

The Down Low on Getting Down



a workshop series on sex and healthy relationships

January

“Love me Tinder” Do you use online dating apps? Do you sometimes send sexy texts or photos to someone special? This workshop will explore the world of online dating. Topics include setting & respecting boundaries, giving & receiving rejection, casual sex and digital communication.

February

“Toys for Adults” Our friends from Peterborough’s queer-owned adult boutique ‘You’re Welcome’ will teach us all about safe use of adult toys for pleasure. Topics include introduction to toys and lube, safe use and storage, solo-use, introduction to partner sex and communication.

“Self-Love & Self-Discovery” Sexual education doesn’t always include topics of self-love and discovery. In this workshop, we will be discussing pleasure, identity, self-care and new ways to enjoy touch. Learn about mindful erotic practice for your solo sex life and tips to enhance your sex life with others. Note: This workshop will include some optional hands-on learning (fully clothed and with your own hands!)

March

“Knots & Kinks” BDSM & kinks are topics many folks are afraid to talk about, but are a normal part of a healthy sex life for lots of people. This workshop will include topics such as negotiating safe play, communication & boundaries and include a “BDSM 101” on language, terminology and kink toys/practices.

“Anything but Straight” Explore the world of queer sex! While often left out of public education systems, LGBT2SQ people and sex does in fact, exist. This workshop aims to centre and normalize LGBT2SQ sexuality, gender and sexuality spectrums and inclusivity at the table and in the conversation.

April

“Q&A Panel Discussion” Questions? Comments? Concerns? Bring them to this panel of sexperts for anonymous discussion. Like “Sex with Sue” but with more sex and less Sue.

dates and locations TBD
plan to attend at least four workshops for CCR credit.

