

# Kate Jamison-Alward Health Education      Services & Rates

## RATES

**\$100 per hour\*** for instruction. **\$50 per hour\*** for prep/follow up.

5% total discount for all services held virtually, using Zoom or Google Meet.

Mileage & supplies are charged separately & can be provided by school/organization.

Rates are for the **2024-2025 school year** & may differ for specific locations & requests.

\*All services except RCRC classes, Staff & Professional Training and Consultation. See Services pg 3.

## SERVICES

### Sexual / Reproductive Health Classes for 7-12th Grade

Classroom based sex ed that aligns with the California Healthy Youth Act (CHYA). Lessons are engaging, medically-accurate, up-to-date, objective, and inclusive. Middle school and high school programs address the same CHYA-required content, but are delivered in age-appropriate ways.

**Schedule:** 8 - 10 hours total, split into 45 minute - 2 hour long class sessions.

**Curricula:** Lessons are adapted from 3Rs (Advocates for Youth), Be Real. Be Ready. (Adolescent Health Working Group), and Making Proud Choices! (ETR).

**Notes on rates:** A minimum of 2 hrs prep/follow up is needed per class cohort.

**Example:** One cohort/class of sex ed (60 min sessions) for 9 days = \$1000

### Puberty Classes for 5-6th Grade

Upper elementary level "growth, development and sexual health" classroom education that aligns with California's Health Education Framework, 5th grade content standards, and the criteria of the California Healthy Youth Act. Lessons are engaging, medically-accurate, up-to-date, objective, and inclusive.

**Schedule:** 7 - 8 hours total, split into 45 min - 2 hr long class sessions.

**Curricula:** Lessons are adapted from 3Rs by Advocates for Youth.

**Notes on rates:** A minimum of 2 hrs prep/follow up is needed per class cohort.

**Example:** One cohort/class of puberty ed (50 min sessions) for 7 days, on Zoom = \$683

## Classes for RCRC Clients

Kate is a vendor of Redwood Coast Regional Center (serving clients with intellectual and developmental disabilities and autism in Humboldt, Del Norte, Mendocino & Lake Counties). 1:1 classes for clients of all ages, and a group class for adults are now available. RCRC clients and/or support people should contact their RCRC coordinator to express interest ASAP. There may be a waitlist.

**Schedule:** 1-2 hrs per week, for TBD individual sessions **OR** 22, 1-hour classes, Oct-April.

**Notes on rates:** Paid via RCRC.

## Personalized Lessons for Individual Youth or Adults

Education on specific sexual health topics, as identified by individuals, caregivers or parents of individuals in need. Sessions can review, replicate, deepen, or move beyond classroom sex ed. Content & learning modalities are customized to fit the individual. Kate has training & experience working one-on-one with youth & adults with intellectual & developmental disabilities.

**Schedule:** Total hours per client request. 1-2 hrs per week. 45 min - 2 hr long sessions.

**Notes on rates:** A 30-min meeting 2 weeks before classes are held. 2 hr min. prep time.

**Example:** 45-minute lessons on sexual consent, once per week, for 3 weeks = \$375

## Small Group Workshops

Presentations/workshops for small groups meeting at organizations, after-school programs, school clubs, or homes. Common topics include puberty, menstruation, communication skills, body image, safer sex basics, and healthy relationships. Small group activities can dive deeper into topics, and involve more discussion and self-reflection. Art, theater-games, team-building games, and/or nature walks can be incorporated. Can include "goodie bags"/"kits" containing menstruation and hygiene supplies, safer sex supplies, informational brochures, stickers, etc.

**Schedule:** Total hours per client request. 30 minute - 3 hour long sessions.

**Notes on rates:** Cost of "kits" will depend on supplies inside. 2 hr minimum prep time.

**Example:** A 30-min-long "All About Periods" drop-in session, held twice during 6th grade lunch, with "goodie bags" of menstruation supplies = \$300

## Staff & Professional Training

Updates or introductions to a wide variety of sexuality topics for service providers. Trainings are customizable, engaging, utilize multiple learning modalities, full of resources for continued learning and fit varying levels of prior experience with topics.

**Schedule:** Total hours per client request. No more than 4 hrs per day if virtual format.

**Notes on rates:** \$150 per hr instruction, \$75 per hr for prep/follow up. 4 hr minimum prep time. Rental insurance & costs for in-person training covered by client.

**Example:** 6 hour (split into two, 3 hr sessions) "Sexuality and Disabilities" training for direct service professionals with no physical supplies, on Zoom = \$1,140.

## Consultation for Professionals

One-on-one support for teachers, admin, non-profit organizations, school health workers, etc. Consultation regarding sex ed or puberty ed programs can include, but are not limited to understanding state policy, troubleshooting problems in school-based programs, crafting answers to student anonymous questions, finding free and paid resources, and curricula recommendations. Kate can also support organizations in grant-writing, planning, facilitating, and trouble-shooting peer education programs.

**Notes on rates:** \$50 per hour

### TOPICS

Consent & boundaries	Diversity in sex, gender & sexuality	Dating safety
Communication skills	Human sexual development	Youth consent laws & rights
Public vs. Private behaviors	Pleasure: science & safety	Sexual health resources
Masturbation safety & mythbusting	Contraception & protection	California Healthy Youth Act
Sexual abuse & assault prevention	Pregnancy & childbirth	Trauma-informed sex ed
Reproductive & sexual anatomy	Abortion, adoption, parenting	LGBTQ+ inclusive sex ed
Healthy vs. unhealthy relationships	STIs/STDs	Disabilities and sex ed
Puberty, hygiene & menstruation	Online safety	Answering student questions

For a full list of presentation topics, please visit Kate's website.

Revised 8/12/24.