

# Brave Conversations for Child Welfare Professionals

Brave Conversations is an interactive training for child welfare professionals, caregivers, and other supportive adults. The training provides opportunities to practice strategies and skills to be a safe and trustworthy resource for youth and have ongoing open conversations about sexual health and relationships.

*You know you want to have a straight talk with the kids. But if you're a little uncertain how to bring it up, the training gives you the confidence.*

Ideally all the adults in a young persons' life work as a team, share consistent messages about sexual health and healthy relationships, and support each other when challenges arise. Attending the Brave Conversations training can provide an important foundation for youth-serving teams and help to develop a thoughtful approach to these conversations.

## Training Overview

Modules	Learning Objectives
<b>Welcome &amp; Introductions</b>	Identify reasons why it is important for caregivers to have Brave Conversations with youth
<b>Values &amp; Messages about Sexuality</b>	Increase skills for communicating about sexuality and relationships using non-judgmental and strengths-based messages
<b>Inclusive Practices</b>	Increase skills for using inclusive language and creating a safe space for all youth
<b>Strategies for Trauma-Informed Conversations</b>	Identify six key principles of trauma-informed conversations and Increase skills for talking about relationships and sexuality using trauma-informed principles
<b>Talking about Sexual &amp; Reproductive Health</b>	Increase understanding of contraceptive options, STI prevention and testing and apply trauma-informed principles to conversations about sexual health topics
<b>Access to Sexual &amp; Reproductive Healthcare &amp; Resources</b>	Increase knowledge & confidence for sharing sexual health information and resources with youth and support their access to sexual/reproductive health services