



WHR ALLIED HEALTH

**WHR SEX
GROUP**

BARWON REGION

REGISTRATIONS OPEN NOW

Fill in a referral form at our website

<https://www.whralliedhealth.com/services/sex-group/>



Contact

If you have any questions related to our Sex Education Program, you can contact our admin team on **0431 556 720**.

OUR GOALS:

- To improve understanding around each individual having things they like/dislike in regard to sex & sexuality
- Support parents and carers to be comfortable talking about sex and sexuality

HOW IT'S DELIVERED

Each participant will be assessed to determine the right fit for the delivery of the curriculum. Participation in the group sessions will involve an eight-week commitment with sessions held one evening each week. Each session will cover new topics guided by an Occupational Therapist. Throughout the eight weeks, we will also have guest speakers presenting on their areas of expertise. i.e., A sexual health nurse or sexologist.

We strongly encourage parents/carers to attend the pre-program assessment where we will outline the course content week by week and enable you to ask questions of our facilitators.

SEX, SEXUALITY & RELATIONSHIPS

WHR has long had a passion for promoting and supporting our clients to develop and maintain positive, healthy relationships and sex lives. We recognise all people as sexual beings and endeavour to educate and support others to enable this to be a positive experience.

The curriculum has been designed and developed based on our team's professional experience and training to assist individuals in understanding sex, sexuality, and relationships from an Occupational Therapy perspective. The content includes anatomical & social education, with each session able to be flexible enough to meet the participants' needs.

OUR GOALS:

- Provide a comfortable learning space to improve participants' safety when meeting new people and developing relationships (sexual or not).
- To optimise sexual expression and experience and promote healthy positive sex lives

TOPICS COVERED WILL INCLUDE:

- Rights
- Consent
- Abuse
- Who you can contact
- Different types of relationships
- Qualities of a friend vs partner
- Expectation vs reality
- Examples of dates
- Basic anatomy
- Types of sex
- Pleasure parts
- Orgasms
- Masturbation
- Arousal

TOPICS COVERED (CONT.):

- Gender Diverse Relationships
- Peer Pressure
- Consent
- Internet Safety
- Providing personal information
- Online dating
- Porn/Movies
- Self Checks
- Contraception
- Conception/ Pregnancy
- STI's
- Sexual Dysfunction

Topics discussed can be of a sensitive nature which may be triggering for some participants. External supports may be appropriate either prior to or during participation in this program.