

Let's Talk about Sex!

Let's face it—talking about sex can be weird, funny, confusing, and totally necessary (sometimes all at once). This healthy sexuality training is an engaging, eye-opening journey into exploring the many aspects of human sexuality. Through fun, open conversations, and maybe even a few laughs, participants will dive into topics like sexuality across the lifespan, consent, communication, pleasure, relationships, and intersection of social media and sex.

We'll ask big questions like: *What is normal? What is deviant? And more importantly, how can we talk about sex without it being awkward?* This training creates a safe, judgment-free space to bust myths, challenge cultural assumptions, and embrace the full spectrum of sexuality. It also highlights the essential truth that people with disabilities have the same right to healthy, fulfilling sexual lives—and that access to sexuality education and autonomy is vital for a good life while balancing the dark side of sexual pleasure. Whether you're looking to build understanding, strengthen connections, or simply become more comfortable with these important conversations, you'll leave feeling informed, empowered, and prepared with more tools for success when supporting others.



Please join us for a virtual training: November 19th, 2025 9:30 am- 11:30 am