



ETK TRAINING

Empowering Education: Healthy Bodies and Lives for 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!

Class information:

10 week sessions

1.5 hours/class

Fun and interactive!

Snacks included

Pre-Screening required

Ages 19-25

Topics on back

**CLASSES
STARTING
SUMMER
2026!**

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



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. Find out more about ETK Training at 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 would like a same gender class, please email ETK Training.

Classes can be paid for under OPWDD or out of pocket. There is a minimum of 5 participants per session, with a maximum of 10 per session. The cost is \$1,000 per 10 week session. ETK Training can direct bill through many FI agencies, confirm coverage through broker and FI directly.



LGBTQ+ Supportive
Trauma Informed



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