

Appendix I: Sample Agenda

The following is a sample 5-day agenda covering core elements of the module. Trainers can use the module to tailor trainings according to the number of days/hours available for training teachers.

Pre-Service Teacher Training on Sexuality Education

Date and Place

Goal

1. To build the capacity of teachers to deliver school-based sexuality education.

Specific Training Objectives:

At the end of this training, teachers will be able to:

1. Describe youth sexual and reproductive health trends and data within the region and country.
2. Define sexuality education, describe its benefits, and counter myths.
3. Locate at least four age-appropriate learning objectives by age range and topic recommended in the International Sexuality Education Guidelines across a range of topics.
4. Contrast and arrange the stages of adolescent development and acknowledge characteristics of healthy adolescent development.
5. Identify the five circles of sexuality and describe at least one component of each circle.
6. Demonstrate awareness of personal values, beliefs, biases, and experiences related to sexuality and acknowledge the importance of not asserting one's beliefs and biases onto learners.
7. Identify and apply at least three principles for effective learning and describe strategies for assessing learning.
8. Develop and apply questions that take learners through the stages of the experiential learning cycle.
9. Characterize commonly used activities and describe at least three techniques for assessment.
10. Identify and demonstrate at least three characteristics of an effective facilitator.
11. Assess potential consequences of disclosing personal information in an educational setting.
12. Practice responding to difficult questions.
13. Assess and reflect on application of modeled sexuality education activities.
14. Acquire an understanding of core content areas of sexuality education, including reproductive anatomy and physiology, adolescent development, puberty, pregnancy, contraception, sexually transmitted infections (STIs), including HIV, supporting people living with HIV/AIDS, gender, harmful traditional practices, relationships, communication, decision-making, and health services.
15. Review and deliver a lesson on sexuality education for learners.
16. Reflect on professional development needs and identify resources for continuing education.
17. Describe laws and policies that impact sexuality education, reflect on why it is important to be aware of these, and identify potential sources for getting more information.

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Day One

8:30–10:30	Session One: Introductions and Launch of the Training
8:30–9:00	Find Someone Who
9:00–10:15	Expectations and Review of Training Goal, Objectives, and Agenda
10:15–10:30	Ground Rules
10:30–1:00	Break
11:00–12:15	Session Two: Adolescent Sexual and Reproductive Health in East and Southern Africa
11:00–11:30	Overview of Adolescent Sexual and Reproductive Health in East and Southern Africa
11:30–12:00	Overview of Adolescent Sexual and Reproductive Health in the Country
12:00–12:15	<i>Stepping Out</i>
12:15–5:30	Session Three: Talking about Sexuality Education
12:15–1:15	Defining Sexuality Education and its Benefits
1:15–1:30	<i>Stepping Out</i>
1:30–2:30	Lunch
2:30–3:30	International Technical Guidance on Sexuality Education
3:30–3:45	<i>Stepping Out</i>
3:45–4:00	Break
4:00–5:00	Review of Sexuality Education Country Curriculum and Framework
5:00–5:15	<i>Stepping Out</i>
5:15–5:30	Daily wrap-up

Day Two

8:30–8:45	Review of first day and today's agenda
8:45–10:45	Session Three: Talking About Sexuality Education (continued)
8:45–9:45	Discussion on Social, Cultural, and Contextual Realities and Their Impact on Sexuality Education
9:45–10:45	Debunking Myths About Sexuality Education
10:45–11:00	Break
11:00–4:30	Session Four: Getting Ready to Teach Sexuality Education
11:00–11:15	Taking a Trip into Adolescence
11:15–11:30	<i>Stepping Out</i>

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11:30–12:30	Stages of Adolescent Development
12:30–12:45	<i>Stepping Out</i>
12:45–1:45	Lunch
1:45–3:15	Circles of Human Sexuality
3:15–3:30	<i>Stepping Out</i>
3:30–3:45	Break
3:45–4:45	Values Clarification
4:45–4:30	<i>Stepping Out</i>
4:30–4:45	Daily wrap-up

Day Three

8:30–8:45	Review of second day and today's agenda
8:45–12:45	Session Five: Applying Effective Teaching Methodologies for Sexuality Education
8:45–10:45	Experiential Learning
10:45–11:00	Break
11:00–12:30	Review of Types of Activities and Assessment
12:30–1:00	<i>Stepping out</i>
1:00–2:00	Lunch
2:00–3:00	Facilitation Techniques
3:00–5:30	Session Six: Knowing Your Content
3:00–4:00	Reproductive Anatomy and Physiology
4:00–4:15	Break
4:15–5:15	Puberty, Physical Changes
5:15–5:45	<i>Stepping Out</i>
5:45–6:00	Daily wrap-up

Day Four

8:30–8:45	Review of the third day and today's agenda
8:45–11:30	Session Six: Knowing Your Content (continued)
8:45–9:45	Pregnancy
9:45–10:45	Contraceptive Adverts

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10:45–11:00	Break
11:00–11:30	Contraceptive Adverts (continued)
11:30–1:00	Sexually Transmitted Infections
1:00–2:00	Lunch
2:00–2:30	<i>Stepping Out</i>
2:30–3:00	HIV/STI Transmission
3:00–3:45	Supporting People Affected by and Living with HIV or AIDS
3:45–4:00	Break
4:00–5:00	Gender
5:00–5:30	<i>Stepping Out</i>
5:30–5:45	Daily wrap-up

Day Five

8:30–8:45	Review of the fourth day and today's agenda
8:45–12:00	Session Seven: Classroom Management
8:45–9:45	Self-Disclosure
9:45–10:45	Answering Difficult Questions
10:45–11:00	Break
11:00–11:30	Answering Difficult Questions (continued)
11:30–12:00	<i>Stepping Out</i>
12:00–1:00	Lunch
1:00–4:30	Session Eight: Application, Practice, and Resources
1:00–4:30	Teach Backs with Peer Review (with unscheduled break)
4:30–5:30	Session Nine: Understanding Human Rights Agreements, Legal, and Professional Ethics
4:30–5:30	Know the Law, Policies, and Procedures
5:30–6:00	Wrap-up and closing