Sexual Health Facilitator Training

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An 11-module program for service providers who deliver sexual health and related information to clients. . SEX 101 . BODY IMAGE

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COMPASSION . SEX & GENDER . SEX 101 . BODY IMAGE

SELF-AWARENESS · EMOTIONAL WELLBEING

SHIFT is for educators, workplaces, organizations, health and social service workers, and anyone else interested in learning how to effectively talk or teach about sex.

This professional development opportunity offers information, skill-building and tools for exploring topics of sexual health and sexuality.

Many factors shape the decisions we make about our sexual health. SHIFT helps service providers explore these for themselves and provides them with 11 complete lesson plans to use or adapt with clients. Topics include:

Self-Awareness	Raising Sexually
Self-Compassion	Healthy Children
Communication	Consent
Media Awareness	Sex 101
Sex and Gender Diversity	Emotional Wellbeing
Discrimination	Body Image

We provide multi-agency training sessions twice annually in spring and fall. We offer agency-specific trainings on request.

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