

# L'ANONYME IRIS

The project aims to equip neurodivergent teens and young adults aged to build equal, safe, and consensual intimate relationships. Four 60- to 90-minute workshops cover various aspects of comprehensive sexuality, offered in two versions adapted to participants' cognitive and attention capacities.

## TOPICS COVERED

Sexism · Power dynamics  
Bullying · Gender stereotypes  
Differentiated socialization

## DURATION

60-90 min / workshop

## TARGET AUDIENCE

15 to 21 years old

## WORKSHOPS

## DESCRIPTIONS

### Romantic awakening & new relationships

This workshop explores the role of intimacy and sexuality during adolescence and early adulthood. Participants will learn to recognize different ways of connecting and sharing intimacy with another person, appropriate techniques to express interest, and strategies for planning safe dates.

### Flirting & Equal Relationships

This session allows participants to explore how a date unfolds and become familiar with certain flirting cues. Components of an equal intimate relationship and different ways to communicate a clear message are also covered. Finally, various forms of violence are presented so that people can recognize and speak out against them.

### Body & Sexuality

This workshop covers the biological aspects of sexuality: the names and functions of genital and intimate parts, STIs, pregnancy, and methods of protection and contraception. The goal is to equip participants to make informed decisions about their sexuality, thereby increasing their agency in intimate and relational contexts.

### Pleasure & Consent

This session helps young people reflect on the needs they want to meet through intimate relationships. Various topics related to pleasure and consent will be discussed. The goal is to support them in identifying their desires and boundaries, so they can communicate them to their partners and enhance their intimate well-being.

## TO RESERVE



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*Financial contribution:*



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