

The S Team Workshops

Values and Sex

Participants will define, explore and identify values related to relationships, decision making, unintended pregnancy and other sexuality issues. General information on sexual health will also be discussed.

What's Happening to Me?

Participants will discuss the common changes associated with puberty and identify ways to cope with the stress that can be associated.

How to Protect Yourself

In this workshop participants will gain the knowledge they need to protect themselves from experiencing an unintended pregnancy and learn how to reduce the risk of transmitting STI's including HIV/AIDS.

Appreciating Diversity

Participants will discuss discrimination in general, and identify challenges that face lesbian, gay and bisexual youth. The group will brainstorm ways that a community environment can be made comfortable for everyone.

Gender Roles

In this workshop, younger students will look at what society expects of males and females. We will identify what it means to stereotype, and how this limits people's potential. Participants will look at how we need to treat people so we all feel valued and respected.

CONTACT

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In a series of surveys of Canadians, 85% of parents and 89% of adolescents agreed that sexual health education should be provided in the schools. (*Canadian Journal of Human Sexuality*)

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