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first monday memo

august 2011 

Dear Friends and Partners,

Although it feels like summer is winding down, the calendar tells me we have seven weeks until fall. That means there is plenty of time to get in some summer reading. To that end, I offer a few titles on our favorite theme to take with you to the lake, pool, or campsite.

Here's an EyesOpen Book Club favorite that had us reminiscing about our own teenage romances and the choices we made. [Forever](#) by Judy Blume, of course!



For a heart breaking and ultimately hopeful journey into the life of Precious, an African American teen mom struggling to survive, try the book that inspired the 2009 movie *Precious*, [Push](#) by Sapphire.

For a lighter take on the subject of sex, pick up this collection of witty

cartoons by New Yorker cartoonist Danny Shanahan, [Bad Sex!](#).

Finally, here's one I hope to read before summer ends about a 19- year old alcoholic who places her baby for adoption and all that unfolds from there. From O's 2011 Summer Reading List, [I Wore the Ocean in the Shape of a Girl, A Memoir](#) by Kelle Groom.

Happy reading!

Best,



Rhonda Chittenden, Executive Director

Upcoming Evidence-based Curricula Trainings



The Iowa Department of Education is offering the following evidence-based curricula trainings this summer and fall. Each curriculum is on the approved list for the CAPP Grant Program, except **Focus on Youth**. All curricula appear on the State's list of [approved](#)

[science-based, age-appropriate resources](#) for meeting the State's Human Growth and Development mandate.

Please [register early](#). A minimum of 10 registrants is required or the class will be cancelled. Deadlines are noted on the [registration form](#). Sex educators are strongly encouraged to attend the AIDS 101 class.

August 18-19 in Des Moines
AIDS 101 & **Making a Difference**

September 6-7 in Des Moines
AIDS 101 & **Draw the Line**

October 5-6 in Council Bluffs
Draw the Line & Reducing the Risk

November 1-2 in Ames
Making Proud Choices & Focus on Youth

For more information, contact [Kristin Fairholm](#), CAPP Grant Manager.

Save-the-Date! November 8, 2011

**"Re-Frame, Re-New, Re-Imagine:
Challenges & Opportunities in Adolescent Sexual Health"**

EyesOpenIowa 9th Annual Conference
[West Des Moines Marriott](#), West Des Moines

Keynote Speaker Danene Sorace,
Consultant to the National WISE Project
(Working to Institutionalize Sex Education)



Closing Plenary Speaker [Warren Blumenfeld](#),
Assistant Professor, Curriculum & Instruction, Iowa State University

Breakout Session Topics:

Educating adults to talk with children about healthy sexuality
Sexual health in the Latino community
Federally-funded PREP in Iowa
Iowa teens making their own "future story"
Sex education in a faith community
Sex education in Iowa from policy to practice
and more

Registration materials available in September.

Join us for an inspiring day of professional development
and personal networking!

Adaptation Kits now available on ReCAPP



ETR Associates and the CDC Division of Reproductive Health collaborated to develop adaptation tools and resources for evidenced-based pregnancy and STD/HIV prevention programs. The adaptation kits contain practical tools and resources to guide adolescent reproductive health practitioners in making effective adaptations and maintaining fidelity to program core

components.

The adaptation kits were developed with the curriculum developers and provide clarity on how each program was designed, its core components, and the types of adaptations that are considered safe and those that should be avoided.

Each adaptation kit includes a variety of tools and resources, including:

1. Behavior-Determinant-Intervention (BDI) Logic Models
2. Core Components
3. Green/Yellow/Red Light Adaptations
4. Fidelity and Adaptation Monitoring Logs

The following adaptation kits are available on ReCAPP:

[Becoming a Responsible Teen](#) (BART)

[Reducing the Risk](#) (RTR)

[Safer Choices](#)

For more information about the adaptation kits, go to ReCAPP's [Making Adaptations](#) page.

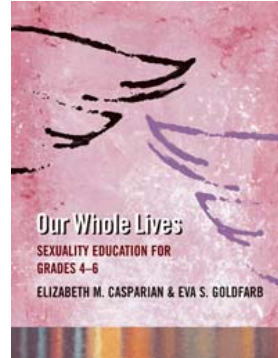
Our Whole Lives (OWL) Facilitator Training

This winter, [First Unitarian Church](#) of Des Moines along with [Plymouth Congregational Church](#) in Des Moines will host a **Our Whole Lives** Facilitator Training for Elementary, Junior High, and High School facilitators. The training will be open to anyone interested in facilitating **Our Whole Lives** in their community.

February 24 to 26, 2012
Plymouth Congregational Church
42nd Street and Ingersoll Ave.
Des Moines, Iowa

[Our Whole Lives](#) is a series of sexuality education curricula for six age groups: grades K-1, grades 4-6, grades 7-9, grades 10-12, young adults (ages 18-35), and adults.

Our Whole Lives helps participants make informed and responsible decisions about their sexual health and behavior. It equips participants with accurate, age-appropriate information in six subject areas: human development, relationships, personal skills, sexual behavior, sexual health, and society and culture. Grounded in a holistic view of sexuality, **Our Whole Lives** not only provides facts about anatomy and human development, but also helps participants clarify their values, build interpersonal skills, and understand the spiritual, emotional, and social aspects of sexuality.



Our Whole Lives is appropriate for use in a variety of congregational, school, and community settings, including classrooms, after-school programs, and youth groups. Although developed by two religious organizations, **Our Whole Lives** contains no religious references or doctrine. Religious references are provided in a Unitarian Universalist and United Church of Christ companion publication, **Sexuality and Our Faith**.

For more information, please contact [Tracy Beck](#), Director of Religious Education at First Unitarian Church.

Eyes On . . . Lora Fraracci

A monthly feature highlighting a staff member, board member, or community partner we think you should know.

Born and raised in Atlanta, Georgia, Lora Fraracci came to Des Moines in 1998. With extended family in Iowa, she is raising her two "beautiful and smart" daughters, ages 10 and 13, in this city she loves. Her interest in women's sexual and reproductive health has been a long running theme in her life. She has spent many volunteer hours working and fundraising in the AIDS prevention communities in Atlanta and Des Moines. Now, Lora serves as Chair for the EyesOpenIowa Board of Directors. She says this about her service to EyesOpenIowa:

The work EyesOpenIowa does is so important for teens here in Iowa. As a mother, community member, and business owner, I want our teens to make smart, well informed decisions about their bodies and minds. The only way to do that is through education, education, education. I am proud to be a part of that!



Lora owns an eco-friendly, low carbon footprint cleaning business, [EarthMadeClean](#). Her staff services both residential and commercial properties in the Greater Des Moines area.

About Us

The mission of EyesOpenIowa: Your Connection to Adolescent Sexual Health (formerly FutureNet) is to support Iowa communities in ensuring the sexual health of all adolescents through advocacy, education, and collaboration. To learn more, go to www.eyesopeniowa.org or call us at (515) 276-6788.

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