L'ANONYME

IRIS

The project aims to empower neurodivergent youth aged 12 to 35 to develop intimate relationships that are equal, safe, and consensual. The four workshops cover various aspects of sexuality as a whole 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

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

DURATION

60-90 min / workshop

WORKSHOPS	DESCRIPTIONS
Romantic beginnings & new relationships	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.
Egalitarian relationships & seduction	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.
Sexuality & the body	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.

TO RESERVE

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Financial contribution :

Agence de la santé publique du Canada | Public Health Agency of Canada