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Sex Education eXplained



ONLINE VS REAL LIFE

Bodies, relationships and sEx are often being portrayed as unrealistic in the media. We want to re-direct this with a healthy view to reliable and trust worthy sources.

NORMALISING

What does normal look like? lumps, bumps and wiggly bits lets talk about it all. We want to debunk what's okay and what needs a doctors opinion.

LGBTQ+ INCLUSIVITY

Is sEx Education Inclusive yet? We want to make sure it is!



LETS TALK ABOUT...

Creating safe places to have discussions and normalise conversation about sex, puberty, bodies and relationships by giving young people the opportunity to ask the questions they want answered in a safe and confidential environment.



HEALTHY RELATIONSHIPS

We want to talk about recognising toxic behaviors, ghosting , effective communication, love languages, understanding people have different needs / wants and what consent really looks like.



LOVE IN LOCKDOWN

Lets talk about sExting how to maintain boundaries you are comfortable with during lockdown.