

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/

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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*)

2STLGBTQ+ 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/physlth/hs_k-8/
www.edu.gov.mb.ca/k12/cur/physlth/hs_s1-2/