

ESFUERZO Program

PROJECT SAFE X WORKSHOPS

SAFE SEX

STI's Prevention & HIV Basics:

A single-session workshop communicating basics and valuable information on the most common STI's, & HIV facts. Participants will learn about various forms of prevention and protection from sexually transmitted diseases and infection, HIV basics, myths or stereotypes surrounding sexual health & safety, and the treatment options available for people.



HIV FACTS & BASICS

Prevention & Testing:

A single-session workshop communicating information on HIV. Participants will learn about various modes of transmission, forms of prevention and risk reduction (abstinence, monogamy, barrier protection, and safer sex negotiating), myths and stereotypes about HIV & AIDS, and learn about treatment options available for people



SOCIAL HEALTH

Self Empowerment, Safety & Healthy Relationships:

An awareness raising discussion on the development and formation of Self-esteem, how self-esteem impacts our sexual health, how it relates to decision-making and relationships with friends, family, and other loved ones. Sexual Responsibility & Sexual Communication. Consent and Safety.



SUBSTANCE USE

Substance Use Prevention & Harm Reduction:

An interactive discussion of aspects of drug and substance use and abuse. This workshop explores how drug abuse can affect you and those around you. Participants are given drug addiction information, and information on harm reduction, prevention and community resources for support, and counseling.



OTHER TOPICS INCLUDE:

- CYBER /DIGITAL SAFETY
- IMAGE AND SELF-PERCEPTION EMPOWERMENT
- SEXUALITY & SEXUAL ORIENTATION

**DONT SEE A TOPIC HERE ON SOCIAL AND SEXUAL HEALTH
THAT YOUR PARTICIPANTS MIGHT NEED?
NO PROBLEM !**

**CONTACT US & LET US KNOW WHAT YOU NEED.
VIRTUAL (ZOOM) WORKSHOPS AND IN PERSON GROUP
WORKSHOPS AVAILABLE**

Learn more at:

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