

# Askable Adults Matter Initiative

**Askable Adults Matter** (AAM) is a stand-alone training that prepares adults who support youth ages 11-19 years of age to (1) be more approachable and knowledgeable about adolescent sexual and reproductive health, and (2) be proactive in referring youth for sexual and reproductive healthcare (SRH). Youth-serving professionals who complete the training will be able to provide accurate, age-appropriate information, youth-friendly referrals; and other needed support to youth in positive and affirming ways.

- Research is conclusive on what supports students' well-being in regards to sexual health. Nebraska school-based sex education has no current framework for inclusive and medically accurate content and delivery; thus it is important that community-based organizations feel equipped to address the sexual health needs of youth.
- We support and promote healthy communication between adolescents and their parents, families, and trusted adults to help adolescents make informed decisions about their sexual health and relationships.
- We aim to work with other organizations in our systems and networks to effect lasting, positive change by shifting cultural norms, environments and access to services to support healthy behaviors around sexuality.

## Core Values of AAM Training

Before agreeing to host us to facilitate an AAM training, please review the Core Values. Alignment with core values is important.

- Youth need science-based, medically-accurate information about sexual and reproductive health (SRH) in order to make informed decisions and plan for their future.
- Youth need information about their rights and responsibilities about accessing sexual and reproductive health services.
- The needs of LGBTQ youth need to be addressed when educating and referring for sexual and reproductive health services.
- Parents are the primary sexuality educators of their children though other adults have an important role in helping youth learn about and access sexual and reproductive health services. We will provide information and resources to enhance parent-child communication.
- Adults (non-parental, youth-serving) should not only be approachable and "askable" but also proactive when youth need information about, and referral for, sexual and reproductive health services.

## What We Need to Succeed

For successful implementation of the AAM program, we ask hosting organizations to commit to the following:

- Key leadership and agency decision-makers are aware of the content and values of this program and representatives will attend the full training.
- The agency creates a plan to share this information internally and reaches out to their Askable Adults Matter trainers for technical expertise and/or additional trainings (given staff turnover, needed maintenance, etc.). Trainers and Women's Fund Education and Training Director will be accessible.
- Consider supporting the cost of this training by paying for trainers, food and/or supplies when possible.

## Training Logistics

- **In-person:** Training is four hours with a maximum capacity of 30 participants (min. 10) with two trainers.
- **Virtual Environment:** Training is 3.5 hours with a maximum capacity of 30 participants (minimum 10) with two (2) lead trainers and one (1) tech/logistic support person.



**Questions?** Please contact Lisa Schulze M.Ed., CSE, Education & Training Director for the Women's Fund of Omaha at [LSchulze@OmahaWomensFund.org](mailto:LSchulze@OmahaWomensFund.org) or 402-827-9280.

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