

## Youth Sexual Health Workshops

ACCKWA – the AIDS Committee of Cambridge, Kitchener, Waterloo & Area

### **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.

---

### **It's a Boy! & It's a Girl**

This complimentary pair of workshops encourage critical thinking about gendered messaging that young people encounter about what it means to be a boy or man, and a girl or woman. Participants will discuss the ways that gender is learned from a young age and recognizing how those messages impact how we interact with others. This workshop ultimately addressed how gender affects how we do or don't receive sexual health education and positive messaging about relationships.

---

### **Pride Speak**

This workshop aims to improve understanding of 2SLGBTQ identities and communities while creating safer spaces for 2SLGBTQ folks. Topics include: 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.

---

### **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. Can be combined with Harm Reduction & Drug Use

---

### **Sex & Drugs**

Using a harm reduction framework, this workshop discusses the nuances of substance use, including in a sexualised context. The session focuses on the experiences of participants and prioritizes the questions they have regarding harm reduction tools regarding both sexual health and substance use. Activities promote curiosity and addressing common myths through discussing sex, drugs, HIV, and Hepatitis C.

---

### **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.

---

All workshops are sex-positive, LGBTQ2S-positive, non-judgmental, interactive, and free! We provide paper resources and safer sex materials for participants to keep. Workshops can be conducted as a stand-alone session or as part of a series. Topics overlap and can be combined or tailored to the needs of the audience.

To book a workshop or to get more information, contact Youth Coordinator Erin McLaren at:

Email: [education@acckwa.com](mailto:education@acckwa.com)

Phone: 519-570-3687 ext. 302

Updated August 2020

