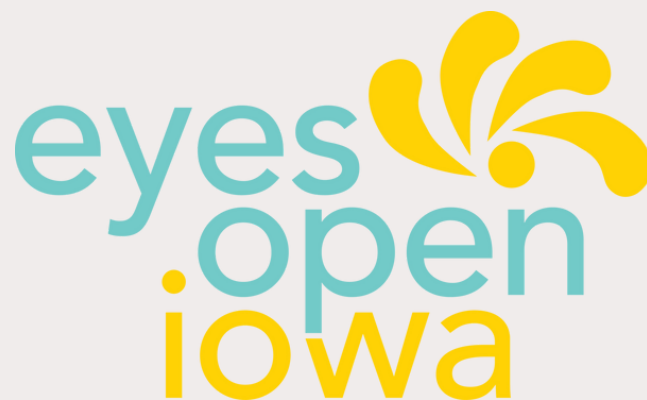




  
*certified*  
sexual health • educator

**A Guide To Certification and Recertification**



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# Who We Are



*Val Cumming  
Training Specialist*



*Emily Gillon  
Director of Training*



*Kristin Fairholm  
Executive Director*

The mission of EyesOpenIowa (EOI) is to empower Iowa's communities to provide young people with comprehensive sexual health information and services to make healthy and informed decisions about sex and relationships, both now and in the future.

EOI saw the need for a program that would provide current and future sexual health educators with the top-notch education and support necessary for exceptional learner outcomes. As national leaders in adolescent sexual health education, EOI created the Certified Sexual Health Educator (CSHE) program in 2015. We are proud to continue to offer educators a credentialed program aligned with the Professional Learning Standards for Sex Education.

Here at EOI, it's not just about checking a box for training needs. It's about supporting the unique needs of each student, educator, and district. It's about being a constant resource long after you leave a training. It's about creating networks across the country so no one is alone in this journey to better sex education. Welcome to the EOI family. We're so happy you're here.

*Kristin Fairholm*

*Emily Gillon*

*Val Cumming*

# Why We're Different

Professional growth is a rewarding process for employers and employees alike. We know you have options when it comes to professional development, so we strive to provide the highest quality certification to benefit organizations, staff, and the students being served. Whether you work in healthcare, education, social work, or prevention services, a Certified Sexual Health Educator credential from EyesOpenIowa can give you the skills and confidence to facilitate meaningful adolescent sexual health education.



When you become a Certified Sexual Health Educator, you don't just receive a certificate to sit in a frame. CSHE's have the opportunity to network with others who work within adolescent sexual health education and to take part in enriching continuing education opportunities.

# What's Included



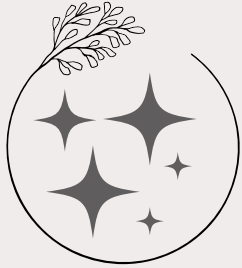
Certified Sexual Health Educators hold a certification which gives them the chance to expand their professional footprint, collaborate with leaders in the field, share credentialing status, and advance their careers and professional goals.

## Included with your certification:

- Yearly 1-hour coaching call
- Frame-worthy certificate
- Access to EyesOpenIowa's lending library of books, curricula, birth control kits, and other teaching aides
- Exclusive digital content
- Discounted rates for trainings
- Invitations to exclusive networking events
- CSHE enamel pin
- EyesOpenIowa T-shirt
- Access to exclusive Facebook group



# Getting Certified



## Experience

Applicant must complete and document one-hundred (100) hours of experience working or volunteering directly with youth (classroom, one-on-one, small group, counseling, program facilitation, etc.) Applicants may complete their 100 hours of experience while pursuing their certification.

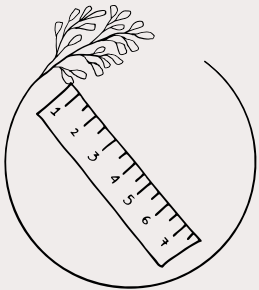


## Coursework

The following EyesOpenIowa courses are required for initial certification:

- Awkward to Awesome: Core Skills
- Sex Ed Staples: Core Content
- Four (4) Additional Hours of trainings are required for certification.

*Please see our website for current costs and schedule of upcoming trainings.*



## Capstone

Each individual in pursuance of CSHE certification will complete a project that showcases the applicants skills as a sexual health educator. The capstone project is one that increases learner outcomes, empowers youth, and or advocates for populations served. Projects must be approved by EyesOpenIowa staff before they have begun. Please see page 13 for more information.



## Cost

**Cost for certification, after fees for required coursework are paid, is \$600.**

This \$600 fee provides applicants with all of the benefits listed on page 3, including individualized coaching and exclusive content. We know many educators are investing in this certification from their personal budget, with that in mind we hope to make this opportunity accessible. Payment can be made in full or inquire for customized payment plans to meet your needs. We are happy to work one-on-one with individuals or organizations to develop payment plans that work within your budget.

# Recertification

*Recertification is simple and easy!*

Continue to evolve in your career and keep receiving the best education possible.

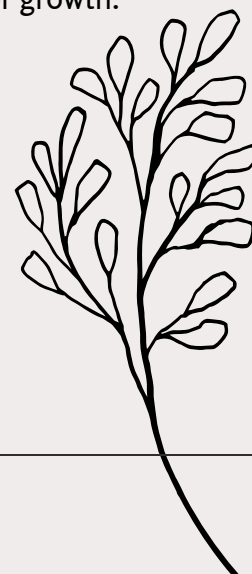


## Cost for Recertification is \$150

Initial Certification is good for two years, and most educators choose to re-certify after that time.

After initial certification is received, CSHE educators are required to obtain 16 hours of CSHE-eligible EyesOpenIowa trainings.

In addition, CSHE's seeking recertification are required to complete a check-in survey and phone call with a training department staff member in order to best serve CSHE's in the future. We'll check in with you to make sure your personal information is up to date, learn how you've grown in your career, and address areas for growth.



# What Our CSHEs Have To Say



*"EyesOpenIowa has truly put Iowa on the map, bringing us to the highest level of quality and professionalism in the field of Adolescent Sexual Health. The trainings have been nothing short of excellent. I have been proud to call myself a Certified Sexual Health Educator since 2017, when I first went through the trainings. "*

-Jean Gallmeyer, Together For Youth  
Health Educator since 2005



*"The CSHE Program and process is such a rewarding experience. I've enriched my skills and knowledge to better serve the youth, schools, and communities that I serve. Since being certified, I've witnessed an increase in positive connections, champions, and overall growth in the settings that I serve. I give credit to the certification."*

-Tiffany Larson, Building Families  
Health Educator since 2008



# Giving Back



We're proud to give back to the adolescent sexual health education community and empower the sexual health educators of tomorrow!

**Each year, EyesOpenIowa will select two (2) individuals to work towards CSHE certification free of charge, including the cost of required trainings.**

CSHE Gives Back applications are accepted March-May of each calendar year, with two (2) individuals being selected and notified by June 1.

College students or those already working in a professional field are welcome to apply.

***Interested in applying or know someone who might be?***  
Please page 11 for the application.

# The Fine Print

EyesOpenIowa (EOI) reserves the right to discontinue this certification process at any time, for any reason.

In the event of the program being discontinued, certification would remain in effect for the full period of certification.

EOI reserves the right to alter or revise this handbook at any time without prior notice.

Certification is on a voluntary basis and EOI reserves the right to deny certification to any individual who does not meet educational, professional, or ethical standards.

Participants may appeal denial of certification by sending a written request for an appeal review meeting within thirty (30) days of receipt of notice of denial. The request should be addressed to

EyesOpenIowa  
Attn: Training Department  
4000 Westown Parkway, Ste. 204  
West Des Moines, IA 50266

An appeal meeting shall be held at a time and place mutually agreed upon by EOI and the applicant. This appeal meeting will be facilitated by EOI staff and closed to the public. If an applicant has requested an appeal meeting, and upon whom proper notice of the meeting has been served, fails to appear for the meeting, EOI will continue with the review and the applicant will be bound by the results to the same extent if the applicant has been present.



# CSHE Gives Back Application

## PERSONAL INFORMATION

**Date Of Application** : \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

**First and Last Name** : \_\_\_\_\_

**Date Of Birth** : \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

**Home Address** : \_\_\_\_\_

**Phone Number** : \_\_\_\_\_ **E-Mail** : \_\_\_\_\_

**Current Job Title or Student Status** : \_\_\_\_\_

Mail this completed application, along with essay, to the EyesOpenIowa mailing address mailed below.

Alternatively, application and essay may be scanned in and emailed to [info@eyesopeniowa.org](mailto:info@eyesopeniowa.org)  
Questions may be directed

CSHE Gives Back applications are accepted March-May of each calendar year, with two (2) individuals being selected and notified by June 1.


Your essay must include answers to the following questions and prompts. There is no length requirement, although thorough answers are encouraged.

- What is your work/educational experience?
- What do you/will you bring to the sexual health field?
- How will CSHE certification benefit you as a professional, and benefit the learners you serve?
- Please explain the circumstances for your financial need.
- Please include any additional information about yourself that the selection committee may find useful .

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# Application For Certification Checklist

	<b>REQUIRED MATERIALS</b>
	APPLICATION
	YOUTH EXPERIENCE HOURS TRACKER
	TRAINING LOG
	CAPSTONE PROJECT LOG
	CAPSTONE PROJECT ADDITIONAL MATERIALS (PHOTOS, LINKS, HANDOUTS, ETC)
	CSHE CODE OF ETHICS





# Application For Certification

## PERSONAL INFORMATION

Date Of Application : \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

First and Last Name : \_\_\_\_\_

Date Of Birth : \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Home Address : \_\_\_\_\_

Phone Number : \_\_\_\_\_ E-Mail : \_\_\_\_\_

Place of Employment : \_\_\_\_\_ Job Title : \_\_\_\_\_

Occupation : \_\_\_\_\_

Mail this completed application, along with completed checklist and all materials listed within the checklist, to

EyesOpenIowa  
 Attn: Training Department  
 4000 Westown Parkway, Ste 204  
 West Des Moines, IA 50266

Alternatively, application, checklist, and listed materials may be scanned in and emailed to [info@eyesopeniowa.org](mailto:info@eyesopeniowa.org)

After application is received by EyesOpenIowa, staff will reach out to applicant to confirm that certification is granted and to then arrange and process payment. Payment plans are available for individuals and organizations.

## OFFICE/INTERNAL USE ONLY

Date Application Received : \_\_\_\_\_ Certification Period : \_\_\_\_\_

Who Fee Was Paid By : \_\_\_\_\_ Other Notes : \_\_\_\_\_

Fee Paid Date : \_\_\_\_\_

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# Youth Experience Hours Tracker

DATE(S) OF ACTIVITY	NUMBER OF HOURS SERVED	DESCRIPTION OF ACTIVITY	PAID OR VOLUNTEER?	ADDITIONAL NOTES

\*If you need additional documentation space, please print additional copies of this page.

# Training Log

NAME OF TRAINING	DATES COMPLETED	HOURS EARNED	MODALITY(S) (ONLINE, HYBRID, IN-PERSON, ETC)

\*If you need additional documentation space, please print additional copies of this page.

# CAPSTONE PROJECT LOG

WHAT WAS YOUR PROJECT?:

DURATION OF PROJECT (PLEASE INCLUDE DATES):

PROJECT OBJECTIVE(S):

**In what ways did this project showcase your skills as a sexual health educator?**

**Who is the audience that benefitted from your project?**

**Please list all project outcomes:**

**Did you collaborate with others to complete this project? If so, what was their level of involvement?**

**What challenges did you face during the completion of this project?**

**\*Please include with this log additional photos, videos, narrative, brochures/paperwork, or other media showcasing your project.**

**\*Please add additional page (written or typed) if more space is needed.**



# CERTIFIED SEXUAL HEALTH EDUCATOR CODE OF ETHICS

Those granted Certified Sexual health Educator Certification will teach and facilitate adolescent sexual health education in a manner that aligns with EyesOpenIowa best practice standards and the National Sexuality Education Standards.

I will teach and facilitate Sexual Health Education in way that is...

*(please initial inside of each box)*

- Trauma-Informed
- Medically-Accurate
- LGBTQ+ Inclusive
- In Accordance with Current Best Practice
- Inclusive of All Learners

And aligned with the National Sexuality Education Standards (*see <https://siecus.org/resources/national-sexuality-education-standards/> for the latest latest version*)

---

Date Signed

---

First and Last Name