



SouthWest
Counselling
Centre CLG



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Outline of the Online 'Healthy Sexuality' workshop – Senior Cycle

The 4 hour workshop will be delivered in 4 x 1 hour modules. The modules are as follows:

Module 1: Consent

Concept of Consent: An informed decision
Positive framing of consent: how do I ask?
Verbal and non-verbal consent.
Coersion/pressure and consent
Power imbalances
Navigating rejection in a healthy way
'Enthusiastic' consent
Gender roles and consent
Influence of pornography on our understanding of consent
Consent and alcohol/drugs
Technology and consent
Irish Consent law – Sexual Offences Bill 2017
Supporting someone who has been assaulted

Module 2. Sexual identity and Gender identity

LGBTQIA+ individuals and communities
Intersex
Transgender and non-binary identities
Breaking down societal norms and stereotypes
Romantic attraction v sexual attraction
Process or path to 'coming out'
Acknowledging how our hetero-normative culture might impact on LGBTQIA+ individuals.
Importance of acceptance and empathy (even when confused)



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Choice of pronouns

Recognising 'Homophobia' – 58% of LGBT post-primary students reported the existence of homophobic bullying in their schools.²

Module 3: Anatomy and Self-Care

Puberty and development in the teen years

Acknowledging where 'embarrassment' has come from (societal, cultural) and the impact on young people, e.g. it can inhibit help seeking behaviour

Male and female sexual anatomy – how it can look and how it works in relation to sex, menstruation, reproduction, etc.

Correct terminology which encourages language that is more respectful

The 'sexual response' cycle.

Self-care, hygiene and self-examination (for cancers)

Body image, celebration of diversity, breaking down harmful myths about bodies and sex

Exercise 4. Protection – Contraception and STIs

Demonstration of various contraception devices from the IFPA (Irish Family Planning Association)

Barrier methods of protection

Condom demonstration

Exploring myths around pregnancy and STIs

Information on the different STIs

What is meant by 'safer sex'

What happens when a person presents to an STI clinic

Information on local services – unplanned pregnancy

Emphasis on consent, communication and respect



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Conclusion

The following is also addressed:

The sense of omnipotence (which is a feature of adolescent development) along with the tendency toward 'risk-taking' behaviour is challenged. Young people believe 'it will never happen to me' (re: STIs, pregnancy and sexual assault).

Sexual bullying: recognising it in their own behaviour and in their peer group

Throughout the workshop we encourage and promote 'help seeking' behaviour: encouraging young people to think about at least one adult they can approach for support in their lives.

The influence of pornography: it is well documented that online pornography has now become the default sex education for many young people which can lead to a distorted views of gender roles, consent and safe sexual practices. Equipping young people with critical analysis tools helps them to navigate their online worlds.

Kindness, empathy, respect, inclusivity, tolerance and being open to learning are encouraged throughout the workshops.

Online

The workshops will be lived. Should any issues or concerns arise for students – a counsellor will be on hand (by phone).



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Facilitator

The workshops are delivered by Grace O'Shea. Grace is an experienced sex and relationships educator and author, with a background in healthcare and health promotion.



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