

NEW: Healthy Relationships and Human Sexuality Classes for Teen and Young Adult Females Ages 14+

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Sexual feelings and needs are a healthy and normal part of life. The primary focus of this course will be self-advocacy in human relationships and sexuality. Sexual self-advocacy empowers people to have healthy romantic relationships, to make informed choices, to be safe, and to express their desires and needs. Topics covered will include: Sexual Orientation and Gender Identity, Changes in Puberty, How Our Bodies Work, Caring for your Body, healthy body Image, Reproductive Safety, and Consent.

This course will provide resources and tools to make healthy sexual choices. Students will learn and use medically accurate, and age appropriate, correct terms that prepare them to talk about their body and their experiences. Lessons will consist of a variety of lectures, small group work and engaging activities to learn complex material in a fun and memorable way.

This class will be offered specifically for biologically female Teens and Young Adults on Thursdays 6:00-7:15 PM.

The cost is: \$100 per 75-minute session.

Classes are open to people of all abilities and will be offered virtually via ZOOM.

Additional groups will be forming based on gender, age and learning style. We plan to offer teen groups for both males and females age range 14-19, and adult groups age 19+. Specific groups will be tailored to the individual participant's learning needs. Individual classes are also available upon request. The cost for individual classes is \$100 per 50-minute session.

Laura is the owner of All Ability Wellness, LLC in East Setauket where she provides individual and small group Health and Wellness Education community classes. Her primary focus is health promotion and wellness education to children, youth, adults with special needs and their families.