

Sexuality Education Resource Centre Youth Workshop Request Form

Thanks for your interest in booking a youth workshop from the 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.

If you would like help or clarification with any part of this form, please reach out to us by email (youtheducation@serc.mb.ca) or phone:

-(204) 982-7800 (Winnipeg office)

-(204) 727-0417 (Brandon office)

Please note the following:

1. **Workshops have been created for 10–30 participants per session.** Please contact us to discuss smaller or larger group options.
2. **Workshops are approximately 60 minutes in length.** They can be altered to be longer, but not shorter, in order to ensure all relevant info is shared.
3. **A teacher/staff must always be present** in the classroom/program space.
4. With the impact of emerging variants of COVID-19, we are adjusting our sessions as health orders develop. Should masking or social distancing return we ask that spaces be set up to meet these requirements.
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. **Workshops are available Tuesday – Friday.** Please contact us to discuss our availability for weekend sessions.

If you are booking on behalf of a group or not the contact the day of the event, please include additional notes and contact information as needed.

Youth Workshops 2025/2026

Workshop Description
<p>2STLGBQ+ AND YOU! (Brandon and area only; Grades 7 & 8; 60 Minutes):</p> <p>Participants discuss identity and human sexuality and break down the differences 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.</p>
<p>DATING RELATIONSHIPS (Grades 7+; 60 Minutes):</p> <p>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.</p>
<p>DIVERSITY AND ANTI-OPPRESSION (Grades 9+; 60 Minutes):</p> <p>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.</p>
<p>MENTAL HEALTH (Grades 7+; 60 Minutes):</p> <p>This workshop helps youth to understand that we all have mental health and, like our physical health, we have to work towards mental wellness. We explore the different ways that stress and trauma impact our well-being 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.</p>
<p>PUBERTY (Grade 5; 60 Minutes):</p> <p>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.</p>

SEXUAL & REPRODUCTIVE HEALTH - Middle School (Grades 7+; 60 Minutes):

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.

SEXUAL & REPRODUCTIVE HEALTH - High School (Grades 9+; 60 Minutes):

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 contraceptives.

SEXUAL DECISION MAKING AND IDENTITY (Grades 7+; 60 Minutes):

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.

SEXUALLY TRANSMITTED INFECTIONS & HIV (Grades 9+; 60 Minutes):

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.

SUBSTANCE USE AWARENESS (Grades 9+; 60 Minutes):

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.

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/
www.edu.gov.mb.ca/k12/cur/physhlth/hs_s1-2/

School/Program Information

Please fill out the request form below to help us better prepare to suit your needs.

General Information:

Name of Contact & Title/Position:	Organization/School:
Address (of workshop):	Is parking available?
Postal Code:	Yes (free) Yes (cost) No
Phone:	Parking Instructions:
Email:	

Workshop Information (Dates and Times Requested for Each Group):

Workshop Choice	Workshop Date	Start and End/Class Time	Age/Grade of Youth	# of Youth	Is technology available?

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

Are there any additional notes, questions, or comments you'd like to share?

For additional workshop bookings, please fill out another form or connect with us directly at (youtheducation@serc.mb.ca) or phone: (204) 982-7800 (Winnipeg) / (204) 727-0417 (Brandon)