



# Let's Talk About Sex...Education!

**Best Practices for Using Role Plays  
and Scenarios in your Curriculum**

**May 7, 2019**

Hosted by Heidi Winig, Cardea Services

**I will be recording this call starting  
now**



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# ***Welcome!***



**Heidi Winig**



**Perryn Reis**



**Sandra Sotiriadis**

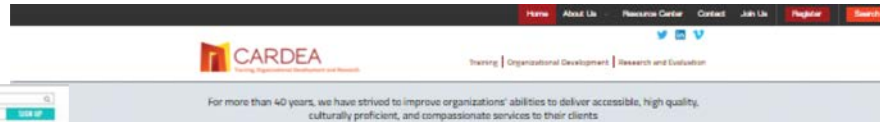


**Avry Schellenbach**

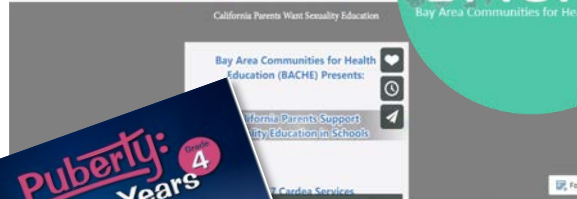


**Amelia Hamiter**

# Cardea Services



Bay Area Communities for Health Education (BACHE) is putting  
together  
for comprehensive sexuality education





# Let's Talk About Sex... Education!

Zoom calls designed for educators to have access to experts and thought-leaders in sex education

“Light touch” informal PD that is convenient for educators

Let us know how to support you!

- Timing
- Future topics



# Workshop Overview

- Introductions
- Why Use Role Play and Scenario?
- Best Practices and Types of Role Plays
- Examples
- Your questions and ideas
- Talking to Parents About Role Play
- Next Steps and Evaluation



# Questions? Choose Your Adventure!

- Type your question into the chat box
- Send an anonymous question to Heidi Winig with ANONYMOUS at the top and I'll post it for you anonymously
- Let us know you want to ask a question out loud and we'll unmute you!





# Agreements

- BRAVE, non-judgmental and safe space
- Participate at your own comfort level
- All questions are welcome

# Welcome to the community!

In the chat box, please tell us:

- Your Name
- Schools/organization where you work
- Grade levels you teach

# On the policy level

CA Healthy Youth Act (for any Sex Ed K-12) requires that all content:

- Provide knowledge **and skills** for forming healthy relationships that are free from violence;
- Provide knowledge **and skills** for making and implementing healthy decisions about sexuality.

# On the theoretical level

People behave (or change behavior) based on many factors, including:

- Self-efficacy
- Learned and practiced experience
- Social norms
- Peer and social influence
- Emotional experience

# An effective roleplay will:

- Engage rational and cognitive brain in decision making in a calm situation rather than in a state of high arousal
- Plan out an explicit behavioral intention and plan
- Explore willingness to stray from the plan in a state of high arousal (bringing unconscious to the surface)
- “Game-ification”- increases students’ emotional engagement

*"The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires."*

*—William Arthur Ward*

# Talking to Parents About Role Play

- Correct misinformation
- “Anticipatory Guidance”
- Decades of research prove these strategies to be effective, and there is constant innovation
- Encourage them to use these strategies at home with their own children! “What would you do if... let’s practice!”



# Thank you and Next Steps

- Feedback is extremely helpful
- Link to evaluation <https://tinyurl.com/y7lwhehl>
- Let us know if/when you use the materials and how it goes
- Link to previous calls at [www.bacheinfo.org](http://www.bacheinfo.org)
- Tell your colleagues to join the email list  
<https://forms.gle/uRr3C45CmK5rWp3f6>
- Can't wait to talk more next fall!
- We SO appreciate your work! Thank you!

# Contact Information



Heidi Winig, MEd, MPH  
Program Manager, Cardea Services  
[hwinig@cardeaservices.org](mailto:hwinig@cardeaservices.org)  
415-817-9167  
[www.bacheinfo.org](http://www.bacheinfo.org)  
[www.cardeaservices.org](http://www.cardeaservices.org)  
[@CardeaServices](#)