

Demystifying Sexuality:

This course on Human Sexuality and Personal Safety will provide a scientific perspective on the Development of Human Sexuality, Sexual Diversity, Child and Teen Psychology and Child Sexual Abuse.

It also provides insights into the evolution of gender bias, and how it perpetuates or can be countered

Eligibility : 18 years and above

This is a 24 hour course conducted either as a weekend course or a week long course

- Weekend course: four Saturdays
- Week long course: Monday – Friday

For more details and registration, contact: info@enfoldindia.org

Course content:

- Evolution of human sexuality and sexual development.
- Spectrum of sexuality
- Structure and function of male and female reproductive systems
- Aspects of male and female psychology.
- Sexuality in marriage, sexual myths and misconceptions.
- Understanding gender bias.
- Relationships and respect.
- Empowerment through self-awareness, building self-esteem.
- Aspects of child and teen psychology including discipline and motivation
- Communicating with children and teenagers about gender and sexuality
- Understanding and preventing child sexual abuse.

The Value

With an understanding of the physiology of the reproductive system and gender psychology, You will be able to gain clarity on issues related to sexuality and reproduction take informed decisions with regard to your health , emotional well being, and get more comfortable with your sexuality and personal relationships.

Your interactions with children will see a positive change and you will be able to have factual, value based and age appropriate conversations with them in a comfortable manner.