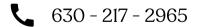


Lea R. Cortez SEXUALITY EDUCATOR

Sexuality Educator Certified PEERS Provider Mental Health First Aid Certified (Youth & Adults) DD - Aide

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www.lrcsxeducation.com

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

Sexual Orientation Inappropriate Sexual Behaviors

Sexual Growth & Development Gender Identity

Sexual Abuse Prevention Contraception

Pregnancy How to Talk About

Menopause/Andropause Pleasure

Self - Care Healthy Relationships

Consent & Boundaries

Puberty Domestic Violence

Sex and other related topics!

Services Provided By The Sexuality Educator

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



Hygiene