

## Youth Sexual Health Workshops

Our workshops are sex-positive, LGBTQ2S-positive, non-judgmental, interactive, and free!

They are facilitated on a one-off basis or as part of a series.

We provide resources and safer sex materials for participants to keep.

**HIV 101:** The basics of HIV/AIDS, including how HIV affects the body, myth-busting around HIV transmission, prevention and harm reduction strategies, discussion around HIV stigma and how we can combat it, and information on HIV testing. Condom demo encouraged, but optional.

May be accompanied by a Speakers Bureau presentation (HIV positive speaker) as well.

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**Pride Speak:** This ally-building workshop aims to create safer spaces for LGBTQ2S+ folks by helping participants gain an understanding of the difference between sexuality and gender identity, issues facing LGBTQ2S+ people, how to challenge hetero- and cissexism and homo- and transphobia, and using inclusive language.

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**Condom Sense:** This skills-building workshop explores how to properly store and use condoms, why condoms are effective at preventing STIs and unplanned pregnancy, how to make condom use sexy and pleasurable, and how to negotiate for condom use.

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**Sex & Tech:** With sexting and online dating becoming mainstream, this workshop offers a balanced perspective on the risks and rewards of sex and technology. Fun, pleasure, and safety are prioritized equally, and special attention is paid to consent and boundaries. Content includes risk reduction strategies such as useful apps, protecting personal information, and identifying “red flag” behaviour.

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**Safer Sex:** This LGBTQ2S-inclusive, pleasure-positive, and body positive workshop talks about the ‘anatomy’ of different sexual activities without assuming gender, shares risk reduction strategies, and works on some practical skills like communicating with partners, expressing and respecting boundaries, negotiating for safer sex practices, and going for STI testing.

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**Making Men:** This workshop encourages critical thinking about gendered messaging that young men encounter, and explores how those messages can be detrimental to sexual health outcomes. Activities emphasize unlearning harmful expectations of masculinity as they relate to sex, and focus on promoting a positive and authentic view of sex, sexuality, and sexual health.

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**Like a Girl:** This workshop discusses the pressures and expectations that girls and young women face, deconstructs the harmful messaging around women’s sexuality, and promotes a positive and empowering view of sex, sexuality, and sexual health.

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**Sex & Drugs:** Using a harm reduction framework, this workshop discusses the nuances of substance use and sex. The activities encourage participants to find relevant and resourceful strategies for safer partying, as well as creating a system of peer support when sex and drugs are at play.

To book a workshop or for more information, contact Erin McLaren

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