

## Sexuality with a Focus on Healthy Relationships Workshop

### Brief Summary of Topics

**Feelings** - Feelings are a very important part of learning to be comfortable with one's sexuality. Feeling exercises are used as a learning tool throughout the workshop.

**Public/ Be Careful / Private Concepts** - We use these three concepts as a tool to learn and discuss the safety and social implications of the choices we make with respect to Places, Clothing, Body Parts and Behaviours.

**Self-Esteem** - We will encourage positive self-esteem. Self-esteem affects how we see ourselves, think, act and relate to other people. It is one of the key struggles that defines adolescence. It is also one of the essential components to healthy relationships.

**Difference between Private and Secret** - Knowing that there is a difference between these two words can help keep people safe; and can help people respect themselves and others.

**Private Body Parts and Changing Adolescence** - Using pictures of body parts, we discuss what is considered to be a private male and female body part. We name and discuss the functions of these body parts. It is important that our young people understand and know the names of body parts and their function for both genders. These exercises are done with respect and sensitivity. This time of physical, hormonal and emotional transition from childhood to adulthood can be confusing and frightening. The more we understand what is happening with our body and emotions during adolescence, the more comfortable we can feel with these changes and our sexuality. The concept of masturbation or self-pleasuring will be mentioned.

**Choices** - Choice is an important part of our daily activities. Every single one of us makes choices in different ways for different reasons. There are tools we can use to guide us in making the right choice. In this workshop we will touch upon what choices are, and the consequences to the choices we make.

**Internet Safety** - We cannot get away from the internet and use of present-day technology. We look at ways to text or go online and continue to stay safe. Sexting means sending images with sexual content, online. We learn that communicating and educating ourselves and our children can generally lower the incidence of challenging behavior arising out of the use of virtual technology.

**Personal Space / Touching** - Personal space and touching will be discussed during the workshop. We will discuss the importance of respecting our own and other people's space.

**Bullying** - It happens in schools and social situations. We see bullying as a tie in with relationships / personal space / and feelings. We will attempt to understand what bullying is, how it happens and some practical ways on how to deal with it.

The workshop agenda is flexible in order to allow the facilitators some space to make changes when necessary. It includes discussion, hands-on activities, use of visual tools such as pictures, teach-a-body dolls and handouts. The facilitators will try to meet the needs of our young people who might have different learning styles.

*We encourage you to review the summary of topics and contact us if you have any concerns or additional topics that you would like us to focus on.*