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**WELLNESS PROGRAMMING AT ONE-N-TEN - PROVIDING OPPORTUNITIES TO ENGAGE WITH YOU TO EDUCATE, EMPOWER AND SHINE EVEN BRIGHTER!**



**SexFYI!** is one-n-ten’s monthly sexual health program for 14 – 17 yo and 18 – 24 yo LGBTQ youth that is inclusive of their body, gender identity and sexual orientation, including fluidity therein. Topics include:

- Healthy, Safe Relationships and Dating
- Consent/Negotiation/Refusal Skills
- Asexuality/Aromanticism
- How to Navigate Relationships as a Trans or Non-Binary Person
- STI 101, Safer Sex 101
- Sexting/Social Media/Internet Safety
- Intimacy Without Sex, Sex Readiness

Format is information sharing, group discussion, role plays, video demonstration (Ex: internal and external condom demonstrations). We do not assume or endorse youth in having sex. Our goal is to provide a safe space youth can learn, gain skills and be empowered as youth navigate their path, relationships and choices.

**Additional Wellness Programs:**

- Sources of Strength (suicide prevention)
- Self – Esteem, Self – Empowerment, Self – Love and Self – Care
- Social Emotional Learning
  - Self – Awareness – recognizing one’s emotions and values as well as one’s strengths and limitations
  - Self – Management – managing emotions and behaviors to achieve one’s goals
  - Relationship skills – forming positive relationships with self, others, objects, and behaviors, working in teams, dealing effectively with conflict
  - Social Awareness – showing understanding and empathy for others
  - Responsible Decision Making – Making ethical, constructive choices about personal and social behavior
- Body Awareness
- Mindfulness and Meditation
- Mental Health Education and Skill Building
- Nutrition Topics Ex: How Food Can Affect Mood, Healthy Snack Options, Healthy Cooking on a Budget



**TGNC (Trans and Gender Non-Conforming) Wellness** program is 1x/month on gender affirming health topics such as:

- Pronouns Support
- Hormones 101
- Gender Affirming Surgeries 101
- Gender Dysphoria Tips/Tools
- How to Bind Safely, How to Tuck Safely
- How to Select a LGBTQ Affirming Provider/Counselor
- Supporting a Healthy Transition



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one•n•ten is a 501 (c)(3) nonprofit charitable organization dedicated to serving and assisting lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth. We provide youth with tools to improve self-esteem and self-acceptance.

[www.onenten.org](http://www.onenten.org) [Contact Us](#)

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