

EDUCATION @ island sexual health community health centre EDUCATION PROGRAM

Island Sexual Health is a non-profit health agency committed to promoting **positive sexuality and healthy choices** within Victoria. We take a **preventative, professional, and comfortable** approach to sexual health education and have a well-respected and popular education program in Victoria that educates 21,000+ participants/year.

The goal of the many different focuses of our workshops is to provide participants (children, youth, parents, or professionals) with **current and factual information** to empower the development and practice of **inclusion**, healthy sexuality and to **prevent negative** un-intended pregnancies, exposure to sexually transmitted infections, and sexual exploitation.

Our workshops facilitated by a professional sexual health educator and are designed to be interactive, facilitated discussions with space for participants to ask questions. Workshops meet the updated BC PHE curricular competencies and recognize and support SOGI inclusion practices.

As a non-profit agency, ISHS asks for an honorarium of \$50/wksp to offset the delivery cost. Honorarium amounts can be flexible. Additional custom workshops from pre-school–professional are available upon request.

To supplement our education program, we offer a confidential texting line **250-812-9374** where youth can text a sexual health question and receive a an accurate answer privately.

For more information on our educational programming and services, please contact us:

P (250)592-3479 x2204
educator@islandsexualhealth.org
educator@islandsexualhealth.org

ADDITIONAL EDUCATIONAL PROGRAMS AND SERVICES

Approachable Adult Workshops

Topics of Discussion include:

- Child/Youth Sexual Development
- What youth need to know and when they need to know it
- Tips on how to answer difficult questions
- Teaching and community resources

Youth Ambassador Training

Specialized training for youth in a leader supported program. These sessions focus on information and skill building for sexual health education and community resource support.



“Man Made” - a series of workshops which provides male-identified youth with the space and skills to explore what it means to have a healthy relationships with self

and others.

Clinic Tours

ISHS welcomes groups of youth, educators, and community agencies to tour the clinic. Participants will learn about what happens at a sexual health clinic and have the opportunity to ask questions. We can also arrange time for participants to see our clinicians.

ISHS Clinical Services:

Lower cost bleed/birth control, Gender Affirming Care, STI testing, treatment, vaccination & support, Pap, pelvic & genital exams, Pregnancy testing & pro-choice options, Free Safer Sex Methods

Everyone Welcome



Sexual Health Education Workshops

Grades 6-12



island sexual health
community health centre

#101-3960 Quadra Street
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islandsexualhealth.org



educator@islandsexualhealth.org
250-812-9374 Youth Q&A Text Line

Community Education Workshops *ADOLESCENT and YOUTH FOCUS (grades 6 - 12)*

The following is a general outline of workshops available, which are customized to the needs of each class/group.

Let's Talk: The P word and Healthy Relationships (Grades 6 and 7)

This workshop includes activities and discussion to review the physical, emotional and social changes of puberty (aka the p word). This workshop also includes information on reproductive systems, gender identity, a brief introduction to STIs and healthy relationships.

Let's Talk: Sex Ed 101 (Grade 8+)

This workshop can be presented in an interactive game. A great way to introduce or review basic sexual health issues. Topics covered include gender, sexual orientation, birth control, STIs, relationships, safer sex and myths & facts.

Let's Talk: Pregnancy and 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.), IUDs 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 format covering 7 of the most common STIs including: their transmission, treatment, consequences, and prevention. Discussion and Demonstration of safer sex methods and anonymous questions conclude this workshop.

Let's Talk: Sexual FAQs & their As

This workshop explores the Top FAQs 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 and Relationships

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, consent, 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 youth 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 participant directed discussion.

All workshops are designed to meet the educational needs and prescribed MOE content for individual classes/groups. If time permits, topics may be combined. Additional workshop focuses are available from pre-school–professional. Please note that due to the demand for our programming, we usually book 6-12 weeks ahead in advance.

