

Male and Female Anatomy

This interactive workshop will improve participants' existing knowledge about male and female anatomy.

Reproduction

No birds or 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, the menstrual cycle and hygiene.

Sexually Transmitted Infections

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

HIV 101

This workshop will cover basic information about HIV, including transmission, prevention, how HIV behaves in the human body and the difference between HIV and AIDS.

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.

Condoms, Condoms, Condoms!

Male condoms! Female condoms! Dental Dams! This workshop will address what to use and how to use it. By the end of the workshop participants will be able to explain how to use various latex and non-latex barriers to prevent pregnancy and the transmission of STIs.

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

What is EC? How does it work? Where can I get it? Who can get it? 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.

Pap and Pelvic

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.

Breast Health

All about breasts! By the end of this workshop, participants will be able to 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.

Abstinence

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? Participants will be given the opportunity to discuss this question and ask anonymous questions of their own.

Sexual Decision Making

What kind of decision maker are you? 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 decisions around sexual behavior.

Sexual Pleasure

During the workshop, participants will learn about the sexual response cycle, dispel myths about sexual enhancement products, and draw the connection between healthy partner communication and sexual satisfaction.

Healthy Relationships

How do you know what to look for in a partner? What do you do if you love your partner but sometimes their behavior bothers you? In this workshop, participants will explore the key components of a healthy relationship and build communication skills.

Relationship Violence

1 in 3 teen relationships are abusive. Participants will learn about the various ways a relationship can be abusive emotionally, physically, sexually and economically.

Is Your Relationship Healthy?

Sometimes it's hard to tell. By the end of the workshop participants will have learned skills to identify signs of abuse in their own relationships and others.