

Valerie Huber

Valerie Huber is the President/CEO of Ascend, a Washington DC-based professional association that champions youth to make healthy decisions in relationships and life by promoting well-being through a primary prevention strategy, and as a national membership and advocacy organization that serves, leads, represents and equips the Sexual Risk Avoidance (SRA) field.

In this role, she regularly urges policymakers to support the healthiest sex education approach for youth, SRA education. She likes to share the research that shows when teens wait for sex, they are more likely to do better in school, have healthier relationships, avoid other health risks, and enjoy a future unencumbered by the physical, emotional, and financial consequences that accompany teen sex.

Because of the work of Ascend, Sexual Risk Avoidance (SRA) education continues to have an emphasis in federal policy, despite the fact that President Obama has sought to eliminate all programs exclusively devoted to helping youth wait for sex. Huber thinks that as long as the government continues to craft sex education policy, a priority should be given to the skills that help teens avoid all the risks by waiting for sex, hopefully until they marry.

Ascend offers the rigorous Sexual Risk Avoidance Specialist (SRAS) credential, a professional certification for those who teach SRA education. Huber helped to create and train more than 700 educators since 2014 from states as far away as Alaska.

Valerie is a frequent spokesperson for teen sexual health in various media venues and has been interviewed hundreds of times by prominent print, radio and television outlets. She is an expert on the history of sex education as well as the public policy decision-making that has influenced how sex education is taught in communities across the nation.

Valerie previously served as manager of the sexual risk avoidance program for the state of Ohio where she provided oversight and grant awards to community programs serving over 100,000 students per year as part of the Ohio Department of Health.

