



LINK! Safety, Relationships, Sexuality

Providing adults with disabilities individualized training on hygiene, sexuality, relationships and ways to stay safe

Misinformation and lack of accessible sexual health education, can lead to socially inappropriate behaviours. Research has proven that education about healthy sexuality and gender expression reduces a person's vulnerability and increases their safety in the community. The LINK! curriculum provides relevant sexual health information and focuses on the following topics:

- Knowing Your Rights, Consent, and the Law - **January 25, 10am - 12pm**
- The Basics (Anatomy, Public vs. Private) - **January 27, 10am - 12pm**
- Different Types of Touch and Trusted People - **February 1, 10am - 12pm**
- Self-Care - **February 3, 10am - 12pm**
- Gender and Identity - **February 10, 10am - 12pm**
- Relationships and Decision Making - **February 15, 10am - 12pm**
- Online Safety and Pornography - **February 17, 10am - 12pm**
- Dating and Break-Ups - **February 22, 10am - 12pm**
- Thinking about Sex (Determining "Readiness", Types of Sexual Activity) - **February 24, 10am - 12pm**
- Safer Sex (STIs and Contraception) - **March 1, 10am - 12pm**

The LINK! program is supported by the Government of Canada's Emergency Community Support Fund and Community Foundations of Canada.

To optimize learning for all participants we will contact you for more detailed information.

REGISTER ONLINE! www.laurelbc.ca/so-2021

**SOUTH
OKANAGAN**

Cost: FREE

This is an online event
hosted through ZOOM.

**For more information about the program and/or eligibility criteria,
please call 1-855-437-7095 or email linksrs@posAbilities.ca**