

## 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 ([youtheducation@serc.mb.ca](mailto:youtheducation@serc.mb.ca)) or phone:

- (204) 982-7800 (Winnipeg office)
- (204) 727-0417 (Brandon office)

Please note the following:

1. Workshops are ideally for 10–30 participants per session. Please contact us to discuss smaller or larger group options.
2. A teacher/staff must always be present.
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. 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.

### 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

I prefer workshops to be In Person  Virtual

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

\_\_\_\_\_  
\_\_\_\_\_

## YOUTH WORKSHOPS 2021/2022

Please fill out one column per group  Use two forms if necessary.	Average Age or Grade _____ # of Youth _____	Average Age or Grade _____ # of Youth _____	Average Age or Grade _____ # of Youth _____
Workshop Topics	Date(s) and Time(s) Requested for each Group		
2STLGBQ+ And You! <i>(Brandon &amp; area only)</i>			
Body Image			
Communication			
Dating Relationships			
Diversity & Anti-Oppression			
Mental Health			
Puberty			
Sexual & Reproductive Health			
Sexual Decision Making & Identity			
Sexually Transmitted Infections & HIV			
Substance Use Awareness			

Please return this request form, along with School/Program information, by email (preferred):

[youtheducation@serc.mb.ca](mailto:youtheducation@serc.mb.ca), or fax:

Winnipeg: 204-982-7819

Brandon: 204-729-8364

Once received, we will get back to you to confirm booking within a week.



# YOUTH WORKSHOPS 2021/2022

## WORKSHOP DESCRIPTIONS

### 2STLGBQ+ AND YOU! (*Brandon and area only*):

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

### BODY IMAGE:

This workshop explores the effects of positive and negative body image. Youth discuss myths surrounding what it means to be healthy while building media literacy skills. We facilitate discussion on the intersections of classism and racism and their impact on one's relationship to their body, while also promoting body acceptance. **(Recommended for grade 7 and up)**

### COMMUNICATION:

This workshop focuses on consent and healthy ways to communicate in relationships. We explore passive, aggressive and assertive communication styles, the negative impacts of rumours and gossip, and the challenges of utilizing technology while communicating within a dating relationship. Youth have the opportunity to practice assertive communication and listening skills. **(Recommended for grade 9 and up)**

### DATING RELATIONSHIPS:

Through facilitated discussions, youth explore the differences between healthy, unhealthy, and abusive relationships. Youth learn what to do if they experience abuse, use abuse, or witness abuse happening. They also explore respectful and safe ways to end a relationship, and ways to build a healthy relationship. **(Recommended for grade 7 and up)**

### DIVERSITY AND ANTI-OPPRESSION:

This workshop includes a discussion on the impacts of discrimination, the historical and ongoing effects of colonization on this Land, and the linkages existing between different forms of discrimination (colonialism, sexism, racism, homophobia, etc.). Youth examine ways in which we can appreciate the differences between people and reduce discrimination. The workshop aims to shift the focus to the resiliency and strengths of those who face discrimination, and on building allyship. **(Recommended for grade 9 and up)**

### 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 explore the different ways that stress and trauma impact our wellbeing, and focus on 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. **(Recommended for grade 7 and up)**

## PUBERTY:

With a specific focus on puberty changes, participants 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 have the opportunity to receive an answer to an anonymous question. ***(Recommended for grade 5)***

## SEXUAL & REPRODUCTIVE HEALTH - Grade 7:

Participants review reproductive anatomy, identify what constitutes sex and sexual activity, and learn about consent. Working from a sex positive, harm reduction approach, participants 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)***

## SEXUAL & REPRODUCTIVE HEALTH - GRADE 9+:

Participants identify important conversations to have with partners before sex including consent, safer sex options, STI testing, pregnancy options, comforts, boundaries, and expectations. We also review reproductive anatomy, as well as the most common forms of safer sex options including abstinence, condoms, hormonal birth control, and emergency contraceptive. ***(Recommended for grade 9 and up)***

## SEXUAL DECISION MAKING AND IDENTITY:

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 have a chance to explore choices regarding their sexuality through discussions and small group work. ***(Recommended for grade 7 and up)***

## SEXUALLY TRANSMITTED INFECTIONS & HIV:

Participants gain a broad understanding of STIs and HIV including common symptoms, testing, and treatment. This workshop explores the differences between high, low, and no risk activities and includes a condom and sex dam demonstration. An emphasis is placed on where to access condoms, sex dams, testing, and non-judgmental support. ***(Recommended for grade 9 and up)***

## SUBSTANCE USE AWARENESS:

Substance use information is delivered through a non-judgmental, harm reduction perspective to allow youth to make informed and safer choices. We facilitate a discussion on the reasons people have for using or not using a substance, ways to abstain from substance use and how to stay safer if using. Youth discuss how to identify problematic use and identify where to go for support. ***(Recommended for grade 9 and up)***

***Our workshops support the Manitoba Education learning outcomes, and are adapted to meet grade-level 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/)