

# ADOLESCENT/TEEN HEALTH

## Trainings

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Spark Trainings from the Adolescent Health Initiative are ready-to-use. The 15-30 minute trainings will be presented by Healthy Start Coalition Trainers and includes a PowerPoint presentation and follow-up materials. Spark Trainings can be delivered at a staff meeting or professional development opportunity, or can be a stand-alone presentation. Each are specifically designed to “spark” discussion and reflection on Adolescent Health.

### Spark Training Options:

- **Being Youth-Friendly**

*Introduce your team to elements of an adolescent-centered environment and identify key staff and provider behaviors essential to providing youth-friendly care.*

- **Strengths-Based Approaches to Adolescent Sexual Health**

*Consider how staff and providers can create a climate where adolescents are more likely to discuss their sexual health openly and honestly.*

- **Adolescent Brain Development**

*Explore with your team how adolescent brain development impacts interactions between young people and adults in a clinical or community-based setting.*

- **Cultural Responsiveness**

*Identify and discuss key concepts about providing culturally responsive health care to young people and reflect on various cultural norms unique to adolescence.*

- **Nonverbal Communication Bias**

*Explore how nonverbal communication can set the tone for youth/adult interaction, both in messages we convey and in how we interpret messages from youth.*

- **Being an Askable Adult**

*Discuss strategies adults can use to help youth feel comfortable asking for support. This Spark is intended for adults who may refer youth to services like health care or mental health.*

### Potential to Develop Spark Training specific to Florida:

- **Confidentiality Laws**

*Deepen your understanding of minor consent laws for Florida.*

- **Confidentiality Best Practices**

*Explore best practices for providing confidential care to adolescents, based on state law.*

- **School Referrals**

- *Identify and discuss the roles that school staff can play in facilitating access to health services for students.*
- *Develop based on state law and needs of Hillsborough County.*