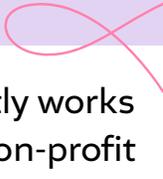


# TARGETING SEX ED: SPEAKER BIOS

**CINDI HUSS** (SHE/HER) IS THE DIRECTOR AT RISE: HEALTHY FOR LIFE AND ONE OF ITS FOUNDERS. RISE TRANSFORMS CULTURE AROUND BODIES AND BEINGS AND ADDRESSES THE LACK OF CRITICAL HEALTH INFORMATION—AND THE ABUNDANCE OF HARMFUL DISINFORMATION—FOLX IN APPALACHIA RECEIVE. CINDI IS A TRAINED JOURNALIST AND A TRAUMA-INFORMED CARE AND SEXUALITY EDUCATION FACILITATOR TRAINER. SHE CODEVELOPED RISE'S INNOVATIVE STELLAR SEXUAL HEALTH EDUCATION CURRICULUM, WHICH QUESTIONS ALL THE ASSUMPTIONS PROFESSIONALS MAKE ABOUT SEX ED. STELLAR HAS PROGRAMS FOR MIDDLE SCHOOLERS, HIGH SCHOOLERS, AND ADULTS, AND RISE HOPES TO HAVE A PROGRAM FOR UPPER ELEMENTARY CHILDREN BY THE END OF 2026. CINDI ALSO CODEVELOPED RISE'S ACCESSIBLE SEX ED TRAINING, WHICH WAS FUNDED BY A GRANT FROM THE TN DISABILITY COALITION, AND SHE HAS CREATED WORKSHOPS ON A VARIETY OF TOPICS FOR GUARDIANS, CHILDREN, COMMUNITY MEMBERS, PROFESSIONALS, AND FAITH COMMUNITIES ON SEXUAL HEALTH, RELATIONSHIPS, AND TRAUMA-INFORMED CARE.

**MIRANDA ESTES** (SHE/HER) IS THE STATE POLICY ACTION MANAGER AT SIECUS: SEX ED FOR SOCIAL CHANGE, A LEADING NATIONAL NON-PROFIT THAT ADVOCATES FOR COMPREHENSIVE SEX EDUCATION THROUGH POLICY CHANGE. THERE SHE MANAGES THE SEXUALITY EDUCATION POLICY ACTION COUNCIL (SEPAC) AND SUPPORTS STATE PARTNERS THROUGH ADVOCACY TRAINING, COALITION-BUILDING, STRATEGIC POLICY SUPPORT, AND TECHNICAL ASSISTANCE TO ENHANCE PARTNER CAPACITY AND ADVANCE COMPREHENSIVE SEX EDUCATION. BASED IN ATLANTA, MIRANDA USES HER SOCIAL WORK BACKGROUND, COMMUNITY ORGANIZING EXPERIENCE, AND DEEP SOUTHERN ROOTS AS A LENS FOR HER WORK. AS A MISSISSIPPIAN AT HEART, MIRANDA IS ESPECIALLY INTENTIONAL ABOUT SUPPORTING PARTNERS NAVIGATING HOSTILE POLITICAL ENVIRONMENTS, CENTERING RELATIONSHIP-BUILDING, HARM REDUCTION, AND SUSTAINABILITY TO HELP ADVOCATES BUILD LASTING POWER IN THEIR COMMUNITIES. IN HER FREE TIME SHE FINDS JOY IN WEEKLY PARTICIPATION WITH ATLANTA'S STONEWALL BOWLING LEAGUE AND FINDING THE BEST THRIFT STORES IN THE METRO.



**Nawal Umar** works in the field of sexual and reproductive health policy. She currently works as a Senior Policy Analyst at SIECUS: Sex Ed for Social Change, a leading national non-profit that advocates for comprehensive sex education through policy change. She is responsible for tracking and monitoring state, local, and federal policies and impending legislation related to sex education and other progressive sexual and reproductive health issues. She also sits on the board of directors for the South Asian Public Health Association as Advocacy Co-Chair where she advocates for health policy change centered around promoting the health and well-being of South Asian Americans.



Prior to joining SIECUS, Nawal completed her Masters in Public Health degree in Sociomedical Sciences with a certificate in Sexuality, Sexual, and Reproductive Health from the Columbia University's Mailman School of Public Health. While at Mailman, she developed and wrote her culminating thesis on a research proposal for exploring parent-teen communication about sex and sexual health in Muslim-American families. Her public health interests include advocating for comprehensive, inclusive, and culturally responsive sexuality education, reproductive justice, and resolving sexual health disparities. Her previous experience includes working as both a sex educator and health educator as well as being involved in qualitative public health research. In her free time, she helps co-lead the Seattle chapter of the Muslim Women Book Club and volunteers as an abortion support textline coordinator for Jane's Due Process.