

L'ANONYME

IRIS - À LA CARTE

WORKSHOPS FOR NEURODIVERGENT INDIVIDUALS

(autism, intellectual disability and/or language disorder)

The project aims to empower neurodivergent youth aged 12 to 35 to develop intimate relationships that are equal, safe, and consensual. Four workshops, each lasting 60 to 90 minutes, cover various aspects of sexuality and are offered in two versions tailored to participants' cognitive and attentional abilities.

TARGET AUDIENCE

People aged 12 to 35 with autism and/or an intellectual disability and/or a language disorder

TOPICS COVERED

Intimate parts · Health & cleanliness ·
Masturbation · Pornographic content ·
Emotions · Cyberspace ·
Seduction · Safety

DURATION

60 to 90 min /
workshop

WORKSHOPS

DESCRIPTIONS

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

** IRIS à la carte workshops are subject to a fee;
please contact us for pricing **



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