



Lea R. Cortez

SEXUALITY EDUCATOR

Sexuality Educator

Certified PEERS Provider

Mental Health First Aid Certified (Youth & Adults)

DD - Aide

Connect With Me



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What is Holistic Sexuality Education?

Holistic Sexuality Education is more than comprehensive sex education. Holistic Sexuality Education aims to provide sex positive, medically accurate, and evidence - based information on all topics related to human sexuality. Sexuality Education is for everyone! Whether your a parent, child, youth or adult, access to quality sexuality education is important! Holistic Sexuality Education creates a safe space for learners to build a better understanding of what it means to be sexually healthy and grow in understanding sexuality. Lessons are designed with the learner in mind which means it is learner driven and based on individual needs.

Commonly Requested Topics /Topics Covered In Holistic Sexuality Education

Inappropriate Sexual Behaviors	Sexual Orientation
Sexual Growth & Development	Gender Identity
Sexual Abuse Prevention	Contraception
How to Talk About _____	Pregnancy
Menopause/Andropause	Pleasure
Healthy Relationships	Self - Care
Consent & Boundaries	Hygiene
Domestic Violence	Puberty

Sex and other related topics!

Services Provided By The Sexuality Educator

- Parent/Caregiver Education
- One - on - One Education
- Professional Trainings
- Professional Consults
- Couple's Education
- Workshops
- Webinars
- Resources
- Referrals

