Think Out The Box!
building reflective and creative practices

@letsget_condoms  dwdc.org
Team

A diverse team leading preventive and supportive efforts towards End the Epidemic goals

Liz Javier
health educator

Mya Vazquez
outreach coordinator

AnaMaria Hoffman
community health nav.

Katherine Diaz
program director
The Dominican Women’s Development Center mission is to empower communities towards gender equality and social justice.

bilingual groups, childcare, domestic violence, health insurance, drop in activities, ESL, pre/post natal and more…
WHAT ARE THE BARRIERS?

Why don’t we use the words liberating…slippery…sweet…mindful?
Internalized Barriers

Intergenerational trauma

Shame

Religious influence

Sexual assault and violence

Relationship/Awareness of Self and Body
Interpersonal Barriers

Communication and Negotiation

Discussing Consent

Assessing relationship values
Institutional Barriers

Cisgender and heterosexuality as the norm

Able-bodied focus

Sexual and Reproductive Oppression

Media Representations of sex and pleasure

Sex Education/ educators
How do you see the impact of the THREE I’s?
Integrating sex positive values
“It means maintaining a healthy attitude towards sex- whatever it looks like or the lack thereof- and valuing it given your individual needs.”
Sexuality is **PART** of the life cycle and self.

Healthy Sexuality includes our mental, emotional, physical, and spiritual wellness.
Zines
a low-cost, grassroots *workbook*
culturally rooted language and images
visual tool for different learners
Modeling

Puppet
- address trauma
- reflective tool

Clay Work
- ancestral
- stress reliever
- body image
Mirror Work

increases body positivity and self-worth

self-examination and empowerment
Treasure Boxes

addresses stigma and shame

visual communication and negotiation reminder

power
Rhythmic Exercise
@letsget_condoms
www.dwdc.org
seamosrealistas@dwdc.org