



ETK TRAINING

# Empowering Education: Healthy Bodies and Lives for Teens and Young Adults

Education gives ALL people the knowledge, skills, and confidence to make informed decisions about their bodies, relationships, health and sexual health. This leads to healthier, safer, and more informed individuals and communities. It's not just about preventing risks — it's about promoting overall well-being, respect, and empowerment!

**CLASSES  
STARTING  
SPRING  
2026!**

Use QR code to fill out  
interest form or click [HERE!](#)



## Class information:

10 week sessions

1.5 hours/class

Fun and interactive!

Snacks included

Pre-Screening Required

Ages 13-21

\*Topics on back\*

Classes are adapted to meet the needs of students of all abilities, and accommodates individuals with intellectual or developmental disabilities

## Instructor: Emily Tennant-Koller

Emily is a Sexuality Educator and Trainer, using Elevatus curriculum. She offers training on many topics which can be discovered on her website at: [www.ETKTraining.com](http://www.ETKTraining.com)

Contact:



# Empowering Education: Healthy Bodies and Lives



## Topics:

- Body Parts
- Friendships
- Internet and Social Media
- Decision Making
- Public vs Private
- Types of relationships
- Sexual Feelings & Attraction
- What is Consent?
- Communication and Decision Making
- Caring for Your Body
- Sexual Feelings and Attraction
- Many Roads to Relationships
- Moving from Friendship to Sweetheart
- Has Your Relationship Gone Bad?
- Pregnancy and Sexuality Transmitted Infections

Please fill out the interest form on the website. If you have an interest outside of the listed age range (13-21), please email ETK Training about running a class.

If you would like a same gender class, please email ETK Training. This can be arranged as needed.



LGBTQ+ Supportive  
Trauma Informed

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