



# Among Friends

## Training Title:

### **Becoming An Askable Ally; 10 Simple Strategies to Start a Conversation About Sex and Sexuality**

## Description:

This training offers simple, easy-to-use strategies for broaching different aspects of sexual health and development with the people you support. When the people you support know they can come to you with questions about sex and sexuality, they know you are an *Askable Ally!*

## Learning Objectives:

- Utilize simple, easy-to-use strategies to open a dialogue and promote conversation around issues of sexuality
- Learn to be 'sex-positive' in your workplace
- Prioritize supported decision-making
- Anticipate problems and responding with moderation
- Understand how to invite conversations and get curious
- Build 'safer spaces'

## Primary Audience:

This training is designed for anyone supporting someone who needs support and may need to advocate for, and support, their healthy sexual development. It is especially helpful for medical and mental health professionals, case managers, and care team members of people experiencing intellectual and/or developmental diversity.

## Formats Available

FastTrack  
Half Day  
Full Day

## Appreciations:

*"Shanya's outlook and teaching presence empowered me to be bolder in any discussions of sex and sexual activity that come my way. I appreciated the broader description of "sexual" and the inclusive outlook."*

You can book this training now! Fill out our [Training Inquiry Form](#).

Questions? Contact our Training Coordinator Mel at: [mel@among-friends.org](mailto:mel@among-friends.org)