

COURSE: DEMYSTIFYING SEXUALITY

Looking at Sexuality with a Rights-Based, Restorative, and Gender Transformative Lens

Why This Course?

In many contexts, especially in India, sexuality is often "cloaked in secrecy, suspicion, silence, and shame," despite being an integral part of our lives from birth. This lack of open dialogue has led to a loss of understanding about our bodies and the creation of myths and misconceptions.

The **Demystifying Sexuality** course is designed to break this silence. It provides currently-accepted scientific information and theories on sex, gender, and sexuality in an easy-to-understand, non-judgmental, and relevant manner. Our ultimate aim is to empower adults to prevent violence and discrimination, fostering safer spaces for everyone regardless of gender, sexual orientation, disability, or social origin.

Eligibility : 18 years and above.

Duration: This is a 30-hour course conducted as a 5 day - long course

Time : 9.30 - 4.30 am

Location: Enfold Proactive Health Trust, No. 42, 3rd main, 1st cross, Domlur 2nd stage, Bengaluru - 560071

Course Fee: Rs.30,000 (inclusive of all taxes)

For any group discounts contact: _____9731064646_____

What You Will Explore through this Course Chapters

The Course content is as follows (supported by practitioner-led videos and reflective exercises)

- **The Biological Foundation**: Diversity in sex, the evolution of reproductive systems, and the structure/function of our bodies.
- **Identity & Expression**: Understanding the development of gender identity and sexual orientation, and the factors that hamper their visibility.

- **Societal Impact:** Addressing gender bias, its effect on all genders, and working toward equity.
- **Health & Well-being:** Exploring self-esteem, body image, and positive attitudes toward sexual and reproductive health.
- **Life Stages:** Sexual development in children and adolescents, and the intersection of sexuality with disability and aging.
- **Relationships & Practices:** Dynamics of attraction, sexual relationships, preferences, and the role of consent and pleasure.
- **Safety & Justice:** Understanding intersectionality, addressing sexual violence (against adults and children), and learning about **Restorative Practices**—a humane approach to building trust and addressing harm.

Course Outline:

1. Restorative Circle experience
2. Sexual and reproductive systems - evolution, structure and function
3. Pubertal changes, periods, masturbation, myths and pornography
4. Pregnancy, contraceptives, abortion, STIs
5. Gender, patriarchal system, origin of bias and gender based violence
6. Body image, positivity, gender expression, impact on self and relationships, consent
7. Diversity in sexuality, sexual relationships
8. Intersectionality, power, consent
9. Child sexual development
10. How to answer children's questions
11. Child sexual abuse - dynamics, signs and impact
12. POCSO - ground reality, reporting child sexual abuse.

Who Should Attend?

While designed for all adults (18+), this course is especially impactful for:

- **Students & Professionals** in Nursing, Social Work, Education, Psychology, and Disability courses.
- **Teachers & Educators** looking to equip students with life skills and personal safety education.
- **Community Members** who wish to build a more inclusive, respectful, and rights-based perspective on human identity.

Our Approach

- **Intersectional:** Recognizing how gender and sexuality overlap with caste, class, and disability.
 - **Gender Transformative:** Questioning age-old norms and stereotypes to achieve equity.
 - **Restorative:** Moving away from shame and blame toward healing and accountability.
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Join us in creating a life of dignity, happiness, and respect for all.

For more information, visit: www.enfoldindia.org