

Kara Haug

Sexuality Health Educator and Counselor

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Objective:

To create opportunities for people in communities, schools, religious institutions, and family homes to have open and caring conversations about their bodies, safety and health, relationships and sexuality to enable self-awareness, growth, empathy, openness and positive functionality in relationships.

Experience:

Jun 2020-Present

Sexuality Health Educator and Counselor

Founder & CEO – Reframing our Stories, Sacramento, CA

- Provide strategic leadership and sexual health education through founding a new company focused on normalizing conversations around sex and relationships, and drive the vision of changing how we approach, educate and talk without shame
- Guide all aspects of business development including planning, operations, and marketing
- Design and teach curriculum, produce products and support materials for diverse audiences in the community through classes, workshops, conferences, and consultations

May 2015-May 2020

Sexuality Health Educator and Counselor

Founder - Grace Unbound, Sacramento, CA

- Executed vision of bringing open discussion about sexuality through establishing a company, networking, building a website, developing curriculum and resources
- Provided comprehensive sexual education through public speaking, workshops, and retreats to audiences ranging from 50+ participants to individual sessions
- Supported and advocate for the LGBTQ community through educating about gender identity and sexual orientation

Nov 2011-Jan 2014

Youth Minister and Director of Faith Formations

St. Peter Lutheran Church, Battle Creek MI

- Planned, created, trained and taught elementary and high school Christian educational curriculum
- Defined and executed annual youth programming including retreats, fundraisers, and mission trips
- Implemented multi-generational events to foster community across demographic groups
- Created small groups ranging from sacred dance to storytelling

- Mar 2010-Jun 2011 **Foster Home Licensor/Permanency Planning Conference Facilitator**
Youth Guidance Foster Care and Adoption Center, Battle Creek MI
- Recruited and trained new foster parents
 - Licensed homes for incoming foster families
 - Conducted special investigations into any complaints
 - Wrote reports on home studies, annuals, and renewals
- Oct 2006-Jul 2008 **Youth and Family Minister**
Christ The King Lutheran Church, Great Falls VA
- Ministered to families and children age's infancy through high school
 - Taught educational programs to junior and senior high youth
 - Planned and executed fundraisers, mission trips, and retreats
 - Created and presented a sexual curriculum for high school girls
 - Budget management and implementation
 - Taught creative movement to preschoolers and danced during worship
 - Wrote a monthly newsletter
- Aug 2003-May 2004 **Co-Director of Children's Ministries**
Memorial Presbyterian Church, Midland MI
- Worked with ages infancy-fifth grade
 - Oversaw Sunday school curriculum and teachers
 - Directed an *Arts Wednesday* after school program
- Sept 2002-Aug 2003 **Assistant Teacher for Toddlers**
Lutheran Social Services of Michigan, Kidzone, Ann Arbor MI
- Provided care and maintained developmental charts for children ages 1.5-2.5
 - Taught daily lessons involving music, movement, colors, letters, emotions, and counting
- May-Aug 2002 **Program Director**
Lutheran Outdoor Recreational Ministries of MI, Stony Lake Lutheran Camp, New Era MI
- Oversaw and created programming for all camp activities
 - Led staff training and supervised 21 post high school counselors and support staff in teaching camp guidelines, rules, safety procedures, spiritual practices, and programming
- Jun-Aug 2001 **Counselor**
- Mentored children ages 7-17
 - Led team building activities
- Feb-Jun 2001 **Resident Assistant**
Harbor House (Resident home for women in recovery) Holland, MI
- Administered daily medication to the women
 - Transported women to their weekly meetings
 - Stayed overnight to handle any emergencies
 - **Practicum:** Attended and counseled in group therapy sessions
- Aug 1999-May 2000 **Resident Assistant**
Capital University, Columbus, OH
- Created hall programming and administered peer counseling
 - Enforced dorm discipline by sitting desk and doing rounds

Speaking & Teaching Engagements, Lectures, Workshops, and Retreats:

Feb 2023	Mainstage Conference Speaker: Enough - Facing our Fears <i>ELCA Youth Network Extravaganza, Anaheim CA</i> Q&A on Sexuality <i>ELCA Synod Leaders for Youth, Anaheim CA</i> Women's Retreat - St. Andrews Lutheran Church <i>Luther Glen Retreat Center, Yucaipa CA</i> 5th - 6th Grade Health Class: Reproductive Anatomy, Puberty, Healthy Relationships and Consent, and Social Media / Intimacy <i>Caleb Greenwood Elementary, Sacramento CA</i> How to Talk with Kids About Sex <i>Zoom Workshop for Parents, Holy Trinity Lutheran Church, Thousand Oaks CA</i> Menopause Workshop <i>Group event in private business, Sacramento CA</i> Reframing our Stories: On Breastfeeding <i>Storytelling event with The Haven for Birth, Sacramento CA</i>
Jan - Feb 2023	5th - 6th Grade Health Classes for Parents & Students <i>Crocker Riverside Elementary, Sacramento CA</i> The Complexities of Consent & Living in a Digital World <i>Zoom Workshops for Parents, Peace Lutheran Church, Gahanna OH</i>
Sept - Oct 2022	Be the Change: A Puberty Class for Moms and Daughters <i>Wild Sisters Book Company, Sacramento CA</i>
May 2022	5th Grade Human Development <i>Sacramento Country Day School, Sacramento CA</i>
April 2022	5th - 6th Grade Health Class: Reproductive Anatomy, Puberty, Healthy Relationships and Consent, and Social Media / Intimacy <i>Sutterville Elementary, Sacramento CA</i>
April 2022	Body Positivity and Healthy Relationships <i>Faith Presbyterian, Sacramento CA</i>
March-April 2022	5th - 6th Grade Health Class: Reproductive Anatomy, Puberty, Healthy Relationships and Consent, and Social Media / Intimacy <i>Caleb Greenwood Elementary, Sacramento CA</i>
March 2022	Unfurling Embodiment: Sexuality and Faith. Christian Clergy Women <i>Zoom Virtual Workshop</i>
March 2022	Social Media and Internet Safety <i>Parent PTO Night</i> <i>Sutterville Elementary, Sacramento, CA</i>
January 2022	How to Talk to Your Kids About Sex <i>Parent PTO Night</i> <i>Sutterville Elementary, Sacramento, CA</i>
Oct 2021 – Present	Instructor of Independent Study Program Human Sexuality <i>Antioch University, Seattle WA</i>
May 2020 – Present	How to Talk with Kids About Sex: Parents The Porn Conversation: Parents It's About Puberty: Parents Consent from the Start: Parents <i>Zoom Virtual Workshops</i>
Sept – Oct 2021	Instructor for Individualized Study Program

May – Jun 2021 *Antioch University, Yellow Springs OH*
5th - 6th Grade Health Class: Reproductive Anatomy, Puberty, Healthy Relationships and Consent, and Social Media / Intimacy
Caleb Greenwood Elementary, Sacramento CA

Jun 2021 **5th Grade Health Class**
Alice Birney School, Sacramento CA

Apr – May 2021 **5th Grade Human Development**
Sacramento Country Day School, Sacramento CA
How to Talk to Kids About Sex, Bringing Sexuality Home, Book Study on *Shameless* by Nadia Bolz-Webber, and Sermon
Lutheran Church of the Reformation, Washington D.C.

Mar 2021 **If I Could Give You This: Value Setting for Parents**
The Center for Sexual Pleasure and Health, Providence RI

Feb 2021 **Sexuality and Faith**
ELCA Youth Network Extravaganza, Virtual

Jan – Feb 2021 **How to Talk to Kids About Sex: Parents**
Porn: Helping your Kids Navigate What They See: Parents
Understanding Gender Identity/Orientation: Parents
Peace Lutheran Church, Gahana OH

Jan 2021 **How to Talk to Kids About Sex: Parents**
Billings Middle School, Seattle WA

Jan 2021 **Bringing Sexuality Home**
The Center for Sexual Pleasure and Health, Providence RI

Nov 2020 **How to Talk with Kids About Sex: Parents**
Sexuality Topics: High School Youth
Our Savior's Lutheran Church, Greeley OH

Sept 2020 **Workshop: Screens and Teens in the Time of COVID**
Grace Lutheran Church, Palo Alto CA

Sept 2020 **Consultation: Sexuality Through the Ages**
 Taught church staff how to minister to sexuality daily
Idlewild Presbyterian Church, Memphis TN

Aug 2020 **Screens and Teens in the Time of COVID**
St. Andrew's Lutheran Church, San Diego CA

Jun 2020 **Workshops: How to Bring Sexuality into the Home & How to Talk to Kids About Sex**
Question and Answer Session: Young Adults
Consultation: How to Implement Sexuality Education into the Church
Christ the King Lutheran Church, Cary NC

Feb – May 2020 **Health Education Class for 5th and 6th Grade Sex Ed**
Caleb Greenwood Elementary School, Sacramento CA
In Person & Zoom Virtual Classes

Feb 2020 **Workshop: Bringing Sexuality into the Classroom**
California Consortium for Independent Study Spring Conference, Sonoma CA

Jan 2020 **Sexuality and Faith Retreat**
Treehouse campus ministries Texas A&M, Ebert Ranch, Harper TX

Jan 2020 **Workshop: Family and Church and Their Influence on our Sexuality**
2020 ELCA Youth Ministry Network Conference, Anaheim CA

Dec 2019 **Workshop: Bringing Sexuality into the Classroom**
Teacher in-service at Choices Charter School, Sacramento CA

Oct 2019 **Salon Talk: Family and Church and Their Influence on Sexuality**

Oct 2019 *Pacific Lutheran Theological Seminary, Berkeley CA*
Human Sexuality Class: Guest Speaker

Sept 2019 *Sacramento State University, Sacramento, CA*
Workshop: How to Talk to Kids About Sex: Parents
Workshop: Communication, Intimacy, Social Media, Defining Sexuality: High School Students
Workshop: Gender Roles: Middle School Students

Sept 2019 *Lutheran Church of Hope, Broomfield CO*
Workshop: How to Talk to Kids About Sex: Parents
Workshop: Relationships, Consent, Safety, Communication, Expectations: High School Students
Workshop: Gender, Anatomy, Identity, Relationships: Middle School Students
Workshop: Purity Culture, Talking to Youth about Sex: Community Members

May 2019 *Salem Lutheran Church, Mt. Vernon WA*
Inspire Conference

May 2019 *Main Speaker and Workshop Leader, Vancouver, British Columbia*
Northwest Washington Synod May Youth Weekend Retreat - Main Speaker

Mar 2019 *Holden Village, Chelan WA*
Workshop: How to Talk to Kids About Sex: Parents
Workshop: Gender: Middle School Students
Workshop: Communication, Social Media, and Intimacy: High School Students

Mar – Apr 2019 *Lutheran Church of the Resurrection, Granite Bay CA*
Workshop: Starting Out Strong-Talking to Parents about Sexual Health in Early Childhood

Mar – Apr 2019 *Maker's Place, Sacramento CA*
Puberty, Reproductive Health, Intimacy and Social Media: 5th and 6th Grade Sex Ed

Jan – Jun 2019 *Caleb Greenwood Elementary School, Sacramento CA*
Human Sexuality – Adjunct Professor

Nov 2018 *Antioch University, Seattle WA*
Sierra Pacific Synod ELCA Middle School Retreat - Main Speaker

Oct 2018 *Mt. Cross, Ben Lomond CA*
Workshop: How to Talk to Kids About Sex: Parents
Workshop: Gender Roles: High School Students

Aug 2018 *St. Andrew's Lutheran Church, San Diego CA*
Essential Skills for Youth Ministry Conference

May 2018 *California Lutheran University, Thousand Oaks CA*
Puberty and Reproductive Health: 5th Grade Girls

Apr 2018 *Family Home, Sacramento CA*
Puberty and Reproductive Organs: 5th and 6th Grade

Feb 2018 *Courtyard Private School, Sacramento CA*
Starting out Strong - Talking to Preschool Parents about Sexuality

Jan 2018 *Caleb Greenwood Preschool, Sacramento CA*
Speaking Engagement: Sexuality Retreat for University of Houston and Texas A&M

Jan 2018 *Campus Ministries, Houston TX*
Workshop: 13 Reasons Why for Evangelical Lutheran Church of America (ELCA)

Jan 2018 *Youth Ministry Network, Houston TX*
Workshop: How to Talk to Your Kids About Sex: Parents
Workshop: Intimacy and Social Media: Junior High School Students

Area Conference Workshops: Sexuality and the Church: Pastors and Youth Ministers

Salem Lutheran Church, Peoria IL

Nov 2017

#Instagood: Social Media, Intimacy, and Relationships

Southern California Lutheran Middle School Youth Gathering, Anaheim CA

Oct 2017

How to Talk to Your Kids About Sex

Trinity Lutheran Church, Midland MI

Oct 2017

How to Talk to Your Kids About Sex

Prince of Peace Lutheran Church, Portage MI

Social Media - Confirmation students

Gender Identity - High School students

How to Talk to Your Kids About Sex - Parents

Salem Lutheran Church, Glendale CA

Feb 2017

Social Media- Confirmation students

Lutheran Church of the Resurrection, Granite Bay CA

Feb 2017

Starting out Strong - Talking to Preschool Parents about Sexuality

Sutterville Preschool, Sacramento CA

Dec 2016

How to Talk with Your Kids About Sex

Lutheran Church of the Resurrection, Granite Bay CA

Nov 2016

The Importance of Breath & Pelvic Health

First Evangelical Lutheran Church, Centerville IA

Oct 2016

How to Talk with Your Kids about Sex

Holy Spirit Lutheran Church, Kirkland WA

Jun 2016

The Story of Gender

ELCA Sierra-Pacific Synod Assembly, Reno NV

Jun 2016

Reproductive Health & Sex Education: 7th and 8th Grade

Leonardo DaVinci K-8 School, Sacramento CA

May 2016

Starting out Strong - Talking to Preschool Parents about Sexuality

Caleb Greenwood Preschool, Sacramento CA

May 2016

Dialogue with Sex & The Church and Ministry

Pacific Lutheran Theological Seminary, Berkeley CA

Apr 2016

Sexual Education Retreat: 6th – 8th Grade

Prince of Peace Lutheran Church, Saratoga CA

Apr 2016

Grief, Loss & the Effects on the Body

St. John's Lutheran Church, Sacramento CA

Mar 2016

The Ministry of Sexual Education

Pacific Lutheran Theological Seminary, Berkeley CA

Mar 2016

Intimacy

UC Davis, Lutheran Episcopal Volunteer Network (LEVN), Davis CA

Feb 2016

The Story of Gender

ELCA Sierra-Pacific Synod Assembly, Anaheim CA

May 2015

Gender Identity: Making Churches More Inclusive

Prince of Peace Lutheran Church, Portage MI

Mar 2015

Image & Body for Confirmation Students

Trinity Lutheran Church, Midland MI

Feb 2015

Workshop: How to Talk with Your Kids About Sex: Parents

Idlewild Presbyterian Church, Memphis TN

Feb 2015

Preparing to Discuss Sex in Church

ELCA Youth Ministries Network Extravaganza Event, Detroit MI

- Dec 2014 **Gender**
ELCA Living Waters Ministries Michigan Youth Gathering, Lansing MI
- Dec 2014 **Preparing to Discuss Sex in Church**
ELCA Living Waters Ministries Michigan Youth Gathering, Lansing MI

Publications and Podcasts:

- Sept 2020 – Present **Reframing our Stories: The Podcast**
reframingourstories/[podcasts](#)
- Jun 2020 - Present **Reframing our Stories Blog**
reframingourstories/[blog](#)
- Feb 2023 **Mom & ... Podcast**
Podcast Interview, Posted Feb 23, 2023, [online](#)
- Sept 2022 **Go Solo**
Interview, Posted Sept 15, 2022, [online](#)
- Apr – Aug 2021 **Website Contributor, Bloom into Me**
An online hub providing modern, inclusive and mindful health education to teens, caregivers and educators with tools to survive, thrive and bloom through challenging years. Provided content on Abusive Relationships, Boundaries, Bullying, Caregiving, Consent, Dating, Friendship, and Healthy Relationships.
- Dec 2020 **Silent Night**
*Growing up Chico, Published Winter 2020
 Growing up Chico Magazine, [online](#)*
- Jun – Jul 2020 **Ministry for The Whole Person: When it comes to sexual health education, start simple**
*Voices of Faith Article, Published July 15, 2020 ELCA
 Living Lutheran Magazine, Print and [online](#)*
- Dec 2019 **Let’s Talk About Sex: A Look at How Schools are Talking to Kids About Sex Today and How Parents Can Get in on The Conversation**
*Interview with Catherine Warmerdam, published December 2019
 Sacramento Magazine, Print.*
- Nov 2019 **Tami Hackbarth 100% Guilt-Free Self-Care Podcast**
*Podcast Interview, Posted November 20, 2019
 Episode 32: If You Want Good Sex, It Won’t Just Happen
 tamihackbarth.com, [online](#)*
- Oct 2019 **St. John’s Lutheran Living Stories**
*Podcast Interview, Posted October 24, 2019
 Pastor Amy Kienzle interviews Kara Haug
 stjohncslc.org/[livingstories](#)*
- Sept 2019 **The Better Sex Podcast**
*Podcast Interview, Posted September 24, 2019
 Episode 91: Fairytale Expectations
 bettersexpodcast.com, [online](#)*
- Jul 2019 **Pairs with Life**
*Podcast - 3 Part Interview, Posted July 15, 18, 23, 2019
 Episode 33: Pairs with Chardonnay and Sex Talks with Kara Haug
 Episode 34: Pairs with Gloria Ferrer, Pinot Noir and Sex Talks with Kara Haug
 Episode 35: Pairs with Pinot Noir and Sex Talks with Kara Haug
 pairswithlife.net, [online](#)*

- Jul 2018 **For Such a Time as This: Learning, Speaking and Doing Gender Justice in the Church**
*Interview with Meghan Johnston Aelabouni, Published July 6, 2018 ELCA
 Living Lutheran Magazine, Print and [online](#)*
- Mar 2018 **Broken into Wholeness**
*Theological Essay, Published March 15, 2018
 Embodiedfaith.org, [online](#)*
- Jun 2017 **Mama Bear Dares**
*Podcast Interview, Posted June 11, 2017
 Mamabeardarespodcast.com, [online](#)*
- Nov 2015 – Mar 2020 **Grace Unbound Blog**
Moved to reframingourstories.com/blog

Education & Certifications:

- Oct 2022 Certificate - California Healthy Youth Act: Comprehensive Sexual Health and HIV Prevention
 Education Requirements, California Prevention Training Center
 University of California, San Francisco
- Feb 2021 ASSECT Certified Sexuality Educator
 The American Association of Sexual Health Educators, Counselors and Therapists
 Washington DC
- Sept 2014 Certificate Sexual Health Education and Counseling
 University of Michigan, Ann Arbor, MI
- May 2006 Masters of Theological Studies
 Pacific Lutheran Theological Seminary, Berkeley, CA
- May 2006 Certification in Sacred Dance
 Pacific School of Religion, Berkeley, CA
- May 2002 Bachelor of Arts in Psychology
 Hope College, Holland, MI