



Continuing Excellence LLC

## Helping Adolescents Develop Into Sexually Healthy Adults

**Presenter:** Anette Birgersson, B.Sc and Christin Santiago, CTRS

**Date:** April 29, 2022

**Time:** 11:00am – 3:30pm ET

### I. 11:00am – 12:30pm

- Introduction and overview
- The complications of physical touch
- Reflection activity on sexual language
- The sexual brain
- Addressing the sexuality spectrum with the “Gender Unicorn”

### II. 12:30pm – 12:45pm

- Break

### III. 12:45pm – 2:00pm

- Working with individual and group modalities
- Introduction to the “wizard skills” program
- Building concrete skills
- Self-reflection exercise reviewing the initiation of sexual experiences
- The role of mindfulness in treatment that focuses on healthy sexuality

### IV. 2:00pm – 2:15pm

- Break

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**V. 2:15pm – 3:30pm**

- Vulnerabilities and self-care
- Talking about sex
- Learning relationship skills
- The dos and don'ts of flirting
- Where do we go from here?



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