



My Life, My Body

A Healthy Relationships & Sexuality Education Program

Men's and Women's

Sex Education Workshops Registration Form

PROGRAM OVERVIEW

Level 1 - Knowing Your Body and Relationships 101

This program is suited to participants who:

- Want to make more friends
- Are curious about relationships and want to learn more about practicing social skills
- Want to know more about how their body works
- Need basic understanding and language to express concerns about their body to a physician or caregiver

In this program you will learn about:

- Self - awareness, personal identity
- Healthy friendships, relationships and safety
- Crushes, flirting and dating
- Sexual anatomy and body parts
- Reproduction basics

Level 2 – Healthy Relationships and Safer Sex

This program is for you if you are:

- In a relationship and/or want to learn more about healthy relationships
- Curious about sexual intercourse or thinking about becoming sexually active
- Already sexually active

In this program you will learn about:

- Self - awareness, personal identity
- Healthy relationships and safety
- Healthy sexuality
- Sexual orientation and expression
- Preventing Sexually Transmitted Infections
- Birth Control methods

Special Sessions:

Two special Sunday sessions will be held for participants who would like to collaborate on an education project. Together with the facilitator participants will develop a My life, My Body Guidebook for their peers. The guidebook will be shared on the new hsyukon.com website and in other locations. Participants from both Level 1 and Level 2 can participate in the project

*** Please also note that a male co-facilitator will be hired to for the Men's Level 1 and Level 2 program.*



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PROGRAM DATES:

Women's Programs:	Men's Programs:
<p>Level 1 Duration: 4 weeks Time: Mondays 6:00-8:00 PM Dates: April 4th – April 25th, 2016</p> <p>Special Session – Sunday April 24, 10am -12 pm</p>	<p>Level 1 Duration: 4 weeks Time: Mondays 6:00-8:00 PM Dates: Aug 29 – Sept 26 2016 <i>No session on Sept 5 for Labour day</i></p> <p>Special Session – Sunday Sept 18, 10am -12 pm</p>
<p>Level 2 Duration: 4 weeks Time: Mondays 6:00-8:00 PM Dates: May 2 – May 24th, 2016 May 24th. (Note last session will be held Tuesday the 24th to accommodate Victoria Day)</p> <p>Special Session – Sunday, May 15, 10 am – 12 pm</p>	<p>Level 2 Duration: 4 weeks Time: Mondays 6:00-8:00 PM Dates: Oct 3 – Oct 24, 2016</p> <p>Special Session – Sunday, Oct 23, 10 am – 12 pm</p>

REGISTRATION INFORMATION

Registration Timeline: We encourage everyone to register early. Registration forms are due a minimum of 1 week before the program start date.

Women's Level 1 – March 28 th , 2016	Men's Level 1 – August 22, 2016
Women's Level 2 – April 25, 2016	Men's Level 2 – September 26, 2016

Notes:

- This program is designed for participants over the age of 16.
- Only 10 spaces per level are available so please register early. Participants will be selected to ensure the best fit of learning levels to ensure the best outcomes for all participants. Individual appointments are available for anyone who is not selected for the program.
- Participants will get the most benefit from the program if they can attend all four weeks. If you will not be available to participate in more than 2 sessions please consider booking a private meeting with our facilitator instead.

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REGISTRATION FORM

Tell us about yourself

Last Name:		First Name:	
Date of Birth:		Gender:	
Address:			
Phone Number:		Email:	
In case of emergency contact:	Name:		
	Relationship:		
	Phone:		
	Email:		

Which sessions are you interested in attending? (put a check mark next to one or both sessions)

Check all that apply	Program Description	Dates
<input type="checkbox"/>	Women's Level 1 Program Mondays 6-8 PM	April 4, 11, 18, 25
<input type="checkbox"/>	Women's Level 1 Special Session Sunday 10 AM – 12 PM	Sunday April 24
<input type="checkbox"/>	Women's Level 2 Program Mondays 6-8 PM	May 2, 9, 16, 24
<input type="checkbox"/>	Women's Level 2 Special Session Sunday 10 AM – 12 PM	Sunday May 15
<input type="checkbox"/>	Men's Level 1 Program Mondays 6-8 PM	Aug 29, Sept 12, 19, 26
<input type="checkbox"/>	Men's Level 1 Special Session Sunday 10 AM – 12 PM	Sept 18
<input type="checkbox"/>	Men's Level 2 Program Mondays 6-8 PM	Oct 3, 10, 17, 24
<input type="checkbox"/>	Men's Level 2 Special Session Sunday 10 AM – 12 PM	Oct 23

In your own words, tell us why you would like to participate and what you would like to learn?

Do you have any dietary limitations? If yes please list them:

Do you require transportation? Yes No