Section 1: Welcome and Introduction to Re:MIX

Training of Facilitators

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1.1: Training of Facilitators
Overview
After completing this module, participants will be able to:

- Identify the training of facilitators (TOF) trainers and all of the other TOF participants by name.
- Explain the overall goals and structure of the Re:MIX program.
- Describe the overall goals and structure of the Re:MIX TOF.
- Describe and apply group agreements.
What is one asset or strength that you bring to Re:MIX?
Housekeeping

- Brief orientation to the training space
  - Bathrooms
  - Water fountains
  - Breastfeeding or new mother’s room

- Guidance for taking bio breaks and self-care

- Opportunities for minimizing distractions
  - Phones
  - Computers

- Overview of training agendas and schedules

- Use of sign-in sheets and Parking Lot flip chart
Re:MIX Program Overview

What in the video was memorable to you? What did you notice about the facilitators?

Source: EngenderHealth/Re:MIX
Re:MIX Summary and Key Features

- Evidence-informed, age-appropriate, medically accurate
- Developed for 14–18 year olds
- Piloted in Austin, TX

Key Features
- Fun, game-based, interactive
- Storytelling
- Trauma-conscious
- Peer education co-facilitation
- Tech-driven

Photo Credit: EngenderHealth/Re:MIX
What Does Re:MIX Mean?

MAXIMIZE, IMAGINE, EXPLORE

Re:MIX builds on the idea that youth deserve the opportunity to:

- Maximize their strengths and talents
- Imagine healthy futures
- Explore their identities

Photo Credit: EngenderHealth/Re:MIX
Goals of Re:MIX

**Overall goal:** To reduce the rate of pregnancies and sexually transmitted infections (STIs) among youth aged 14–18 participating in Re:MIX

**Behavior goals:**
1. Delay the onset of sexual intercourse
2. Increase the use of contraception
3. Increase visits to teen-friendly sexual and reproductive health (SRH) facilities
Rationale for Re:MIX

- Adolescence is a critical transitional and developmental stage in life. Interventions targeting youth benefit their present and future lives.

- Programs designed for youth, with youth input—including adolescent sexual and reproductive health (ASRH) programs specifically—have demonstrated success in achieving positive outcomes.

- Re:MIX is a comprehensive health education program that includes age-appropriate, medically accurate information on a broad set of topics. Re:MIX provides youth with opportunities to learn and practice the skills they need to make responsible, healthy, and safe life decisions.
History of Re:MIX

- Built on the success of the No Kidding Program
- Designed with funding from the Kabacoff Family Foundation
- Project funds awarded by the US Department of Health and Human Services’ Office of Population Affairs (formerly the Office of Adolescent Health)

Purpose of the award:
- Develop and rigorously evaluate an innovative teen pregnancy prevention intervention (Re:MIX)

Our approach:
- Engage young parents as peer educators, to partner with health educators, to deliver quality, relatable SRH education
Preliminary Data: 
Findings from the Pilot Intervention

- Students reported plans to visit a healthcare provider for SRH services.
- Students felt more knowledgeable about condoms.
- Students felt more confident about knowing where to go to obtain contraceptives.
- Students felt that decisions related to having sex and preventing pregnancies and STIs should be made equally between partners.
- Students felt more confident about talking to a partner about using condoms and refusing unprotected sex.

In three pilot schools:
- 86% of Re:MIX students would recommend it to a friend
- 87% of Re:MIX students learned “some” or “a lot”
- 97% of Re:MIX students like their health and peer educators
TOF Goals

Build the capacity of participants with the skills, knowledge, attitudes, and confidence needed to effectively deliver the Re:MIX curriculum

Build a strong team of Re:MIX peer educators, health educators, and other program staff through bonding, practice, and engagement
TOF Structure

Welcome and Introduction to Re:MIX

Foundations of ASRH

Facilitation and Inclusion Strategies

Fidelity, Quality, and Reporting
Facilitator Bags

- Re:MIX Curriculum
- Re:MIX Student Workbook
- Re:MIX TOF binder or folder
- *(Optional)* Re:MIX tee-shirts and/or other swag
- *(Optional)* Additional supplies
1.2: Key Features of Re:MIX
After completing this module, participants will be able to:

- Explain the key features of the Re:MIX curriculum.
- Describe the purpose of each unit within the Re:MIX curriculum.
- Describe the structure of session plans.
- Identify the major components of the Re:MIX curriculum kit.
- Describe the purpose of the notecard knowledge box.
Curriculum Scavenger Hunt

See how quickly you can find the answers to the questions on the handout using the curriculum!

You will have 15 minutes to complete your handout, then we will review the questions and responses together.
The Re:MIX Curriculum Structure

10 sessions, 55 minutes each, grouped into the following units:

- Unit 1: Exploring Gender and Values
- Unit 2: Relationships, Communication, and Consent
- Unit 3: The ABCDs of Prevention
- Unit 4: Planning for the Future
Re:MIX Guiding Principles and Key Features

**Guiding Principles**
- Rights-Based
- Gender-Transformative
- Culturally Sensitive and Inclusive
- Holistic
- Authentic Youth Engagement
- Positive Youth Development

**Key Features**
- Fun, Game-Based, Interactive
- Storytelling
- Trauma-Conscious
- Peer Education
- Tech-Driven
How would you describe how you are feeling at this point in the training, in three words?
1.3: Session Overviews
After completing this module, participants will be able to:

- Analyze the Re:MIX curriculum content for future facilitation.
- Describe the purpose and content of at least one session in detail.
Re:MIX Sessions

- Introducing Re:MIX
- Getting the Gender Message
- Understanding Relationships
- That’s What I’m Talking About
- Consent and Setting Limits
- Becoming an Adult
- Condoms and Birth Control
- The Final Stage
- A Baby Today
- Commitment to the Future
Review your assigned session(s) and prepare to provide a summary to the group. Be sure that your summary includes the following:

- Learning objectives
- Pedagogical (teaching) methods used (large group discussion, small group work, role-play demonstrations, etc.)
- Content covered
- Overall impressions
- Anything else you find noteworthy
Working in pairs, create a “freeze frame” pose that captures something you have learned about Re:MIX so far.
1.4: The Roles and The Code
Learning Objectives

After completing this module, participants will be able to:

- Understand the roles of peer and health educators in school and community environments.
- Identify supports and barriers to being effective peer and health educators.
- Identify facilitator responsibilities to the program.
- Agree on a peer and health educator code for the Re:MIX program.
How did participants do in demonstrating responsibility in trying to juggle the balls?

How does this relate to a team setting?

What do you think responsibility should look like on your team?
Roles of Peer and Health Educators

- Provide Information
- Be a Leader
- Connect to the Community
- Develop Your Skills
Sample Code

- Be Prepared
- Be Proactive
- Be Professional
- Be Present and Focused
- Be On Time
- Be Respectful
- Be Responsive
- Be Open and Flexible
- Be Your Best Self
- Be a Role Model