

Helping Adolescents Develop Into Sexually Healthy Adults

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Recorded on: August 19, 2022

Length: 4 hours

- 1 hour and 30 minutes**
- Introduction and overview
 - The complications of physical touch
 - Reflection activity on sexual language
 - The sexual brain
 - Addressing the sexuality spectrum with the “Gender Unicorn”
- 1 hour and 15 minutes**
- Working with individual and group modalities
 - Introduction to the “wizard skills” program
 - Building concrete skills
 - Self-reflection exercise reviewing the initiation of sexual experiences
 - The role of mindfulness in treatment that focuses on healthy sexuality
- 1 hour and 15 minutes**
- Vulnerabilities and self-care
 - Talking about sex
 - Learning relationship skills
 - The dos and don'ts of flirting
 - Where do we go from here?

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