



# CARDEA

Training, Organizational Development and Research



## Transforming the way sex education is taught

Teaching sex education can feel daunting. It doesn't have to be.

During National Health Education Week, we celebrate the dedicated health educators throughout our country who deserve more support for teaching sex education effectively.

Facilitating effective sex education requires unique skills to create safe and supportive environments and promote student learning. Educators often receive limited training in these core skills.

Together, Cardea and Answer are working to increase teachers' comfort and confidence teaching sex education nationwide. Collectively, our organizations have more than 75 years of experience training tens of thousands of educators to deliver comprehensive, medically accurate, age-appropriate, and culturally competent sex education.

Cardea and Answer have partnered to create a standardized, national model for training teachers to deliver sex education. We work with state and local organizations across the country to make this training accessible and affordable to teachers across the country.

### Foundations is an engaging, one-day training that covers:

- Climate Setting
- Values Exploration
- Managing Self-Disclosure
- Responding to Challenging Questions...and more

### We also offer half-day supplemental modules on:

- Commonly Used Sex Ed Strategies
- Cultural Proficiency in Sex Education
- LGBTQ Inclusive Sex Ed
- Trauma-Informed Approaches

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Starting this school year, Cardea will offer *Foundations* as part of all sex education curriculum trainings to ensure that educators have skills training as part of the professional development they need. For example, all educators who participate in our [Positive Prevention PLUS](#) trainings will receive both *Foundations* and curriculum training.

Interested in learning more? [Contact us](#) or visit [FoundationsTraining.org](http://FoundationsTraining.org).



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