

Empowering Your **SEX** Esteem

Train the Trainer

- The importance of Sexual Health Education
- Biases, diversity and inclusion
- Relationship wheel: exploring health & sexual wellbeing values, goals, dreams and self-esteem
- Healthy vs. unhealthy relationships
- Consent
- Yes & No Feelings
- 2SLGBTQIA+
- Rights and responsibilities
- Human body
- What is sex?
- STI's and condom demo
- Understanding Domestic Human Trafficking
- Internet safety and so much more!



This is a virtual, interactive and fun workshop for staff who support adults with Intellectual Developmental Disabilities (IDD). Please be prepared to have fun, gain confidence and walk away with some great resources.



Virtual or in-person



MONTAGE
SUPPORT SERVICES

Live your dream.



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Sexual Health Promoter

proud partners:

COMMUNITY LIVING
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camh Centre for Addiction
and Mental Health

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Sexual Health. Education. Community.