

## Gender and Sexuality 101

Is there a difference between sex and gender? This workshop is intended to expand current knowledge of sex, gender, sexual orientation and related concepts.

### Gender Roles

In this workshop, participants discuss social expectations about gender roles. Participants explore and critically evaluate how specific gender messages affect people and communities.

### Sexual Orientation

This workshop challenges stereotypes and encourages participants to rethink preconceived notions about sexual orientation. At the end of this workshop, participants will be able to define sexual orientation terms and express how homophobia negatively affects their communities.

### Body Image Basics

What is a body image and how do you get one? In this workshop, participants will define body image and discuss what factors, internal and external, influence body image.

### Body Image and the Media

Why is everyone so obsessed with how they look? In this workshop, participants will explore how the media uses subtle messages and technology to create unrealistic and unhealthy expectations around physical attractiveness and the “standard of beauty”.

### Body Image and Sexual Decision Making

The way we feel about ourselves greatly influences the decisions we make and how we treat our bodies. In this workshop, participants will explore how a negative body image can put someone at greater risk for an unplanned pregnancy or contracting an STI.

## General Information about Workshops

- Workshops are generally 45 minutes long, but can be tailored to meet each agency/school’s needs.
- Workshops are designed for youth and adults.
- Workshops are facilitated by skilled and experienced health educators.
- All workshops take place at your agency or school—we come to you and your clients.
- Workshops include handouts, pamphlets, and give-aways.

To schedule a workshop,  
please call us at

**212-545-2489**

Community Healthcare Network is a not-for-profit organization that provides access to affordable, culturally competent, and comprehensive community-based primary healthcare, mental health and social services for diverse populations in underserved communities throughout NYC.

Community Healthcare Network has clinics in Manhattan, the Bronx, Brooklyn, and Queens.

Visit us online at: [www.chnny.org](http://www.chnny.org)

A vertical poster with a teal background and a faint image of a person's face. The text is white and bold. It reads: "Sex Matters" in large letters, followed by "A Guide to 25 Comprehensive Reproductive and Sexual Health Education Workshops". At the bottom, it says "Integrate sexual health education into your work today!".

**Sex Matters**

**A Guide to  
25  
Comprehensive  
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and  
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