



REFRAMING *our Stories*

TESTIMONIALS

School Sexual Health & Emotional Health Education

"Kara created and delivered sexual health education lessons to our fifth and sixth grade students at Caleb Greenwood. She is an incredible sexual health educator who deeply cares about providing students with a solid foundation from which to grow their own sexual identity and experiences and respect the choices of those around them.

Kara came to us with a great deal of knowledge, experience working with children in different settings, and ideas for teaching sexual health in developmentally appropriate and relatable ways for kids. We worked together, discussing content, instructional strategies, standards and the needs of our student audience, then Kara developed sessions specifically tailored to our student populations. She shared her plans with our teachers and me, openly accepted our feedback, asked questions to clarify our needs, and revised her plans to reflect those conversations. She then held a parent information session at which she collected additional feedback and further refined her sessions.

Kara was engaging, knowledgeable, sensitive and warm with our students. Based on my own observations and both teacher and student feedback, Kara fully delivered on our goal to normalize puberty, reproduction and the social emotional changes that come along with these hormonal and physical changes. She struck a great balance of delivering information while making it relatable and consumable for our students. Our students left her sessions with age-appropriate knowledge, affirmation that their feelings are normal, and understanding the connection between their physical and social emotional growth." - *Erin Hanson, Sacramento City Unified School District, Assistant Superintendent, Curriculum and Instruction*

"Kara is energetic, engaging and incredibly informative. She allowed our parent group to feel comfortable asking questions about sexuality with ease and aided the group with helpful tips about raising children to be strong, safe and self-aware. She brought humor and life into a sometimes difficult and uncomfortable topic. We appreciated her perspective and learned so much from her advice, stories and antidotes. She is a truly wonderful speaker!" - *Kate David, Preschool Board President & Author*

Workshops

"We hired Reframing Our Stories to speak to our daughters and their friends about issues of sex, relationships, consent and boundaries as they started their high school career. It was our choice to host this event in our home with a small group of friends. Although we have had many talks, I knew there would be issues that might be difficult for my kids to discuss with me, and I knew Kara had the skills to lean on. I have known Kara to be a sensitive, thoughtful, current and open-minded educator. Her point of view seems to be very student-centered, and she follows their lead and answers their questions. Our session ran a little over time because they were still wrapping up their robust discussion. My kids were understandably reluctant to participate in an at-home sex-ed talk, but after, reported that it was helpful, informative and fun. I would recommend Kara to anyone looking to cover "gaps" in their child's sexual health education, and I can see us doing this again in a year or so as their needs and knowledge evolves." - *Jennifer J.*

"Listening to a presentation about "How to talk to you kids about sex" can be quite daunting, but when Kara introduced herself, it was like a wave of peace and calm entered the room. Kara educated us about a sensitive subject in such a natural, unassuming way. I left feeling confident; with a fresh perspective and tools to speak to my child about sexuality in a healthy respectful manner. Her group exercises really opened my eyes to the reality of today's environment. I now feel like I am prepared for situations and questions from my child that I was not even aware of. I especially liked that although this was a faith based presentation, she spoke in a non-judgmental way. Her topic/presentation would translate easily to many different kinds of audiences. She is young, highly educated and provides a healthy perspective for you about your relationship with sexuality and spirituality. I highly recommend Kara Haug as a speaker/presenter to educate parents and kids about sexuality."- *Heather Tanfani, Mother, Business Owner*

"Kara's information is spot-on with what we, adults who work with teenagers, need to know about addressing sexuality and gender identity. Kara's perspective is fresh and creative, all while being grounded in research and study. She makes us want to learn more and more!" - *Deaconess Kristen Baltrum, Director of Faith Formation*

"Kara facilitated a discussion at the Pacific Lutheran Theological Seminary Womens' Sabbath Circle. She created a space in which we could be curious together- about our own lives and stories, about the future of the church and the world, and about the ways that God is calling us to bring our whole selves into work as pastors. Kara listened in a way that left lots of space for us to be open, but was not shy about bringing her own training and know-how into our discussions. I am so grateful to have met Kara and will definitely be looking to her in the future as a resource for my ministry"- *Erika Spaet, Seminarian*

"Kara Haug is an exceptional and inspiring speaker. I had the opportunity to be in the audience during one of her presentations about sexuality and spirituality and I must say that the way she connects with her audience is incredible. In the way that she speaks, it feels like a conversation just between you and her, regardless of the several other people who may be in the audience listening to her. She is honest, direct, and highly devoted when delivering her message. She continuously captivates her audience by implementing a multitude of different types of visual and auditory learning styles - such as videos and comic strips. Mrs. Haug not only educated her audience on a sensitive and often uncomfortable subject, which she did with ease and confidence, but she also gave us ways to apply this knowledge to our own lives. The way she added group activities to her presentation not only helped us connect to her as a speaker but also helped us to connect with each other in a deeper and more meaningful way. There is something about the way Mrs. Haug teaches and speaks that allows you to feel safe and open enough to where no subject is off the table of discussion, even the most sensitive of subjects.

Everyone I spoke to after her presentation agreed that they wished she could have spoken to us longer because her teaching style was so enthralling and thought-provoking. Mrs. Haug's friendliness and passion for what she teaches, her compassion for her audience, and the message that she conveyed makes her an incredible public speaker and teacher. I thankfully had the honor to sit down and be a part of her audience and would do so again in a heartbeat."- *Kalan Barnes, Texas A&M College Student*

"The session Kara taught at the Extravaganza was awesome. It was so thoughtful, something I wish everyone in my church and world could hear. Walking out of the door, several of us from Kara's session continued the conversation, we didn't want it to end. Thank you for bringing such authenticity and awareness to these issues about sexual health!" - *Andy Langdon, Youth Director*

Products – Conversation Cards

I'm not even sure how to express how much this means. I was taught a lot of important things growing up.... dedication, loyalty, tenacity, compassion.... But never did I learn anything about my body, or the emotions surrounding body, hormones, relationships, boundaries. Other than church telling me that sex is bad and cover your body at all costs. When I left home for college at barely 18 a whole world opened up and I had no idea how to navigate it. Trying to sort through and understand my emotions vs my experiences only led to a plummeting self-esteem, eventually devolving into self-loathing. I'm not bitter because my journey has become a way to feel empathy for those experiencing similar things, and help others lift themselves and find their light. I'm still working through it as these issues followed me into my marriage and motherhood and I'm finally diving in and learning to understand myself. Feel myself. Accept all the parts of me and create meaningful boundaries. But imagine actually learning as a young person to notice your feelings, and become aware of your sexuality what that means to you, and how to appropriately connect with others?? How to start teaching this to my children has been on my mind so I was extremely grateful to discover the resources created by the amazing @reframingourstories !! This whole stack of cards is full of perfect conversation starters that

facilitate open communication around potentially “taboo” topics. I’m so excited to dive in with my kids and “talk about the things” - *Candy Reeder, @joyfully.blooming via Instagram*

Absolutely wonderful resource, thought provoking and insightful questions to guide discussions around tough topics. I read through them all and they are wonderful. You could do an entire group with one card. They're so thoughtful. - *Julie Heustis, MSW, LCSW*

Challenging. Thought-provoking. And fun. That’s Reframing Our Stories’ Sexuality & Faith Conversation Cards. We’ve gone through them multiple times, at random, at the dinner table, one card each evening. One card per evening is easily enough. Some of the questions lead to our pulling out our Bible to try to understand what we’re talking about. With others, it’s pull out the iPad and search for answers on Google. But with all, an interesting conversation ensues. It’s like having a really fascinating and loving companion sitting with us each evening. And perhaps, in spirit, just such a companion actually is! - *Rob S.*

The Reframing our Stories Conversation Cards have absolutely changed the dynamic at our dinner table! I have 7.5 and 5 year old girls who are learning ways to discuss topics about their body, friendships, empathy, respect in a way that I didn’t figure out until an adult in therapy. They love getting the cards out and I love the opportunities use our discussions as road maps when they encounter conflicts with their friends and even with each other. Every single family needs these in their homes! With kids, school, work, extra curriculums and all the chaos that comes with life, having dedicated discussions brings us so much closer while we have our priceless time together at dinner. Can’t wait for the next set (yet to be discovered!). Thank you ROS!! - *Kelly S.*