

North Public Health Center

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TTY Relay: 711

www.kingcounty.gov/health

Family Life And Sexual Health (F.L.A.S.H.) Curriculum Training for Teachers

Setting Up a F.L.A.S.H. Curriculum Training for your School District

Within King County, WA, contact the Public Health Educator who serves your district. Their email addresses are all in the form of: `firstname.lastname@kingcounty.gov` (e.g., `beth.reis@kingcounty.gov`)

- Auburn: Heather Hutchins, 206-296-8405
- Bellevue: Becky Reitzes, 206-296-9782
- Enumclaw: Heather Hutchins, 206-296-8405
- Federal Way: Kari Kesler, 206-296-9864
- Highline: Lois Werelus, 206-205-7221
- Issaquah: Becky Reitzes 206-296-9782 or Beverly Sims, 206-205-1708
- Kent: Andrea Gerber 206-205-8683
- Lake Washington: Stephanie Ballasiotes 206-296-9812
- Mercer Island: Becky Reitzes 206-296-9782
- Northshore: Stephanie Ballasiotes 206-296-9812
- Renton: Beverly Sims 206-205-1708
- Riverview: Stephanie Ballasiotes 206-296-9812
- Seattle: Beth Reis 206-296-4970, Lois Werelus, 206-205-7221 or Celia Thomas 206-205-6035
- Shoreline: Beth Reis 206-296-4970
- Skykomish: Stephanie Ballasiotes 206-296-9812
- Snoqualmie Valley: Becky Reitzes 206-296-9782
- Tahoma: Beverly Sims 206-205-1708
- Tukwila: Lois Werelus, 206-205-7221
- Vashon: Lois Werelus, 206-205-7221

Outside of King County, WA, contact Joan Helmich with the **Center for Health Training**: 206-447-9538; `jhelmich@jba-cht.com`

Recommended length: Allow 12 hours PLUS breaks and meals, which can be 2 full-day or 4 after-school workshops. Ideally, elementary, middle and high school staffs would have separate training, but it isn't strictly necessary. **Agendas can be tailored to your district's needs, but this is a sample ...**

Day 1: The Basics

- 8:00-8:30 sign in, coffee, distribute curricula
- 8:30-8:45 introductions, housekeeping
- 8:45-9:15 Human Sexuality and Sexual Development, Sexuality Education
- 9:15-9:45 FLASH overview
- 9:45-10:30 Climate-setting
- 10:30-10:45 *Break*
- 10:45-11:15 Law and Policy
- 11:15-12:15 Answering Value-laden Questions
- 12:15-12:45 *Lunch* (allow 1 hour if teachers are on their own for lunch)
- 12:45-1:45 Other Difficult Questions [slang, personal, etc.]
- 1:45-2:00 *Break*
- 2:00-2:45 Abstinence and Decision-Making
- 2:45-3:15 Parent/Guardian Involvement and Concerns
- 3:15-3:30 unfinished business and evaluations

Day 2: Content Updates and Lesson Modeling

8:00-8:30	sign in, coffee
8:30-9:25	Reproductive System (grades 4-12, concurrent but separate)
9:25-10:20	Puberty and Hygiene (grades 4-8)
9:20-10:20	Sexual Diversity, Gender Identity, Sexual Orientation (grades 7-12)
10:20-10:35	<i>Break</i>
10:35-11:30	Self-esteem, Friendship and Family (grades 4-6)
10:35-11:30	Contraception (grades 7-12)
11:30-12:00	<i>Lunch</i>
12:00-1:00	Sexual Exploitation and Communication (grades 4-12, concurrent but separate)
1:00-2:00	Pregnancy and Pregnancy Options (grades 4-12, concurrent but separate)
2:00-2:15	<i>Break</i>
2:15-3:15	Sexually Transmitted Diseases, including HIV (grades 4-12, concurrent but separate)
3:15-3:30	unfinished business and evaluations

Costs to the school district

- **Trainers ... \$3,400 (within King County, Public Health can scholarship some of this expense)**
This covers two trainers for two days for up to 40 participants and at least one planning meeting with the district. If a district can only allow for 6-7 contact hours plus breaks and meals, the charge will be **\$2,400** for two trainers. If your school or district has 10 or fewer trainees, we recommend combining efforts and sharing costs with another school or district.
- **Travel and per diem ... variable**
We charge the federal privately-owned-vehicle reimbursement rate (see http://www.gsa.gov/Portal/gsa/ep/contentView.do?contentType=GSA_BASIC&contentId=9646&nc=T). Neither hotel nor meal reimbursement is necessary within 120 miles of Seattle.
- **Curricula ... variable**
Each teacher needs a copy. They can be downloaded and photocopied (<http://www.metrokc.gov/health/famplan/flash/index.htm>) or purchased. The curricula (including binder and dividers) range in cost from \$49.50 to \$80 depending upon grade level and quantity (see attached order form).
- **Other costs ... variable**
The district is responsible for a site, equipment, photocopying, coffee service and trainees' meals.

Attending a FLASH Teacher Training outside your own district

Sometimes districts will allow someone from out-of-district to attend and we also occasionally offer freestanding trainings. For more information, contact Joan Helmich with the **Center for Health Training**: 206-447-9538; jhelmich@jba-cht.com

Public Health Seattle & King County



F.L.A.S.H. Family Life and Sexual Health Curricula Order Form

Purchase Order Date: _____

Our Order Number: _____

Your Purchase Order Number: _____

Customer Number: **98-** _____

Your Phone Number: _____

Ship To: _____

Bill To: _____

Contact: _____

Contact: _____

Address: _____

Address: _____

City: _____

City: _____

State: _____ ZIP Code: _____

State: _____ ZIP Code: _____

Item	Item #	Cost	Qty	Total
All About Life, K-4 (1- 5 copies)	450-0504	\$ 55.00		\$ -
6 to 10 copies (5% discount)		\$ 52.25		\$ -
11 + copies (10% discount)		\$ 49.50		\$ -
4/5/6 - F.L.A.S.H. (1 to 5 copies)	450-0505	\$ 55.00		\$ -
6 to 10 copies (5% discount)		\$ 52.25		\$ -
11 + copies (10% discount)		\$ 49.50		\$ -
7/8 F.L.A.S.H. (1 to 5 copies)	450-0506	\$ 60.00		\$ -
6 to 10 copies (5% discount)		\$ 57.00		\$ -
11 + copies (10% discount)		\$ 54.00		\$ -
9/10 F.L.A.S.H.: (1 to 5 copies)	450-0507	\$ 80.00		\$ -
6 to 10 copies (5% discount)		\$ 76.00		\$ -
11 + copies (10% discount)		\$ 72.00		\$ -
11/12 F.L.A.S.H.: (1 to 5 copies)	450-0508	\$ 60.00		\$ -
6 to 10 copies (5% discount)		\$ 57.00		\$ -
11 + copies (10% discount)		\$ 54.00		\$ -
Special Education: Secondary (1-5 copies)	450-0512	\$ 60.00		\$ -
6 to 10 copies (5% discount)		\$ 57.00		\$ -
11 + copies (10% discount)		\$ 54.00		\$ -

5% discount when purchasing complete series

Quote per:

Sub total	\$ -
Shipping	
Total	\$ -

Chief Warehouse, Seattle King County Public Health

Shipping is prepaid and added on all invoiced orders

All inquiries concerning invoicing should be directed to:

Public Health Seattle & King County
Accounting Services
401 - 5th Avenue, Suite 1200
Seattle, WA 98104-1818
206-263-8649
Make checks payable to: **SKCDPH**

Federal ID #91-6001327

Contact and shipping information:
Outside Washington: 1-800-325-6165 ext 64902
Inside Washington: 206-296-4902
FAX: 206-296-0185
Email: ron.smart@kingcounty.gov

Prepaid orders should be sent to:
Public Health Distribution Center
Attn: FLASH
56 South Lucile Street
Seattle, WA 98134

Authorized signature

Date

Phone Number