

Section 1 – Lecture 1 – Learning Objectives:

By the end of this course:

1. You will appreciate why understanding consent is important and how to identify consensual and non-consensual behavior.
2. You will have a trauma informed understanding of the emotional, legal and societal ramifications of non-consensual behaviors.
3. You will feel empowered to set your own boundaries around sexual activity and confidently share them with other people.
4. You will develop communication skills to be able to design your own perfect sexual encounters if & when you're ready.
5. You will have a deeper understanding of how to successfully negotiate consent.

The Goal: Become comfortable expressing your desires, setting your boundaries and own the fact that you deserve to feel safe & experience pleasure.