

## Sexuality Education Resource Centre Youth Workshop Request Form

Thanks for your interest in booking a youth workshop from Sexuality Education Resource Centre. This form is for all youth workshops delivered by SERC and Teen Talk in schools, community-based programs, and other youth settings in Manitoba. This form will allow you to book sessions for a maximum of three groups/classes. If you have more than three groups or classes, please submit multiple forms.

If you would like help or clarification with any part of this form, please reach out to us by email or phone:

- [info@serc.mb.ca](mailto:info@serc.mb.ca) or (204) 982-7800 (Winnipeg office)
- [brandon@serc.mb.ca](mailto:brandon@serc.mb.ca) or (204) 727-0417 (Brandon office)

Please note the following:

1. School-based workshops are available Monday – Friday; however youth programs and after school programs workshops are available evenings and weekends.
2. Workshops are ideally for 10 – 30 participants per session, and are intended for students in grade 5 and up (Prairie Mountain Health region), or grade 9 and up (Winnipeg, Interlake-Eastern, Southern Health-Santé Sud, Northern Health regions). Please contact us to discuss smaller or larger group options, or a different age range.
3. Due to COVID-19, we can only facilitate in-person sessions for group sizes where physical distancing can be accommodated. Virtual workshops are available for groups where the space does not allow for physical distancing.
4. A teacher/staff must always be present.
5. Workshops are free, but we happily accept honorariums or donations. Additional travel costs such as mileage will be required outside of Brandon or Winnipeg. If cost is a barrier for you, please contact us to discuss your needs.
6. Workshop descriptions are included in this document. Please note the available workshops based on your region. At this time, the workshops offered by our Brandon office are only available to the Prairie Mountain Health Region and the workshops offered by our Winnipeg office (including Teen Talk sessions) are available to Winnipeg and the rest of Manitoba.
7. Please submit completed request forms to [brandon@serc.mb.ca](mailto:brandon@serc.mb.ca) for Prairie Mountain Health region requests or [info@serc.mb.ca](mailto:info@serc.mb.ca) for Winnipeg, Interlake-Eastern, Southern Health-Santé Sud or Northern Health region requests.
8. Once received, we will get back to you to confirm booking in a timely manner.

# WORKSHOPS FOR YOUTH 2020/2021

## WINNIPEG, INTERLAKE-EASTERN, SOUTHERN HEALTH-SANTÉ SUD, NORTHERN HEALTH REGIONS

### DATING RELATIONSHIPS:

Through small group discussions, youth will explore the differences between healthy, unhealthy, and abusive relationships. Youth will learn what to do if they experience abuse, use abuse or witness abuse happening. They will also explore respectful and safe ways to end a relationship and ways to build a healthy relationship.

### MENTAL HEALTH:

This workshop helps youth to understand that we all have mental health and, like our physical health, have to work towards mental wellness. We will explore different ways stress and trauma impacts our wellbeing as well as coping strategies, including stress reduction activities, to get through hard times. This workshop highlights resources and supports while emphasizing help-seeking when going through a hard time including when youth or their friends are having thoughts of suicide

### INTRO TO SEXUALITY:

In this workshop we explore the concepts of sexuality and the role it plays in our lives. This includes our rights, values, the influence of the media, gender identity, sexual orientation, body, and mind. Youth will have a chance to explore choices regarding their sexuality through discussions and small group work.

### SEXUAL AND REPRODUCTIVE HEALTH:

This workshop will discuss important conversations to have with partners before sex including consent, safer sex options, STI testing, pregnancy options, comforts, boundaries, and expectations. Youth will have an opportunity to practice negotiating condom use. We will also review reproductive anatomy as well as the most common forms of safer sex options including abstinence, condoms, hormonal birth control, and emergency contraceptive.

### SEXUALLY TRANSMITTED INFECTIONS AND HIV:

Participants will gain a broad understanding of STIs and HIV including common symptoms, testing, and treatment. This workshop will explore the differences between high, low, and no risk activities and demonstrate how to use condoms and sex dams. An emphasis will be placed on where to access condoms, sex dams, testing, and non-judgmental support

Our topics support the Manitoba Education learning outcomes.

Learn more about these through: [www.edu.gov.mb.ca/k12/cur/physhlth/hs\\_s1-2/](http://www.edu.gov.mb.ca/k12/cur/physhlth/hs_s1-2/)

WINNIPEG, INTERLAKE-EASTERN, SOUTHERN HEALTH-SANTÉ SUD,  
 NORTHERN HEALTH REGIONS  
 YOUTH WORKSHOPS 2020/2021

<p>Please fill out one column per group</p> <p>Use two forms if necessary.</p>	<p>Average Age or Grade _____</p> <p># of Youth _____</p>	<p>Average Age or Grade _____</p> <p># of Youth _____</p>	<p>Average Age or Grade _____</p> <p># of Youth _____</p>
<p><b>Workshop Topics</b></p>	<p><b>Date(s) and Time(s) Requested for each Group</b></p>		
<p>Dating Relationships</p>			
<p>Introduction to Sexuality</p>			
<p>Mental Health</p>			
<p>Sexual and Reproductive Health</p>			
<p>Sexually Transmitted Infections and HIV</p>			

Please return this form, along with the School/ Program Information form, by email (preferred) or fax.

Email: [info@serc.mb](mailto:info@serc.mb) Fax: 204-982-7819



# WORKSHOPS FOR YOUTH 2020/2021

## PRAIRIE MOUNTAIN HEALTH REGION

### WHAT'S HAPPENING TO ME?

With a specific focus on puberty, participants will review reproductive anatomy and identify the physical, social, and emotional changes that occur during this period of growth and development. This workshop features a “question box” activity, where all students will have the opportunity to receive an answer to an anonymous question. *(Recommended for grade 5)*

### LET'S TALK:

Participants will review reproductive anatomy, identify what constitutes sex and sexual activity, and learn about consent. Working from a sex positive, harm reduction approach, participants will identify safer sex options (e.g. abstinence, condom use, birth control, etc.) that reduce the risks of unplanned pregnancy and STIs. This workshop includes a condom demonstration. *(Recommended for grade 7)*

### LET'S TALK ABOUT SEX:

Participants will discuss consent and sexual and reproductive rights in a fun and sex positive environment. Participants will consider safer sex options, including abstinence, condom use, and birth control and gain the knowledge and skills (e.g. negotiating condom use, accessing sexual health services, etc.) needed to reduce the risks of unplanned pregnancy and STIs. This workshop includes a condom demonstration. *(Recommended for grade 9 and up)*

### DATING RELATIONSHIPS & CONSENT:

Participants will identify healthy, unhealthy, and abusive relationships. Practical tools that can be used to end an unhealthy relationship and/or seek help and support will be included. Specific focus will be given to consent, boundaries, and respect. This workshop requires access to WIFI, a smartboard, and speakers or similar technology. *(Recommended for grade 7 and up)*

### 2STLGBQ+ AND YOU!

Participants will discuss identity and human sexuality, and break down the difference between sex, gender, and sexual orientation. Specific focus will be given to identities and respecting differences. This workshop will be centered on respecting others, appreciating diversity, and creating safe spaces for peers. *(Recommended for grade 7 and up)*

Our topics support the Manitoba Education learning outcomes.

Learn more about these through:

[www.edu.gov.mb.ca/k12/cur/physhlth/hs\\_k-8/](http://www.edu.gov.mb.ca/k12/cur/physhlth/hs_k-8/)  
[www.edu.gov.mb.ca/k12/cur/physhlth/hs\\_s1-2/](http://www.edu.gov.mb.ca/k12/cur/physhlth/hs_s1-2/)



**PRAIRIE MOUNTAIN HEALTH REGION  
YOUTH WORKSHOPS 2020/2021**

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<p><b>Workshop Topics</b></p>	<p><b>Date(s) and Time(s) Requested for each Group</b></p>		
<p>What's Happening to Me?</p>			
<p>Let's Talk</p>			
<p>Let's Talk About Sex</p>			
<p>Dating Relationships &amp; Consent</p>			
<p>2STLGBQ+ and You!</p>			

Please return this form, along with the School/ Program Information form, by email (preferred) or fax.

Email: [brandon@serc.mb](mailto:brandon@serc.mb) Fax: 204-729-8364

## School/Program Information

School/Program Name \_\_\_\_\_

School/Program Address \_\_\_\_\_

Postal Code \_\_\_\_\_

Contact Name \_\_\_\_\_

Title/Position \_\_\_\_\_

Phone Number \_\_\_\_\_

Email address \_\_\_\_\_

I prefer to be contacted by Email \_\_\_ Phone \_\_\_

Room # (if applicable) \_\_\_\_\_

If applicable, where can SERC staff park?

Is there anything we should know about the group? (E.g. type of program, challenges or success of the group, space setup etc.?)

What topics related to these sessions will you have addressed before we arrive?

What topics related to these sessions will you address after we leave?

What COVID-19 protocols (e.g. physical distancing, sanitizing) will you have in place for in-person sessions? Please include or attach policies or procedures related to school visitors.

If booking an in-person session, please ensure the following COVID-19 checklist will be completed prior to our visit:

- Space provided will allow for 6 feet/2 meters distance between participants and facilitator
- Participants will have been screened prior to attending the session(s) using the following form: [serc.mb.ca/wp-content/uploads/2020/09/covid19\\_screening\\_checklist.pdf](http://serc.mb.ca/wp-content/uploads/2020/09/covid19_screening_checklist.pdf)
- Participants will have been notified that masks are required at sessions and encouraged to bring their own if they have one
- Sanitizer will be provided to participants