

L'ANONYME IRIS

The project aims to empower neurodivergent teens and young adults aged 12 to 35 to develop intimate relationships that are equal, safe, and consensual. Four workshops cover various aspects of sexuality, with two versions tailored to participants' cognitive and attentional abilities.

TARGET AUDIENCE

People with autism, intellectual disabilities, or language disorders, ages 12 to 35

DURATION

60-90 min / workshop

TOPICS COVERED

Equal relationships · Consent · Romantic interests · Dates · Seduction · Intimate parts · Pleasure

WORKSHOPS

DESCRIPTIONS

Discovering Love & Meeting New People

This workshop explores the role of intimacy and sexuality in the lives of adolescents and young adults. Participants will learn about different ways to connect with and share intimacy with another person, appropriate ways to express interest, and how to plan safe dates.

Seduction & Equal Relationships

This session provides an opportunity to explore how a date unfolds and to become familiar with certain dating etiquette. The components of an equal, intimate relationship and the various ways to communicate a clear message are also discussed. Finally, different forms of violence are presented so that participants can recognize and report them.

Body & Sexuality

This workshop covers the biological aspects of sexuality—the names and functions of the genitalia and private parts, STIs, pregnancy, and methods of protection and contraception—to empower participants to make informed decisions about their sexuality, thereby increasing their agency in relationships and intimate situations.

Pleasure & Consent

This workshop gives participants the opportunity to reflect on the needs they hope to fulfill through intimate relationships. Various topics related to pleasure and consent will be discussed. The goal is to help them identify their desires and boundaries so they can better communicate them to their partners and foster their own intimate well-being.

Want to learn more?

Check out our follow-up workshops, designed for groups that have already completed the first four workshops.

Hygiene & Masturbation

The goal of this workshop is to discuss best hygiene practices for the genital area as well as safe masturbation. It aims to normalize the body's natural reactions and offer practical solutions to various hygiene- or health-related concerns or questions.

14+

Pornography

This workshop aims to reduce the risks associated with the intentional or accidental consumption of sexual content on the Internet. It addresses legal and illegal content, the emotions that may arise while viewing such material, and the distinction between fiction and reality.

16+

Online Dating

This workshop covers safe use of online dating apps, communication via text messages, and managing the emotions that can arise from online dating.

TO RESERVE



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