

## **Why *WholeSomeBodies*?**

***WholeSomeBodies*** is a sexual violence prevention curriculum for adults who have children and youth in their lives—such as parents, teachers, coaches, and mentors. Through this course, participants will:

- Increase their knowledge of healthy sexuality
- Increase their skills and motivation to model and teach healthy sexuality to the youth and children in their lives

**What do we mean by healthy sexuality?** We use the term "sexuality" broadly to include:

- Sexual identity
- Intimacy
- Sensuality
- Sexualization
- Sexual and Reproductive Health

Within each of these lies gender identity and expression, sexual orientation, body image, communication, feelings, desires, sexual activity, vulnerability, violence, and more. We believe that for healthy sexuality to occur there needs to be a culture of inclusion, communication, and diversity surrounding an individual that supports safe expression of one's own sexuality.

### **How does focusing on healthy sexuality support and protect youth?**

Many adults haven't had opportunities to gain tools, skills, and information that support them in talking to youth about sexuality. Some adults don't feel they have permission to have these conversations either; it feels taboo or scary. When we don't talk about sexuality broadly with young people, we may leave them with a lack of access to age-appropriate information.

We may inadvertently perpetuate a culture of silence and secrecy that can lead to individuals feeling shamed or alone in their experiences. Silence and secrecy also allow sexual violence to continue unchecked in our communities. It helps create and maintain a culture in which victims are less likely to come forward and perpetrators are less likely to be held accountable.

Through increased education, conversation, and support for healthy sexuality, we create individual and social strengths that resist and change cultural norms that allow sexual violence to occur.

**For more information and to register, follow this link:** <https://bit.ly/wholesomebodies>

**For more information or if you have any questions, please contact:**

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