



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 - **May 11, 2021**
- The Basics (Anatomy, Public vs. Private) - **May 13, 2021**
- Different Types of Touch and Trusted People - **May 18, 2021**
- Self-Care - **May 20, 2021**
- Gender and Identity - **May 25, 2021**
- Relationships and Decision Making - **May 27, 2021**
- Online Safety and Pornography - **June 1, 2021**
- Dating and Break-Ups - **June 3, 2021**
- Thinking about Sex (Determining "Readiness", Types of Sexual Activity) - **June 8, 2021**
- Safer Sex (STIs and Contraception) - **June 10, 2021**

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

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

Start Date: May 11, 2021
End Date: June 10, 2021
Day: Tuesdays & Thursdays
Time: 4:00pm - 5:30pm
Cost: FREE

This is an online event and open to participants aged 19 years and older living in British Columbia.

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