

# WHAT'S SEX GOT TO DO WITH IT?

Healthy Sexual Development to Improve Outcomes for Youth in Foster Care

December 18, 2018 • 9:00AM—4:00PM • East Los Angeles College

If you would like to apply for a **Scholarship or Fee Waiver**,  
**[CLICK HERE TO COMPLETE THE APPLICATION FIRST.](#)**

After you are approved, you will receive a code to use to register for the conference.

**Register Now!**

\$30 fee includes lunch.

Join us to uplift young people by getting the tools to empower youth in foster care to make their own informed decisions about their **bodies, relationships, & reproductive lives.**

Sexual & reproductive health influences all aspects of the life of a young person in foster care, including school, work, housing, transportation, & overall social-emotional wellbeing.

**IF YOU ARE A STAKEHOLDER WHO SUPPORTS YOUTH IN  
LOS ANGELES' FOSTER CARE SYSTEM – THIS CONFERENCE IS FOR YOU**

Obtain tools to **shift harmful beliefs** about what is meant to support foster youth's healthy sexual development

Learn about **policies in LA** to connect foster youth to sex education, as well as provide support for pregnant & parenting youth

Get **practical strategies** for conversations with foster youth about healthy relationships, consent & sexual health, no matter what role you play

Questions? Email: [cathy@mwmanagementgroup.com](mailto:cathy@mwmanagementgroup.com)  
& sign up for updates at [www.fosterreprohealth.org](http://www.fosterreprohealth.org)

*Co-sponsorship for this conference generously provided by  
Supervisor Hilda L. Solis, First District*



Conference is hosted by the LA Reproductive Health Equity Project for Foster Youth.  
LA RHEP is generously funded by the Conrad N. Hilton Foundation.

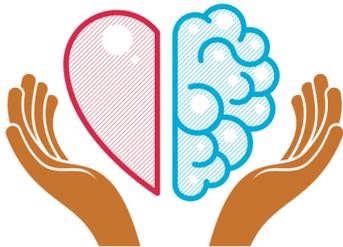
Advancing Reproductive Health  
Equity for Youth in Foster Care

# CONFERENCE SCHEDULE

8:30 - 9:30	Conference Registration & Continental Breakfast
9:15 - 10:00	Welcome & Opening Address Fostering Reproductive Health: What's at Stake for Young People in LA's Foster Care System
10:00 - 11:00	Youth Panel Discussion
11:10 - 12:10	Breakout Session "A" - "Head"
12:10 - 12:50	Networking Lunch & Birth Control Basics Demonstration
1:00 - 2:00	Breakout Session "B" - "Heart"
2:10 - 3:10	Breakout Session "C" - "Hands"
3:20 - 4:00	Call to Action by LA RHEP's Youth Advisory Board

## 10:00 am– Youth Panel Discussion

This panel is comprised of young people with lived experience in the foster care system to provide their expert perspectives on the needs of youth in foster care when it comes to talking to them about their sexual & reproductive health, supporting them to access education and services, and engaging them on the topics of healthy relationships, consent, and bodily autonomy.



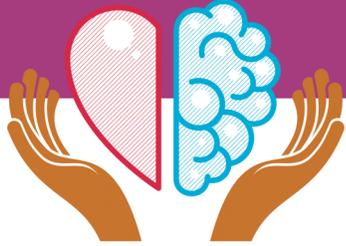
## Breakout Sessions

Breakout sessions are organized in three tracks: **head, heart, and hands**. This framework draws from the Head, Heart, and Hands framework developed by Just Communities for talking about and taking action on equity.

Workshops in the "**head**" category will address the data and facts regarding sexual & reproductive health of youth in LA's foster care system, as well as the policies and laws intended to support young people's access to care and education. These sessions will ground us and provide context for the disparate health outcomes experienced by foster youth, and illustrate how systems can work together to address (or further compound) the issues.

Workshops in the "**heart**" category will center the lived experiences and stories of young people most impacted to inform how we interpret the information presented in the "head" category. These sessions will provide depth to the facts presented by highlighting narrative- and culture-change work and innovative strategies to meet the unique needs of CSEC-identified youth, young families, LGBTQ+ youth, and more.

Once we have grappled with policies and laws (the "head") and centered equity (the "heart"), we are ready to take action (the "hands"). Workshops in the "**hands**" category will address practical strategies, tools, and resources to support the sexual & reproductive health, bodily autonomy, and decision-making of the young people with whom you work.



# "A" GROUP WORKSHOP DETAILS

## "HEAD"

### **Providing Comprehensive Sex Education for Youth in Foster Care: What Schools Must Provide and Community-based Alternatives**

*Amy Lemley, John Burton Advocates for Youth  
Ruth Dawson, ACLU of Southern California*

The intention of the California Healthy Youth Act (CHYA) is to ensure that every student receives comprehensive, medically-accurate knowledge about unintended pregnancy and STI prevention. But for students in the foster care system, frequent placement and school changes increases the probability that they will miss out on this critical sex education. Join this session to learn about CHYA implementation in LA's schools, and how the California Foster Youth Sexual Education Act (SB 89) requires that county child welfare caseworkers ensure that every youth in foster care, ages 10 and older, receives CHYA-approved comprehensive sexual health education. For youth who do not, the case plan must document how that requirement will be met. You will learn about a strategy to connect youth in foster care to community-based alternatives to school-based sex education and feature results from a pilot in Los Angeles of the Making Proud Choices for Youth in Out-of-Home Care curriculum.

### **Child Welfare 101: Understanding the Who, What, Why, and How of the Foster Care System**

*Lara Holtzman, Alliance for Children's Rights; Barbara Facher, Healthy Teen Families Program, Alliance for Children's Rights, Mara Ziegler, Children's Rights Project, Public Counsel*

We will provide an overview of the Los Angeles County child welfare system. Starting with the call to the Child Abuse Hotline, we will explain the process leading to either reunification or the establishment of a permanent plan for the child. Participants will be familiarized with the various professionals involved in the process, including social workers, attorneys, and advocates.

### **Senate Bill 89: Mandates for Social Workers and Caregivers Regarding the Reproductive and Sexual Health Care Rights of Foster Youth**

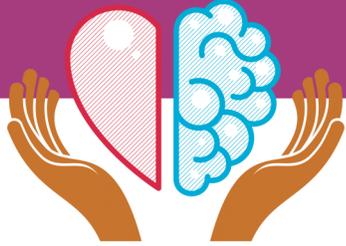
*Donna Fernandez, Kristine Grush, Nayat Mutafyan, LA County Department of Children & Family Services; and Luciana Svidler, Children's Law Center*

Youth and non-minor dependents in foster care face unique challenges, including high rates of unintended pregnancies and STIs. Senate Bill 89, which went into effect in July 2017, hopes to address these and related reproductive health issues pertaining to foster youth. Come and learn in what ways SB 89 aims to facilitate access to reproductive health care for foster youth.

### **The Sexual and Reproductive Health Rights of Youth in Foster Care and the Legal Obligations of their Adult Caretakers to Meet their Needs: What are the "Can, Can't, May and Musts" When it Comes to Foster Youth & Sexual Health?**

*Rebecca Gudeman, J.D., MPA, National Center for Youth Law  
Autumn Taylor, Jaci Cortez, and Alexis Obinna, LA RHEP Youth Advisory Board*

Must a group home provide transportation to a sexual health appointment, even if the office is across town? May a youth choose the doctor they prefer for sexual health care? May a foster youth choose to keep a pregnancy confidential? May a foster parent prohibit a foster youth from receiving sex ed at school? What additional rights does a parenting foster youth have? Everyone wants to do the right thing, but many myths and misconceptions make it confusing for youth, case workers, caregivers, and health providers alike to know what they can, can't, must and may do when it comes to sexual and reproductive health and education for youth in foster care. A panel including an attorney and former foster youth will review new and existing law related to parenting and the sexual and reproductive health education and care of foster youth, provide stories and examples of barriers and misconceptions foster youth often experience, and end with Q and A and audience discussion.



## "B" GROUP WORKSHOP DETAILS

### "HEART"

#### **Justice for Young Families: Shifting the Narrative Around Youth Sexuality and Adolescent Parenting**

*Ena Suseth Valladares, California Latinas for Reproductive Justice*

From the high visibility of shaming “teen pregnancy” prevention campaigns to the constant attacks against young people’s rights to access abortion services, we are constantly bombarded with harmful stereotypical messages about youth sexuality and their decision-making. Join California Latinas for Reproductive Justice (CLRJ) as we discuss our Justice for Young Families (J4YF) initiative and how young Latina/x leaders are using storytelling as a powerful advocacy tool, and discuss how we can uplift and promote the health, equity, and dignity of all young people!

#### **Why Fathers? Supporting Young Dads to Improve Outcomes for All Children**

*LeHenry Solomon, LMFT*

What is the role of young men - especially young fathers - in the topic of reproductive health? How can we engage young fathers meaningfully in our work? Engage in a dialogue around the importance of fathers, particularly of young fathers, in the lives of children and their communities. Discuss the barriers to working with young fathers and the tools to address them. This workshop will ultimately lead you on the path to utilizing the role of the father to increase the positive outcomes in the lives of children.

#### **No Such Thing as a Child Prostitute: Changing Perceptions, Attitudes, and Policies to Better Serve Youth Who Have Been or Are at Risk of Commercial Sexual Exploitation**

*Kate Walker Brown, Mae Ackerman-Brimberg, Allison Newcombe, National Center for Youth Law; and Leslie Heimov, Children's Law Center*

This workshop will provide an introduction to commercial sexual exploitation of children and youth in LA County, including what we know about the youth most vulnerable to exploitation, and current efforts to identify and support youth who have been or are at risk of being exploited. We will then explore how this deeper understanding of who is most affected by exploitation can be used to change attitudes, perceptions, policies and laws to better engage and serve young people and families. We will also discuss how youth and survivors of exploitation are driving these efforts forward.

#### **Addressing the Unique Needs of LGBTQ+ Youth in Foster Care**

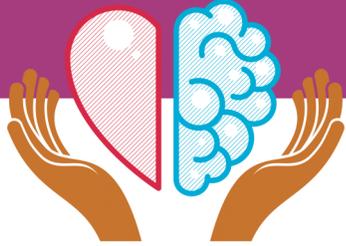
*LA LGBT Center*

Youth in foster care that identify as LGBTQ+ have unique needs and barriers when it comes to accessing sexual health services and information and exercising their rights. This workshop will highlight the innovative work of RISE initiative. Join us to learn strategies to combat the heterosexism and anti-LGBT bias that too frequently results in the mistreatment of young people, and what it will take to challenge harmful narratives and create inclusive, bias-free environments (e.g., in the home) to change disproportionate outcomes for LGBTQ+ youth in foster care.

#### **Reproductive Justice 101**

*Lashea Brown, Black Women for Wellness*

Reproductive Justice is the human right to control our bodies, our sexuality, our gender, our work and our reproduction. It is a framework created by women of color that expands beyond the womb, encompassing the many intersections of having a child, not having a child, and being able to raise a family with dignity and respect. Addressing the wide range of reproductive justice inequities requires an intersectional approach that recognizes the history and barriers that impact communities of color. This workshop will look at everyday barriers faced by foster youth and youth of color from a Reproductive Justice lens and demonstrate how you can implement a Reproductive Justice framework in your own field of work.



## "C" GROUP WORKSHOP DETAILS

### "HANDS"

#### **Providing Foster-Friendly Trauma-Informed Care: Practical Strategies for Health Care Providers to Reduce Bias and Create Inclusive Clinical Environments**

*Erica Monasterio, MN, FNP-BC, Division of Adolescent and Young Adult Medicine, UCSF*

Foster youth face significant barriers when seeking quality sexual and reproductive health care and report that the process can be both stressful and traumatic. Come get concrete tools and strategies that can be incorporated into your practice to help you become a "foster friendly" and trauma-informed sexual and reproductive health provider.

#### **Where Do I Refer? A Panel of Local Adolescent Health and Support Services for Youth in Foster Care**

Once you are armed with information about the types of education and resources that youth in foster care need to support their sexual and reproductive health, do you know where you can refer young people to get trustworthy, trauma-informed, and culturally-responsive services? Come hear from a panel of Los Angeles based public health and nonprofit programs that provide sexual & reproductive health care, support services, and education to enhance your toolbox as a youth advocate, case manager, or other trusted professional.

#### **Supporting Student Success through Campus Based Strategies to Improve Sexual Health Among Youth in Foster Care**

*JeNeen Anderson, MPH, Power to Decide*

Power to Decide's Campus Sexual Health Initiative and Bedsider U program seek to engage college students, faculty, and staff to amplify and prioritize conversations about sexual health among college students. These programs create actionable items adapted to each institution in order to stimulate change through resonant and accessible channels. This presentation will illustrate the tangible link between sexual health and a student's personal, academic, and economic success.

#### **Practical Strategies for Having Sexual Health Conversations with Youth in Foster Care**

*Crystal Cedillo and Sarah Roush, Essential Access Health*

This session provides an overview of best practices and skills for communicating with youth about sensitive topics, including establishing boundaries; addressing personal biases; and addressing topics related to sexuality with survivors of trauma. Participants will be provided with local resources for clinical sexual & reproductive health as well as educational resources for the young people they work with.

#### **Let's Talk: Tools and tips for caregivers to have conversations with youth in foster care about sex, sexuality, and healthy relationships**

Caregivers are a tremendously important and influential lever with regard to promoting sexual & reproductive health for youth in foster care. A caregiver's ability to talk to youth in foster care about sex, sexuality, and healthy relationships is important to ensure they have the information they need stay safe and healthy. Caregivers and caregiver educators are welcome to join this workshop to obtain tools to have honest, medically-accurate, and age-appropriate conversations with youth in foster care.