


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 Stripping Off

A fresh look at our identity and challenging prejudice and gender stereotypes

Workshop 2 Because You're Worth It

Discovering our unique value and tackling self harm, body image and eating disorders

Workshop 3 Sex, Love and Rock & Roll

An intimate take on relationships and sex

Workshop 4 Pressure Point

Identifying and combating factors contributing to pressure (peer pressure and alcohol and drug misuse)

Workshop 5 Going Gaga

Investigating the influence of the media and increasing media literacy

Workshop 6 The Morning After

Exploring the physical and emotional outcomes of being sexually active

Workshop 7 Love Hurts

Uncovering violence – breaking the cycle

Workshops can be tailored to particular requirements.

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