

## Diversity of Sex and Gender

Is there a difference between sex and gender? This workshop challenges participants to evaluate their own sexual identity and dare to step away from the 'check the box' mentality. This workshop is intended to expand current knowledge of sex, gender, and related concepts.

## Gender Roles

In this workshop, participants discuss social expectations about gender roles. Participants explore and critically evaluate how specific gender messages affect people and communities. Both young men and women are encouraged to challenge stereotypical gender roles. Participants are also encouraged to act as allies for each other, working to overcome gender role restrictions.

## Sexual Orientation

Participants will learn about the three sexual orientations. Topics include the identification of myths around gay, lesbian, and bisexual people and the negative impact homophobia has on people and communities. At the end of this workshop, participants will be able to: define sexual orientation terms and express how homophobia negatively affects their communities.

## Sexual Pleasure

When we think of sexual health education, we tend to think about preventing pregnancy and STDs but that is just one aspect. Learn about how sensuality and pleasure are important components of a healthy sexual relationship. At the end of the workshop, participants will understand the sexual response cycle, dispel myths about sexual enhancement products, and draw the connection between healthy partner communication and sexual satisfaction.

## General Information about Workshops

- Workshops are generally one hour long, but can be tailored to meet each agency/schools' needs.
- Workshops are designed for youth and adults.
- Workshops are facilitated by skilled and experienced health educators.
- All workshops take place at your agency or school—we come to you and your clients.
- Workshops include handouts, pamphlets, and giveaways.

**To Schedule a Workshop, please call us at**

**212-545-2489**

Community Healthcare Network is a not-for-profit organization that provides access to affordable, culturally competent, and comprehensive community-based primary health care, mental health and social services for diverse populations in underserved communities throughout NYC.

Community Healthcare Network has clinics in Manhattan, the Bronx, Brooklyn, and Queens.

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## 21 Reproductive and Sexual Health Workshops



### A Guide to Comprehensive Reproductive and Sexual Health Education Workshops

Integrate sexual health education into your work today!



## Male and Female Anatomy

This interactive workshop will improve participants' existing knowledge about male and female reproductive anatomy as well as encourage discussion about how using slang stigmatizes and affects body image.

## Reproduction

No birds and bees here. In this workshop, participants will learn the basics about how humans reproduce.

## Puberty

Participants will learn about the physical and emotional changes that occur during puberty. Some topics to be covered include body changes (breast, hair, voice, etc.), the menstrual cycle, and hygiene. This workshop can be for both boys and girls or tailored for one sex.

## Abstinence/Masturbation

Just as it is important to recognize that some people are sexually active, it is also important to recognize that some are NOT sexually active! What are the benefits to being abstinent? Is masturbation healthy? Participants will be given the opportunity to discuss these topics and ask anonymous questions of their own.

## Safer Sex

Participants will learn about the risks associated with different sexual behaviors. By the end of the workshop, participants will be able to categorize sexual behaviors into different risk levels.

## STDs/HIV

Is it true you can contract herpes from a toilet seat? HIV from sharing utensils? This workshop will dispel some common myths and provide information on symptoms of STDs, how STDs are spread, prevented and treated.

## Birth Control Methods

Participants will learn about the various barrier, hormonal and non-hormonal contraceptive methods. By the end of the workshop, participants will be able to compare the methods in terms of proper use, effectiveness, advantages, and disadvantages of each.

## Emergency Contraception

A hot topic in current affairs— What is EC? Is it safe? Where can I get it? Who can get it? Is it an abortion? All of these questions and more will be addressed.

## Abortion 101

This is THE abortion workshop; just the facts on how, where and what is done during both medical and surgical abortions. This workshop will provide research-based statistics on abortion rates as well as other important information.

## Annual Pap and Pelvic Exam

The doctor looks where and does what?! Many girls and women don't get their exams for fear of the unknown. This workshop aims to increase understanding of what to expect during the annual exam. Topics include the pap and pelvic exams, abnormal pap results, vaginal infections, routine testing and the clinical breast exam (CBE).

## Breast Health

All about breasts! By the end of this workshop, participants will be able to properly demonstrate how to perform a breast self-exam, identify different risk factors for breast cancer and realize the importance of annual mammograms.

## Men's Health

Attention all men: reproductive health topics apply to you, too! We will give our gentlemen the low down on what to expect during a doctors visit and answer those burning questions about their own sexual health. Topics include STD/HIV testing, safer sex, TSE and PSE.

## Healthy Relationships

1 in 3 teen relationships are abusive. Participants will learn about the various ways a relationship can be abusive emotionally, physically, sexually, economically and verbally. By the end of the workshop, participants will have learned skills to identify signs of abuse in their own relationship.

## Sexual Decision Making

What's your decision making style? Who and what influences your decisions? This workshop will clarify how individuals make decisions by identifying different decision making styles. By the end of the workshop, participants will be able to apply this knowledge to making sexual activity decisions.

## Body Image I — In the media

The #1 wish of the majority of teenage girls is to lose weight. One million teenage boys have eating disorders, and as many as 400,000 are steroid users. Why is everyone so obsessed with the way they look? Participants will learn how what they see in magazines and on TV may influence body image.

## Body Image II — Battle of the sexes

Females are nothing but gold diggers and males without cars are SCRUBS! What do females want from males? What are males looking for in females? Participants will learn how music and videos may work to set unrealistic and unhealthy expectations between males and females.

## Body Image III — Trends and culture

Males are supposed to be skinny and have long hair. No, I thought they were supposed to be tall and muscular? Are females supposed to rock the skinny Kate Moss look or the curvaceous Beyonce? Defining what is attractive varies amongst different cultures and eras. This workshop aims to educate participants on the ways culture influences what people find attractive.