

WHY CHOOSE LRC SEXUALITY EDUCATION, LLC?

Come learn with Lea! Experience the difference! Sexuality Educator, Lea R. Cortez has a heart for serving others and is passionate about educating people on human sexuality! Holistic Sexuality Education goes beyond providing comprehensive sex education, but encompasses a sex positive understanding of what it means to be a sexual being and sexually healthy. Human sexuality is more complex and broader of a topic than typically taught. Holistic Sexuality Education is learner centered and learner driven, it's about you! Choose LRC Sexuality Education, LLC! Be inspired! Be empowered! Be encouraged and ready to explore!



Lea R. Cortez

SEXUALITY EDUCATOR


Sexuality Educator

Certified PEERS Provider

Mental Health First Aid Certified (Youth & Adults)

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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

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| ✓ Inappropriate Sexual Behaviors | ✓ Healthy Relationships | ✓ Pleasure |
| ✓ Sexual Growth & Development | ✓ Domestic Violence | ✓ Pregnancy |
| ✓ Sexual Abuse Prevention | ✓ Sexual Orientation | ✓ Hygiene |
| ✓ How to Talk About _____ | ✓ Gender Identity | ✓ Self - Care |
| ✓ Menopause/Andropause | ✓ Contraception | ✓ Puberty |
| ✓ Consent & Boundaries | ✓ LGBTQIA2+ | ✓ Sex |

And so much more! Curious? Just ask!

Services Provided By The Sexuality Educator

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

