



## 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. Youth-serving professionals and volunteers 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 a students' well-being when it comes to sexual health. With the successful passage of comprehensive sex education in Omaha Public Schools in January 2016, it is important that community-based organizations also feel equipped to address the sexual health needs of the youth they serve.
- 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.

### Values

- Before agreeing to host us to conduct an AAM training, please review our Core Values so we can discuss whether this is a good fit for your organization's mission and values.
  1. Youth deserve factual, medically-accurate information about sexual and reproductive health.
  2. Youth deserve information about their rights and responsibilities about accessing sexual and reproductive health services.
  3. The needs of LGBTQ youth should be addressed when educating and referring for sexual and reproductive health services.
  4. **Parents are the primary sexuality educators of their children** but other adults have an important role in helping youth learn about and access sexual and reproductive health services.
  5. Adults 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

- In order to have a successful implementation of the AAM program, we ask that hosting organization commit to the following:
  - Leadership and executive decision-makers are aware of the content and values of this program and representatives will attend the full training.
  - We ask that the agency commits to paying this information forward internally and reaches out to their Askable Adults Matter trainers for technical expertise and/or additional trainings (given staff turnover, needed maintenance, etc.)
  - Consider supporting the cost of this training by purchasing food and supplies when necessary

### Training Logistics

- Training is 4 hours with a maximum capacity of 30 participants (minimum 10)
- Two co-facilitators

Questions? Please contact Lisa Schulze, Education & Training Manager with Women's Fund of Omaha at [lschulze@omahawomensfund.org](mailto:lschulze@omahawomensfund.org) or 402.827.9280.