


Choices Aberdeen offer a range of educational workshops covering relevant topics:

Choices

 choices aberdeen

**Self Esteem
Gossip!**

Relationships &
Sex

Spotlight on

HIV

What do you know
about Pregnancy?

TAKE THE TEST!

BODY IMAGE MAKEOVER...

LOVE YOUR BODY SPECIAL

70%

of women don't
show symptoms!

Know the **FACTS**
about **STIs**

Book an educational
workshop with Choices
Aberdeen today!



0 123456 789010

PLUS For more information or to book a workshop contact: **01224 624900**
e-mail: education@choicesaberdeen.org.uk or go on-line: www.choicesaberdeen.org.uk



Choices Aberdeen Sexual Health Workshops

Stimulating, challenging and informative workshops delivered using a variety of engaging learning styles.

The development of knowledge, attitudes and values empower participants to make healthy informed lifestyle choices.

choices Workshops

Workshop 1

Self Esteem

Encourage the development of self-esteem and respect of others

Workshop 2

Body Image

Challenging societies perception of beauty

Workshop 3

Relationships & Sex

Explore what makes a good relationship and the place of sex in that relationship.

Workshop 4

Sexually Transmitted Infections

Understand the range of STI's, their transmission and treatment. Information regarding GUM clinic services

Workshop 5

HIV and AIDS

Protection from and understanding of HIV and AIDS

Workshop 6

Contraception & Pregnancy

Understand methods of contraception and the development of the baby in the womb

Workshops can be tailored to particular requirements.

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