



Continuing Excellence LLC

## Helping Adolescents Develop Into Sexually Healthy Adults

**Presenter:** Anette Birgersson, B.Sc and Christin Santiago, CTRS

**Date:** August 19, 2022

**Time:** 11:00am – 3:30pm ET

### I. 11:00 am – 12:30 pm

- Introduction and overview
- The complications of physical touch
- Reflection activity on sexual language
- The sexual brain
- Addressing the sexuality spectrum with the "Gender Unicorn"

### II. 12:30 pm – 12:45 pm

- Break

### III. 12:45 pm – 2:00 pm

- Working with individual and group modalities
- Introduction to the "wizard skills" program
- Building concrete skills
- Self-reflection exercise reviewing the initiation of sexual experiences
- The role of mindfulness in treatment that focuses on healthy sexuality

### IV. 2:00 pm – 2:15 pm

- Break

Safer Society Press  
P.O. Box 340, Brandon, VT 05733  
Tel: (802) 247-3132  
[info@safersociety.org](mailto:info@safersociety.org)  
[www.safersocietypress.org](http://www.safersocietypress.org)

Continuing Excellence, LLC  
P.O. Box 134, East Middlebury, VT 05740  
Tel: (802) 771-4155  
[Info@ContinuingExcellence.com](mailto:Info@ContinuingExcellence.com)  
[www.ContinuingExcellence.com](http://www.ContinuingExcellence.com)

**V. 2:15 pm – 3:30 pm**

- Vulnerabilities and self-care
- Talking about sex
- Learning relationship skills
- The dos and don'ts of flirting
- Where do we go from here?

Safer Society Press  
P.O. Box 340, Brandon, VT 05733  
Tel: (802) 247-3132  
[info@safersociety.org](mailto:info@safersociety.org)  
[www.safersocietypress.org](http://www.safersocietypress.org)

Continuing Excellence, LLC  
P.O. Box 134, East Middlebury, VT 05740  
Tel: (802) 771-4155  
[Info@ContinuingExcellence.com](mailto:Info@ContinuingExcellence.com)  
[www.ContinuingExcellence.com](http://www.ContinuingExcellence.com)