

**Train to be an
Off to a Good Start (OTAGS)
facilitator!**



The OTAGS Curriculum

- Includes interactive lesson plans
- Is aligned with the National Sexuality Education Standards
- Is developmentally appropriate for youth in grades 5-8
- Addresses the physical and emotional development of youth
- Consists of three multi-session modules:
 - *The Ins and Outs of Puberty* (puberty changes, anatomy, physiology)
 - *Healthy Relationships* (healthy/unhealthy relationship traits, and effective communication)
 - *HIV and STIs* (immune system, transmission, protection, risk factors, and disease progression)

Why should you be trained? You will...

- increase your knowledge, skill, comfort and confidence to integrate sexuality education into your classroom or afterschool program
- receive curriculum and materials to equip youth with the knowledge and skills they need to develop into healthy adults
- develop skills to provide effective teaching and learning activities, assess resources, deal with potentially sensitive issues with students and alleviate possible parental concerns

For more information, contact Extension Community Health Educators

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