

Empower Trusted Adults Course

Lesson 1
Sex Education Law and Implications

Lesson 2
Healthy Intimacy and the Role of
Love Chemicals

Lesson 3
How to Build Internal and External
Assets in Children

Lesson 4
Research findings every Trusted
Adult should know about: CDC facts,
Gen Z, ACEs, Success Sequence

Lesson 5
Social Media and Technology

Lesson 6
Family Patterns/
Fatherlessness/Baggages

Lesson 7
Latest Information on Pregnancy/
STDs/ HIV

Lesson 8
Healthy Boundaries and Healthy
Relationships

Lesson 9
Love Languages and Unmet Needs

Lesson 10
Building Self Soothing and Self
Regulation Techniques

Lesson 11
Communication Skills:
Building Empathy and Trust

Lesson 12
Insight, Communication &
Relationship Personality Test

CALIFORNIA
YOUTH
PARTNERSHIP

Trusted Adults: Parents, Guardian, Foster parents, Educators, Mentors, Group home workers