

**Healthy Futures-Nu Culture
3 Day Training Agenda**

Day One Training

Agenda	Time Frame	Training Objectives
<p>I. 9:00 – 9:30 am: Warm up. Introductions Ice Breaker: Bring an artifact that describes your superpower. Write expectations for training</p> <p>Slides 1-4 to review evidence base of the program. p. 2 participant guide</p>	30 min.	<p>Rhea Participants build trust with the group in talking about sensitive nature of sexuality content.</p> <p>Lisa Compare and Contrast perspectives on the meaning of “evidence-based.”</p>
<p>II. 9:30 – 10:10 am: Welcome to Nu Culture:</p> <p>Slides 5-7, p.2 participant guide</p> <p>Materials Now & Later Candy</p> <p>Getting to the Root of Why</p>	40 min.	<p>Rhea</p> <p>Participants memorize the Healthy Futures Mantra: “The Choices You Make Now Will Affect You Later.”</p> <p>Participants will be able to explain why the Nu-Culture curriculum is important and/or meaningful to him/her.</p>
<p>III. 10:10 – 11:10 am: Theoretical Framework</p> <p>Slides 8 – 12, p. 3 participant guide</p> <p>Materials: Flip Chart and Markers</p>	1 hour	<p>Lisa-Leverages understanding of the Social Ecological Theory (SET) and Social Learning Theory (SLT) to enhance curriculum delivery</p> <p>Round robin “How does the SET and SLT work specifically in this community with your kids?”</p> <p style="text-align: center;">-</p>
<p>Break: 11:10 – 11:20</p>	10 min.	

<p>IV. 11:20 – 12:15 Optimal Health Framework Slides 13 – 20, p.p 4 – 7, Participant Guide</p>	<p>55 min.</p>	<p>Lisa Participants describe the Optimal Health Framework, associated theories and research regarding secondary risk populations, those youth who may have had sex but desire to return to risk-free lifestyle</p>
<p>Lunch</p>	<p>12:15- 12:45</p>	
<p>V. 12:45 – 1:15 Exploring the Curriculum</p> <p>Slides 21 – 25, pp. 8-9 participant guide</p> <p>Each participant brings their laptop to work on logging into Healthy Futures Platform and accessing the videos, lessons and materials, etc.</p>	<p>30 min.</p>	<p>Rhea- Curriculum Overview and find the resources game.</p> <ul style="list-style-type: none"> -Review relevant online resources in the Healthy Futures Nu-Culture Platform -Explain how to access relevant online resources related to Nu-Culture curriculum and program logistics - Review lists of materials needed and - Demonstration of how to use tools in the toolbox.
<p>V. 1:15 – 1:45 Answering Tough Questions and Preparing to Teach with A purpose</p> <p>Slides 26 – 32, pp.9-11 participant guide</p>	<p>30 Min</p>	<p>Rhea</p> <ul style="list-style-type: none"> -Explore how to sensitivity and tact help students establish and maintain a positive classroom environment - Create a plane to help cultivate meaningful interactions with students <p>Lisa</p> <ul style="list-style-type: none"> - Review Protocols that inform school officials, counselors, social workers, and parents about the course to encourage parent participation.
<p>VI. 1:45 – 3:30 Preparing the lesson and Teach Back</p>	<p>1 hour 45 min.</p>	<p>Rhea</p> <p>Break up into 4 teams of (2) for face-to-face, teams pick envelopes , 2 people on zoom</p>
<p>VIII. 3:30- 3:45 Toolbox</p>	<p>15 minutes</p>	<p>Rhea</p>

<p>Participants use their own computers/printers to download and review lessons as needs.</p>		<p>Select individual lesson to present on Day 2. Each lesson should include social norming example and a description of how this lesson leverages SET or SLC theoretical frameworks.</p> <ul style="list-style-type: none"> - Participants Sign up for lessons. - Reviews session overview learning objectives, lists of materials and classroom planning suggestions
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Day Two Training Agenda

Agenda	Time Frame	Training Objectives
<p>I. 9:00 – 9:15 am: Warm up. Key Learnings from Day One</p>	<p>15 min.</p>	<p>Lisa Recall and describe 2 key learnings from day one.</p>
<p>II. 9:15 – 12:15: Appropriate Adaptations</p> <p>Slide 33: Review adaptations guide on website</p> <p>Participant Teach backs</p> <p>Feedback forms p. 12 participant guide</p>	<p>3 hours</p>	<p>Rhea/Lisa</p> <ul style="list-style-type: none"> - Accesses relevant online resources and lesson materials through Healthy Futures Website - Incorporates activities that increase knowledge and influences positive attitudes, beliefs, and self-efficacy to prepare teens for making healthy choices about relationships and sexual activity. -Exhibits familiarity with lesson content in Nu-Culture curriculum - Uses appropriate adaptations for activities for Nu-Culture Guide - Seeks feedback regarding quality of his/her curriculum delivery
<p>Break: 10:15 – 10:30</p>	<p>15 min.</p>	
<p>Lunch: 12:15 – 12:45</p>	<p>30 min</p>	
<p>III. 12:45- 1:45 Participant Teach Backs</p> <p>Large Group Activities</p>	<p>1 hour</p>	<ul style="list-style-type: none"> -- Accesses relevant online resources and lesson materials through Healthy Futures Website - Incorporates activities that increase knowledge and influences positive attitudes, beliefs, and self-efficacy to prepare teens for making healthy choices about relationships and sexual activity. -Exhibits familiarity with lesson content in Nu-Culture curriculum

		<ul style="list-style-type: none"> - Uses appropriate adaptations for activities for Nu-Culture Guide - Seeks feedback regarding quality of his/her curriculum delivery -Leverages various classroom management techniques to appropriately address student discipline issues
1:45 – 2:00 Break	15 min.	
IV. 2:00 – 2:30 Debrief	30 min.	<p>Rhea</p> <ul style="list-style-type: none"> -Guided Discussion, review participant feedback forms from peers
V. 2:30- 3:30 Trauma Informed Implementation Slides 34-36, pp.13-14	1 hour	<p>Lisa</p> <ul style="list-style-type: none"> - List 3 effective strategies related to trauma informed care systems - Exhibits familiarity with how trauma affects student’s behaviors
VI. 3:30 – 4:00 Debrief	30 minutes	Debrief, Training Evaluation and Next Steps

Day 3 Training Agenda

Agenda	Time Frame	Training Objectives
I. 9:00 – 10:30 am: Art of Classroom management Setting yourself up for success. Classroom Management 101 The basics of discipline PowerPoint prepared by Nu-Culture and independent recall activity.	90 min.	<ul style="list-style-type: none"> -Develop and refine classroom management skills and co-regulation strategies - Identify stages of classroom discipline -Explain the four “ideal” steps for effective discipline. -Clearly communicate expectations for student behavior and conduct- Social Norming <p>Guided Discussion</p>

II. 10:30 – 10:45 am: Break	15 min.	
III. 10:45 – 11:45 am: Best practices for creating inclusive and safe spaces. Materials: Best Practice Guidelines, Creating Safe Spaces Flip Chart and Markers	1 hour	<ul style="list-style-type: none"> - Describe 3 strategies facilitators will use to insure HFNC is inclusive. - Identify 3 lessons that may be potentially triggering for vulnerable youth and how to make that lesson safe for these vulnerable students.
Break: 11:45 – 12:45	1 hour	Lunch on own, time to finalize and prepare teach back lesson
IV. 1:00 – 2:30 Exploring the curriculum Continue with lesson teach backs.	90 min.	Lisa Participants deliver lessons to the group and receive feedback.
V. 2:30 – 3:30 Finish Teach Backs Evaluation Q & A Materials: Individual Certificates	60 min.	Extra time for finishing teach backs Collect training evaluation feedback. Address any final questions or concerns. Hand out certificates to all participants