

COMMON QUESTIONS

WHO IS ASPSH?

The Alberta Society for the Promotion of Sexual Health (ASPSH) provides education and training opportunities for sexual health professionals, students, parents and others interested in sexual health.

Founded in 1993 ASPSH offers online workshops, SAR (Sexual Attitude Reassessment) workshops and a Biennial Western Canadian Sexual Health Conference. ASPSH is also working with the University of Alberta, Faculty of Rehabilitative Medicine to offer a post graduate sexual health certificate program.

WHY ONLINE LEARNING?

Learning at the convenience of your own home or office, day or night, urban or rural. You will have access from anywhere across Canada or around the world.

Our platform, CourseSites, is an easy web-based learning tool that anyone can learn to use. Step by step instructions will be provided and support is available.

PAST WORKSHOPS?

To date 172+ online workshops have been offered by ASPSH. There is a wide range of topics including:

- Introduction to Sexual and Gender Diversity: Promoting Inclusive Practice
- STI and Contraception Update
- Sexuality and Diversity 101
- Effective Community Collaborations on Sexual Health and Rights
- Recognizing and Responding to Sexual Violence in Canada
- Sex Positive Culture And many more





WORKSHOP #S-5

CONSENT: KEEPING IT SEXY!

(3 Modules)

July 16 - 29, 2018

Developed and Facilitated by Angel Sumka, Alberta Sex Positive Education and Community Centre, Edmonton

Workshop Description:

This workshop explores communication styles and provides tools to develop assertive communication skills, then introduces decision making models that we commonly use, and finally puts these together to develop ethical frameworks for sexual discussions. The practical scenarios include communicating with our children/youth about sex, communicating to a long term partner or casual playmate about our sexual desires and needs; and in social/group settings.

Facilitator's Bio:

Angel Sumka is a cisgendered (which means she identifies with the gender that correlates with the sex she was assigned at birth), pansexual (attracted to people and their personalities, regardless of their gender), white female. She prefer the pronouns She Her or They Them. She is the current president of Alberta Sex Positive Education and Community Centre (also known as ASPECC). She has a BA in Psychology with a minor in Criminology, and her studies were focused on culture, diversity, sexuality, human development and the laws and customs that preside over sex and gender. She also has a criminology diploma, social science certificate and a love coach certification.

WORKSHOP #S-6

TEACHING ABOUT HUMAN SEXUALITY

(3 Modules)

July 30 - August 19, 2018



Revised and Facilitated by Christine Sturgeon, Alberta Health Services, Sexual and Reproductive Health, Calgary Region

Workshop Description:

This online workshop prepares participants to teach about human sexuality and sexual health in schools and/or the community.

Participants will:

- Consider concerns and increase comfort
- Identify personal and community values
- Learn about addressing concerns
- Become familiar with models, curricula, objectives, rationales and frameworks
- Gain awareness of successful teaching tools and strategies
- Explore a variety of reputable resources
- Have the opportunity to network with other individuals teaching sexuality

Facilitator's Bio:

Christine Sturgeon, B.Ed., Certified Child Development Coordinator, Certified Addiction Studies: Christine is an AHS-Sexual and Reproductive Health Community Educator with professional experience as a high school teacher, crisis intervention & family specialist, parent educator and addictions support home provider. She has had the opportunity to teach an array of topics such as healthy sexuality, working with high risk youth, ESL and domestic conflict resolution.



WORKSHOP #S-7

ABORTION: PAST AND PRESENT (3 Modules)

August 20 - September 2, 2018

Developed and Facilitated by Jill Doctoroff, Canadian Director, National Abortion Federation (NAF), Vancouver

Workshop Description:

This workshop will delve into the history of abortion care in Canada as well as the current state of abortion care politics and services. After reviewing the historical context regarding abortion legislation and challenges, the course will focus on some key issues facing abortion choice and rights: medical abortion, antichoice organizations and "crisis pregnancy centres", provincial regulations and billing structures as well as hot button issues like sex selection abortion. While an in depth look at how abortion has been addressed in media and literature is outside the scope of this course, resources will be provided that will touch on this topic.

Facilitator's Bio:

Jill Doctoroff (she/her/hers) is the Canadian Director at the National Abortion Federation (NAF). The bulk of Jill's career has been in the non-profit sector serving as the Executive Director of the Elizabeth Bagshaw Women's Clinic, the Asian Society for the Intervention of AIDS (ASIA) and Planned Parenthood Ottawa. Jill served on the Boards of Directors for NAF and Canadians for Choice. She is currently the president of the Board of Directors of Options for Sexual Health. Jill has worked and volunteered in abortion care for more than 15 years.

We are truly grateful to our workshop facilitators for sharing their time, knowledge and experience with us. These workshops would not be possible without their support of this program

FEES:

Member:

\$50 CDN per workshop

Non-member:

\$75 CDN per workshop

Workshops are three modules.

25% discount for members who enroll in 3 or more workshops at a time.

MEMBERSHIP:

Student rate: \$20 CDN

Individual rate: \$40 CDN

Organizational rate: \$100 CDN

- Up to 10 staff members per organization

Each additional staff is \$5 more.

All memberships are valid for one year from

your date of purchase.

To become a member: www.aspsh.ca



REGISTER:

Visit our website:

www.aspsh.ca or send an email to Melanie.aspsh@gmail.com Please register at least 3 days before the start date of your workshop.

PAY:

Our preferred method of payment is PayPal.

Simply add your desired workshop(s) to the online cart after visiting our website.

If you are having difficulties or need to pay via e-transfer or cheque please contact us at Melanie.aspsh@gmail.com.



Alberta Society for the Promotion of Sexual Health (ASPSH) is a non-profit organization that has been offering sexual health education and training opportunities for sexual health professionals, parents, students and others interested in sexual health since 1993.

The board and staff would like to thank our online workshop partners.

We sincerely appreciate your valuable contributions.

If you have any questions, please contact Melanie.aspsh@gmail.com

You can support the continuation of ASPSH's programs by:

- 1) Purchasing a membership or making a donation to ASPSH by going to our website at www.aspsh.ca
- 2) Signing up for our workshops and trainings.
- 3) Sharing this online workshop calendar with your colleagues or anyone you think may be interested.
- 4) Following us on social media: Facebook at ASPSH: Alberta Society for the Promotion of Sexual Health; Twitter at @ASPSH or Instagram at aspsh.ca.