

Respectful Relationships, Consent and Sexual Health Education Sessions



Education Sessions

SHQ's Youth Education team facilitate interactive Respectful Relationships, Consent and Sexual Health education sessions for young people.

The sessions are engaging and fun, with participants actively involved in their learning. We can deliver whole programs or individual sessions. We encourage having at least two sessions. This provides opportunity to build rapport, cover more topics, solidify knowledge, and provide an opportunity to answer young people's questions.

Topics can include but are not limited to:

- Respectful Relationships
- Consent and communication skills
- Bodies, sexual & reproductive systems
- Periods
- Puberty
- Gender roles
- Sex, pleasure & rights
- Diversity in sex, gender & orientation
- LGBTIQ+ & being a good ally
- Contraception
- STI and BBV prevention
- Pregnancy choices
- Pornography
- Sexting & sexuality in online spaces
- Sexual health and where to go for help

All sessions are tailored to meet the needs of the group.

"Amazing session!
our young people were
so engaged"
Youth Worker



Cost: Price on application.
Please contact us to discuss.

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