

You+Me = WE

A Queer Sex Ed Program



INFO SHEET — SPRING 2024

Far too many LGBTQ+ young people lack accurate, age-appropriate sexual health and relationship education, which can lead to unhealthy relationships and abuse. We aim to change that by helping youth feel safer and empowered in love, like, and anything in between.

What is it?

You+Me=We is a FREE 4-part, age appropriate, comprehensive sexual health education program for LGBTQ+ youth ages 14-18. It consists of 90-min meetings hosted once a week for four weeks. Youth will learn the skills needed to practice safe dating, build healthy relationships, and avoid abuse & violence. Topics including body autonomy, consent, safer sex practices, communication, boundary-setting, and more.

Who is teaching it?

You+Me=We is provided by Safe Space NOVA with sessions facilitated by trained social workers & sexual health educators. Each class complies with one or more 9th-12th grade Virginia Board of Education and Family Life Education standards, clearly identified in each lesson plan.

Who is it for?

You+Me=We is designed for LGBTQ+ youth ages 14-18, including youth with diverse learning needs. An adult emergency contact will need to be provided.

When is it?

10:30am - 12:00pm

- Saturday, April 20 (in person)
- Saturday, April 27 (virtual)
- Saturday, May 4 (virtual)
- Saturday, May 11 (in person)

Where is it?

April 20 and May 11 sessions will be held at a Metro-accessible location in Alexandria, VA, while April 27 and May 4 sessions will be held online only. Location details and virtual session link will be shared upon registration.

What about parents?

People in parenting roles or adult chosen family members are encouraged to contact facilitators at yme@safespacenova.org for more information on content or any additional questions.

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