



## New Training Series on Sexuality!

Introducing our new virtual training series for self-advocates presented by Shawn McGill and Milestone HCQU West! This series covers eight weeks of training. Space is limited to allow for questions and interaction. Topics covered are as follows:

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### **Personal Boundaries — September 5**

Highlights: physical and emotional boundaries; signs of unhealthy boundaries and how to respond effectively

### **Saying “No” — September 12**

Highlights: understand why “no” is difficult to hear, but also crucial to say when building healthy relationships and boundaries

### **“Reading” the Room — September 19**

Highlights: what is “reading the room” and why it’s important; how we can improve this skills and use it in our everyday interactions and relationships

### **Critical Relationships Skills — September 26**

Highlights: explores building essential relationships skills and improving relationships to enhance success

### **Let’s Talk About Sex! — October 3**

Highlights: how to speak more openly about sex and become more comfortable with this topic, as well as vulnerabilities; discuss the importance of relationships, safety, and security

### **Legal vs. Illegal Sexual Behavior — October 10**

Highlights: talk about the differences between legal and illegal sexual behavior; review scenarios to explore these differences while discussing risks and choices

### **Masturbation and Sexual Acts - October 24**

Highlights: explanation of what masturbation is; explores very basic sex acts that a couple might engage in

### **Pregnancy, STI’s, and Safe Sex - October 31**

Highlights: what pregnancy is, how it occurs, and how to prevent it if you’re not ready to have a baby; covers sexually transmitted diseases, infection, and how you can stay healthy

All class times:  
11:30 a.m.—12:30 p.m.

Register your spot by  
August 29!

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