

**WHR ALLIED HEALTH**



**WHR SEX  
GROUP**

## **SEX, SEXUALITY & RELATIONSHIPS EDUCATION**

WHR has long had a passion for promoting and supporting our clients to develop and maintain positive, healthy relationships and sex lives. We recognise all people as sexual beings and endeavour to educate and support others to enable this to be a positive experience.

The curriculum has been designed and developed based on our team's professional experience and training to assist individuals in understanding sex, sexuality, and relationships from an Occupational Therapy perspective.



## **WHERE IT'S DELIVERED**

The content can be delivered 1:1 or in a group setting in the following regions:

- Online
- Barwon / Geelong / Surfcoast
- Albury / Wodonga

## **OUR GOALS:**

- Provide a comfortable learning space to improve participants' safety when meeting new people and developing relationships (sexual or not).
- To optimise sexual expression and experience and promote healthy positive sex lives.
- To improve understanding around each individual having things they like/dislike in regard to sex & sexuality.
- Support participants, parents and carers to be comfortable talking about sex and sexuality.



Get ready for fun conversations about all things sex, sexuality and relationships! All participants are encouraged to share ideas in this space.

HOW IT'S DELIVERED

Step 1: Referral Process

Fill in our online referral form or contact our admin team.

Step 2: Initial Intake Session

Meet 1:1 for a session with our OT facilitator

Step 3: Group Sessions Start

Delivered over 8 weekly sessions or as an intensive one-week program with daily sessions.

Step 4: Sex Group Review Session

Meet 1:1 again with our OT facilitator to review and celebrate your learning!

Step 5: Outcomes

We will provide you with a Sex Group Outcomes Report. You'll be surprised by how much you learned in such a short time!



TOPICS COVERED

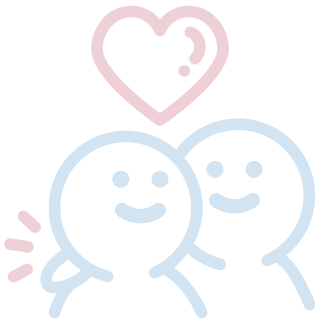
- Rights
- Gender Diverse Relationships
- Consent
- Peer Pressure
- Abuse
- Consent
- Who you can contact
- Internet Safety
- Different types of relationships
- Providing personal information
- Qualities of a friend vs partner
- Online dating
- Expectation vs reality
- Porn/Movies
- Examples of dates
- Self Checks
- Basic anatomy
- Conception/ Pregnancy
- Types of sex
- STI's
- Pleasure parts, orgasms, masturbation and arousal
- Sexual Dysfunction

Topics discussed can be of a sensitive nature which may be triggering for some participants. External supports may be appropriate either prior to or during participation in this program.

REGISTER FOR OUR WHR SEX GROUP TODAY

We recognise all people as sexual beings and endeavour to educate and support others to enable this to be a positive experience.

Scan the QR Code or contact our team to sign up for our program today.



CONTACT

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