

SAFE SPACE NOVA NEWS & HIGHLIGHTS



Safe Space NOVA | Quarterly Newsletter

VOL.4 FALL 2022



“You + Me = We: Queer Sex Ed” Healthy Relationship Program



When it comes to sexual and relationship health education, it is not “one size fits all”. LGBTQ+ youth deserve sexual health education that is inclusive of their experiences, identities, and relationships while making sure they have accurate information to stay safe and healthy.

The Safe Space NOVA healthy relationship program is designed specifically for Safe Space NOVA youth, using a hybrid virtual and in-person setting over the course of four sessions that will give participants the chance to learn and ask questions about body autonomy, consent, safer sex practices, communication and boundary-setting, and more.

- Part 3: Sat, October 22 - Virtual
- Part 4: Sat, October 29 - In-person

Complete the [registration form](#)
Download the [info sheet](#) for details

This program is more than just sex education, we'll offer tips and tools to help you feel safer and empowered in love, like, and anything in between. This four-part workshop series is designed specifically for Safe Space NOVA youth, using a hybrid virtual and in-person setting.

Follow Us On Social Media!



@safespacenova



Message from the Executive Director

**JORDAN
COSTEN-SUMPTER, MSW**

Hello All,

Fall is here and we at Safe Space NOVA are happy to announce that the programs that we have created are flourishing. Over the past few months we have started the next round of classes for our inclusive sex education course, continued to offer social support groups and started offering in person activities. Additionally we are furthering our commitment to partner with others in the community in an effort to educate people on why it is important for organizations like Safe Space NOVA to exist for the wellbeing of LGBTQ+ youth. Lastly, we have expanded our team, which will increase productivity and program offerings.

I want to start by commenting on how much love we feel from the community. Safe Space NOVA has continued to operate because of the comradery that is constantly shown. Examples can be found with invites from the YogaSix studio to host a yoga class on our behalf, or tabling at the Cage Bird Productions latest theatrical offering, When Boys Exhale. We also were invited to participate in Monarch's International Mermaid Pageant. Each of these opportunities provided a space for education and fundraising.

In regard to our programming, I always remain excited. On October 8th we launched the third iteration of the You + Me=We: Queer Sex Education course.

Our team is also continuing to offer social support groups to LGBTQ+ teens and allies every Saturday from 7:00 to 8:30 pm to provide a safe space for youth to be themselves and talk about what they want without the fear of discrimination or ridicule. Social activities for the fall have also been planned to include a halloween movie night, hiking trip and christmas party. More details will be shared on our website shortly.

The Safe Space NOVA Team is also expanding. Over the course of the last quarter we have added Paul Andrews as a Program Manager of Social Activities and Matthew Parker as Executive Assistant. These additions will ensure the continuity of our programs. As I always say, none of this would be possible without our wonderful staff, volunteers, and supporters like you. Thank you for believing in the work of Safe Space NOVA.

Thank you,
Jordan L. Costen-Sumpter
Founding Executive Director

UPCOMING SOCIAL EVENT

Hocus Pocus Movie Night
Friday, October 28, 2022
7:00pm-11:00pm

Join Safe Space NOVA for a fun movie night on the big screen to kick off Halloween weekend! Feel free to wear a costume if you'd like!

Space is limited to 15 people max.

Email info@safespacenova.org
to reserve your spot!

SAFE SPACE NOVA ANNOUNCEMENTS



VOLUNTEERS NEEDED

We are looking for individuals experienced in **finance** and **grant writing**. If this sounds like you, send an email to info@safespacenova.org



Follow our student-run Instagram account [@safespacetohang](https://www.instagram.com/safespacetohang) to stay up-to-date with upcoming events!



LGBTQ+ Social Events ❤️ Volunteer opportunities
 🌈 Lives & Takeovers 💙 Quotes & Inspiration

Save the date!
November 29, 2022
#GivingTuesday Fundraiser

GIVING TUESDAY

Learn how your giving will make a difference at www.safespacenova.org/donate

