

We believe that young people deserve affirming and brave spaces to learn and talk about their identities, bodies, and relationships. Our ten signature workshops create space for them to explore these topics in a way that prepares them to take action for their sexual health, make informed decisions and ultimately lead sexually healthy lives. Our 1.5-2 hour interactive workshops are designed for 6-12th grade age youth and are aligned with the National Sexuality Education Standards and the Social Justice Standards.

# Workshops for Youth & Young Adults

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## Identity + Me

Guides youth through intersectional and personal exploration of who they are and how they show up in the world.

## Sexual Identity + Sexuality

Introduces terms, concepts, and ideas related to sexuality and sexual identities.

## Gender Identity + Expression

Introduces terms and concepts about gender identity and expression while exploring the social construction of gender and gender roles.

## The Body + It's Parts

Provides a general overview of the human body with a focus on reproductive anatomy and functioning.

## Puberty + Growing Up

Guides youth through the physical, social and emotional changes that occur during puberty.

## Reproduction + Contraception

Provides an overview of sexual reproduction, pregnancy, and reproductive options.

## STIs + HIV

Teaches youth about common sexually transmitted infections, including how they are transmitted, tested, prevented and treated.

## Boundaries + Consent + Safety

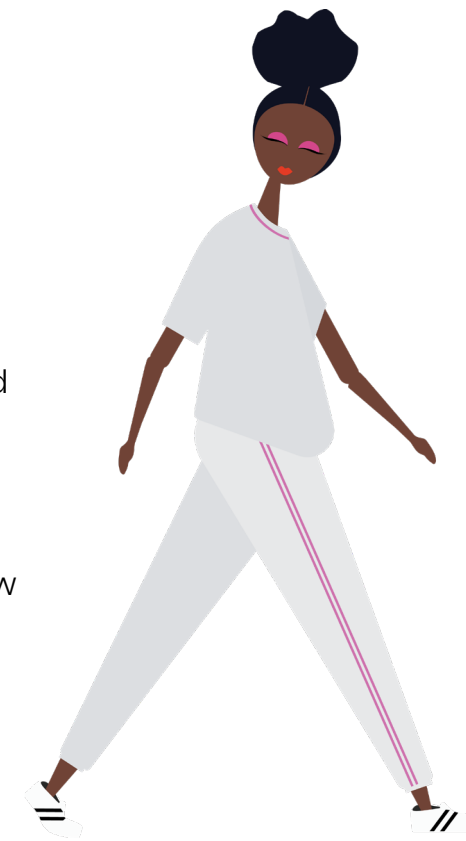
Emphasizes the importance of communication and boundary setting to maintain physical, emotional and sexual safety in interpersonal relationships.

## Healthy Relationships

Guides youth on how to establish healthy relationships with family, peers, and partners and recognize unhealthy relationship dynamics.

## Body Liberation

Explores the various social influences that shape how young people feel, think and view themselves. This workshop supports youth in imagining a world free of body shame, oppression, and violence for all people and communities.



We are primarily based in New York City and Philadelphia, PA. Not located in these areas? No problem! We'd love to meet you where you are.

Please note that a travel and/or lodging fee will apply.