

Sexuality and Personal Safety sessions

These 2 hour sessions are open to college students. The following topics are covered for groups of upto a 100 students.

- Self Esteem and Body Image
- Gender, Media and Me
- Sexual Health: Myths and Facts
- Building Safe Relationships
- Self Defense: Body Learning - beyond tips and tricks
- Preventing and dealing with sexual violence

The value: College students discuss sexuality and safety in an open and accepting environment. They get an opportunity to clear their doubts, discuss dilemmas and become aware of the various factors that influence their attitude and behaviour in the area of sexuality, gender and sexual violence.