



List of County Modules—Y.O.U.T.H. Training Project

I'm Too Sexy for My Social Worker: Sexual Health in a Child Welfare Context

In this highly interactive training, child welfare professionals and foster youth trainers explore adolescent sexual development, how trauma informs brain development and adolescent sexual decision making, and how to initiate child welfare versions of “The Talk.” Participants can expect to leave the training with strategies to engage transition-aged youth in discussion about healthy sexual decision making. Training incorporates role-plays, hands-on activities, and experiential learning. (3 hours)

Extended Foster Care/AB12

In this training, participants will hear from a youth perspective how AB 12 can change their experience in care. Youth Trainers discuss how to best introduce transitioned-aged youth to extended foster care and how to empower them to utilize this resource to transform their lives. Training includes high levels of audience participation, hands-on activities, and lecture. (3 hours)

One Step Forward, Ten Steps Back

In this training, participants will gain a richer understanding about serving youth in group home care and the juvenile justice system. Social workers will discuss the value of including youth in their case planning, and gain knowledge and empathy for the experiences that lead youth to behaviors that stigmatize the population and often bewilder adults. Training includes role play scenarios based on a board game developed specifically for the training. (60 minutes)

Restorative Circles

In this training, participants learn and apply the philosophy and practice of “restorative justice” as an alternative to the traditional “consequence/punishment” model for responding to negative or criminal behavior of foster youth. Restorative justice is contrasted with criminal justice, and participants role play carrying out sentences within each framework. Training includes role-plays, discussion, and lecture-style formats. (60 minutes)

Understand Me Entirely

In this training, participants will identify four domains of successful adolescent development and understand how grief, loss, and attachment can lead to youths’ “challenging behavior.” Participants will emerge with deeper insight into youth experience and motivation, moving beyond a diagnosis-based strategy. Participants will also be introduced to a youth-developed understanding of attachment theory. Training includes role-play scenarios and lecture style formating. (60 minutes)

Crisis Consensus

In this training, social workers will evaluate and respond to crisis situations by understanding how to differentiate between a “crisis” borne from lack of tolerance for normal teenage behavior, and when a youth is actually “in crisis” – the result of a significant event, such as the death of a loved one or a family of origin crisis. Participants will practice choosing a response that would best support the youth while causing the least amount of disruption to the youth's life. Training is based heavily on role-playing and debrief/group discussions. (90 minutes)