

Sex Education Training Program

The New Orleans Health Department (NOHD) launched free Sex Education Facilitator Trainings in 2025 in response to local health outcomes. These in-person, sessions equip middle and high school staff with ready-to-use materials and support to deliver medically accurate, evidence-informed sex education aligned with Louisiana standards. **We are always seeking new partnerships and encourage you to reach out using the QR code below if you're interested!**

Louisiana Data

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- Louisiana ranks **#1** in chlamydia, **#2** gonorrhea, **#4** HIV, **#8** syphilis nationallyⁱ
 - In New Orleans the majority of new STI cases are among **youth ages 15–24**ⁱⁱ, whilst HIV cases among ages 15-19 increased 200% from 2022-2023ⁱⁱⁱ
 - The teen birth rate is the **3rd** highest nationally contributing to higher health risks and socioeconomic challenges^{iv}

Legal Landscape

In Orleans Parish, sex education can start in 3rd grade. Instruction must emphasize abstinence but may include other allowed topics like:

- Human anatomy and puberty
 - STIs and prevention, including HIV
 - Contraceptive methods and condom use
 - Healthy relationships, consent, and decision-making
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84% of Louisiana parents support requiring sex education in schools, reflecting strong community interest in accurate, evidence-based instruction^v

Researched Benefits

Health Outcomes:

- Later sexual initiation
- Fewer STIs and unplanned pregnancies
- Stronger understanding of consent and healthy relationships^{vi,vii,vii}

Academic Outcomes:

- Better performance and attendance
- Improved communication and emotional skills^{vi,vii,vii}

Long Term Outcomes:

- Greater self-esteem and body awareness
 - Increased health literacy and access to care
 - Informed, confident decision making^{vi,vii,vii}
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Training Phases

- **Phase 1:** School leadership and staff discuss participation and confirm interest in the training with NOHD.
- **Phase 2:** Attend a ~6 hour training on sexual health, Louisiana law, and inclusive facilitation.
- **Phase 3:** Complete a teach-back session demonstrating ability to effectively deliver sex education content.
- **Phase 4:** School leadership collaborates with trainees to coordinate schedules, consent forms, and module implementation.
- **Phase 5:** Trainees directly implement modules to students, report back to NOHD, submit data, and debrief to ensure quality.

Training Expectations

- Ideal participants include health, science, physical education, and advisory teachers who can directly implement sex education sessions with students
 - Trainees are expected to attend all sessions, actively participate, and model professionalism
 - Schools are asked to share brief updates on implementation and student reach.
 - Stipends are available upon completion of key milestones.
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Interest Form

Scan the QR code to access the **School-Based Sex Education Interest Form!**

The form allows schools to indicate interest in participating and includes a link to additional training information. Any interested school staff member may complete the form.



Modules

Each module can be taught in 45–60 minutes. Complete **lesson plans, slides, and resources are provided** for easy facilitation.

- 1. Puberty & Anatomy** - Body changes, reproductive health, hygiene
 - 2. Consent & Relationships** - Healthy relationships, boundaries, and consent
 - 3. STIs** - Transmission, prevention, testing, and treatment
 - 4. Contraceptive Care** - Birth control methods including abstinence and accurate information on efficacy
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Training Highlights 2025

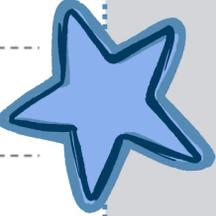
Two trainings took place in June and August, strengthening a collaborative network to support comprehensive sexual health education in Orleans Parish



- 19 participants:
 - 6 unique charter school networks; 3 middle schools and 4 high schools
 - 1 school-based health center team
 - 2 community-based organizations

Previous Training Timeline

Training Plan Component	Fall 2025	Winter 2025	2025-2026 School Year
Confirm Training Interest and Partnership: School leadership will provide NOHD with approved staff and potential training dates.	[Bar]		
Training: Attend ~6 hour training from NOHD on sex education modules, Louisiana sexual health landscape, and facilitator best practices. Participants will receive implementation materials upon completion.		[Bar]	
Teach-back: Trainees will prepare a lesson to teach back in effort to practice the material, adjust delivery, and receive support as needed. Estimated time: ~1.5 hours. <i>*Partial stipend provided upon completion of training and teach-back.</i>		[Bar]	
Implementation: Trainees will deliver sex education modules at their school site and share deidentified data with NOHD to capture youth reach and feedback. When possible, an observation by NOHD or an academic coach is recommended to ensure trainees are sharing medically accurate and unbiased information. Estimated time ~4+ hours <i>*Remaining stipend will be given to participants upon implementation and brief reports to NOHD.</i>			[Bar]
Technical Assistance: Additional support from NOHD (as requested)			[Bar] <i>*optional / based on individual needs</i>
Review and Plan: School site and NOHD will meet to discuss ongoing implementation, feedback and future training needs.			[Bar]



**This is a sample timeline, training and implementation dates can be coordinated directly with the school-site to ensure scheduling alignment with NOHD.
Currently stipends are available through 2026

To sign up for training or receive more information, contact **Ryann Martinek** at ryann.martinek@nola.gov



Looking Ahead

- Planning underway for future facilitator trainings!
- NOHD welcomes schools, charter networks, and community partners interested in collaboration.
- In-person, full-day trainings offered on a rolling basis throughout the year.
- Interested schools are encouraged to reach out to learn more and get the process started.

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References:

i Centers for Disease Control. 2023 STI Surveillance Report.
 ii STI-Surveillance-State-Ranking-Tables.pdf vi Centers for Disease Control. National Overview of STIs, 2022.
 iii Louisiana Department of Health. STI State Surveillance Data 2023.
 iv Centers for Disease Control. Teen Birth Rates by State, 2022.
 v Louisiana Public Health Institute and Institute of Women and Ethnic Studies. Louisiana Parent Survey: What Louisiana Parents Know, Believe, and Perceive about School-Based Sex Education. 2018.

vi Centers for Disease Control and Prevention. (2025, March 27). Sexual health education. Adolescent and School Health.
 vii Goldfarb, Eva S, Ph.D and Liberman, Lisa D, Ph.D. Three Decades of Research: The Case for Comprehensive Sex Education. Journal of Adolescent Health 68 (2021) 13-27
 viii Hirsch, Jennifer S. Ph.D and Schneider, Madeline, MPH. Comprehensive Sexuality Education as a Primary Prevention Strategy for Sexual Violence Perpetration. Trauma Violence Abuse. 2018 May 2; 21.