



## ISHS EDUCATION PROGRAM

Island Sexual Health Society (ISHS) is a non-profit health agency committed to promoting the concept of **healthy sexuality and healthy choices** within our schools and community. We believe in taking a **preventative** approach to support healthy sexual decision-making and have therefore, established a well-respected Education Program in Greater Victoria schools. As a non-profit agency, ISHS asks for an honorarium of \$40-60/workshop.

The goal of our community education program is to provide children, youth, parents, and professionals with **current and factual information** in an effort to promote healthy sexuality and healthy choices and to **prevent** unplanned pregnancies, exposure to sexually transmitted infections and sexual exploitation. All programs welcome and encourage questions from participants and are designed to be interactive facilitated discussions about sexual health. Workshops available from pre-school-professional.

Jennifer Gibson, MA is ISHS's community educator. She brings humor and more than a decade of experience working with youth in an education capacity in sexual health, preventing sexualized violence, disordered eating, and self esteem to her work at ISHS.

**To receive a workshop request form, please contact Jennifer.**

PHONE (250)592-3479 x204

FAX (250)361-3422

EMAIL [jgibson@islandsexualhealth.org](mailto:jgibson@islandsexualhealth.org)

[educator@islandsexualhealth.org](mailto:educator@islandsexualhealth.org)



## ADDITIONAL EDUCATIONAL PROGRAMS AND SERVICES

### Parent Workshops

Topics of Discussion include:

- Characteristics of Child Sexual Development
- What children need to know and when they need to know it
- Tips on how to answer difficult questions
- Teaching and community resources



### Youth Training

Specialized training for youth in an educator supported program. These sessions focus on information and skill building for sexual health education and community resource support. Training is offered at no cost thanks to Direct Access and United Way funding. Training is offered over 8 hours in total.

### Clinic Tours

Do you have a group of youth (leadership students/peerhelpers/planning classes) or school staff that would benefit from a clinic tour? During the tour, participants will learn what happens at a sexual health clinic and other interesting sexual health facts! To arrange a tour, call Jennifer 250-592-3479 x204 or [jgibson@islandsexualhealth.org](mailto:jgibson@islandsexualhealth.org)

**Island Sexual Health**

**(250) 592-3479 x204**

**[islandsexualhealth.org](http://islandsexualhealth.org)**

# island sexual health society



## Community Education Workshops 2011/2012

*Grades 7-12*

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#200-1770 Fort Street  
Victoria V8R 1J5  
(250) 592-3479

[islandsexualhealth.org](http://islandsexualhealth.org)  
[educator@islandsexualhealth.org](mailto:educator@islandsexualhealth.org)





# Island Sexual Health Community Education Workshops *ADOLESCENTS (grades 7 - 12)*



The following is a general outline of workshops available, which are **adapted** to specific requests and age groups as necessary.

## **Let's Talk: The P word**

This workshop includes activities and discussion to review the physical and emotional changes of puberty (aka the p word). This workshop content can be adapted to include reproduction and pregnancy, relationships, and stress management strategies.

## **Let's Talk: Sex Ed 101**

This workshop is presented in an interactive Jeopardy-style game. Great way to introduce or review basic sexual health issues. Topics covered include pregnancy, birth control, STI's, relationships, safer sex and myths & facts



## **Let's Talk: Birth Control Methods**

This workshop includes discussion around types of intercourse, pregnancy and various contraceptive methods including: abstinence, hormonal (pills, ring, patch, injection) barrier (condoms, etc.), other methods and emergency contraception including: how they work, effectiveness, the cost, how one can access them, pros and cons, myths, etc.

## **Let's Talk: Sexually Transmitted Infections (STIs) and Safer Sex**

This workshop is presented in an interactive Jeopardy-style game with seven of the more common STI's are discussed including: their transmission, treatment, consequences, and prevention. Discussion and Demonstration of safer sex methods concludes this workshop.



## **Let's Talk: Sexual FAQ's & their A's**

This workshop explores the Top 20 questions youth have about sexuality and sexual health. Participants are given the opportunity to have their own questions answered anonymously to conclude this workshop.

## **Let's Talk: Sexual Decision Making**

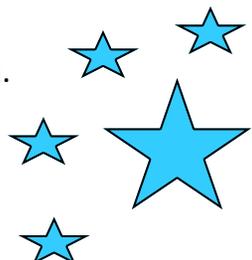
This workshop explores the different decisions we are faced with regarding our sexuality and sexual health including discussion and activities around reasons people chose to be sexually active and reasons people chose to be abstinent (and what's the difference!) negotiating intimacy, assessing risk behaviours, intoxication and sexual activity, influences of personal values, peers, partner, media, etc.

## **Let's Talk: Teen Pregnancy**

This workshop utilizes the "Empathy Belly" is a garment worn by students to enable them to temporarily experience more than 20 of the physical symptoms and lifestyle changes of pregnancy. It is used to augment a discussion on teen pregnancy discussion about: signs and symptoms of pregnancy, decision making, pregnancy prevention, and resources.

## **Let's Talk: Sex Ed 2.0**

This workshop is designed for older students who have existing sexual health knowledge but would benefit from the most current info on topics such as STIs, birth control, safer sex methods, media messages, and more. Emphasis on discussion.



*All workshops are designed to meet the educational needs and prescribed learning outcomes for individual classes/groups. If time permits, topics may be combined. Additional Workshop focuses are available from pre-school-professional.*

