

## Sexual Health Education Program (SHEP) Current Workshop Topics

Planning a sexual health workshop or event for your residents or student organization? Sexperts are trained to present a diverse range of topics through interactive games, discussion, lecture, and demonstrations. Meet with a Sexpert to help plan and co-facilitate your workshop or event. Workshops require a minimum of 1-week advance notice. This is so that we can have time to staff and plan your workshop, while allowing time for you to promote the event to your group.

Available workshops:

- **Sexual debuts:** examines how students decide when they are ready to become sexually active for the first time or with a new partner; basic mechanics of sex (vaginal, anal, oral); role of hormones in terms of arousal; negotiating sex.
- **Safer sex:** review of common safer sex methods – commercial and DIY; communication skills; discussion on why a person would/not want to practice safer sex.
- **Healthy relationships:** overview of various types of relationships; characteristics of healthy, unhealthy, and abusive relationships; communication skill building; tools for dealing with conflict/break ups.
- **Sexual pleasure:** overview of pleasure physiology including primary and secondary erogenous zones, sexual arousal, and response; role of lube, toys and other aids used to enhance sexual experience.
- **Intro to sexual health:** summary of reproductive and pleasure physiology; self-tests like testicular and breast exams; STI testing - when and why to get tested.
- **STIs/HIV:** common STIs including modes of transmission, possible symptoms, testing options, and treatment.
- **Contraception:** Overview of FDA-approved methods for pregnancy prevention including hormonal and non-hormonal methods, where and how to obtain methods. Can include medication abortion information, if requested.
- **Sexual Distancing: Sex and dating during the COVID pandemic:** answers the important question of whether a person can have sex during the pandemic, and how to do so safely. Also looks at dating and relationship challenges during this time.

Do not see what you are looking for? Ms. Robin, Sex Goddess, is happy to design a workshop on any sexual health related topic. Contact: Robin Mills, [robinmills@berkeley.edu](mailto:robinmills@berkeley.edu), (510) 326-2693.

Request a workshop via the SHEP Resource Request Form

(<https://docs.google.com/a/berkeley.edu/forms/d/186Bb1CxIhV1Vvyh9SHH1Hdzry3iEPHaJXEzMu5foM3Y/viewform>).