

Sara Helle, MPH, Healthy Youth Development Coordinator, Division of Community and Family Health, Maternal and Child Health Section, Minnesota Dept. of Health

Gabriel Mellott, MD, Adolescent and Young Adult Development Specialist, Division of Community and Family Health, Maternal and Child Health Division, Minnesota Dept. of Health

Jenny Oliphant, PhD, MPH, Research Associate and Community Outreach Coordinator, Healthy Youth Development – Prevention Research Center, Div. of General Pediatrics and Adolescent Health, Dept. of Pediatrics, Medical School, U of MN

Emily Regan, MPH, Program Coordinator, Youth Empathy and Successful Self-Management (FESS) Study, Div. of General Pediatrics and Adolescent Health, Dept. of Pediatrics, Medical School, U of MN

Michael Reckov, PhD, FSASAI, Professor and Chair of the Graduate Program in Adolescent Health and Development, Director, Leadership Education in Adolescent Health Training Program, Div. of General Pediatrics and Adolescent Health, Dept. of Pediatrics, Medical School, U of MN

Keara Sliney, PhD, RN, FSAN, FSASAI, Professor, Director, Center for Adolescent Nursing, School of Nursing, Director, Healthy Youth Development – Prevention Research Center, Div. of General Pediatrics and Adolescent Health, Dept. of Pediatrics, Medical School, U of MN

E. Brooke Stolar, Adolescent Sexual Health Consultant, School Safety Technical Assistance Center, Minnesota Department of Education