



REFRAMING *our Stories*

Why we focus on families, schools and churches

Families

Our parents are our first sex educators. Through the spoken and unspoken, we learn about relationships and our sexuality from them. Some grew up in supportive households and others maybe not, but in every case, we received a mixed bag of messages. At Reframing our Stories, our passion is to help families thrive by learning how to have conversations around sexuality and relationships. More importantly, we want to help caregivers learn more about what they really think and what their relationship with sexuality is. Often, we hold on to past hurts and our children may trigger those hurts. When we work with families, we help caregivers navigate what they really want for their children and how they want to show up for them. We help provide the baseline of educating children to help move the conversations forward. Let us be the support system you need to feel good about the care and intention needed to help our children live into healthy and loving relationships.

Schools

If sexuality and relationships are not being discussed at home, then our school systems are relied on to educate our children. The reality is that our school systems are playing catch up, in many cases not providing enough information, or providing it too late. Reframing our Stories aims to help change that. Too many schools concentrate on abstinence only messages. The reality is that abstinence is one method of approaching sex ed, but not the only and not everyone will make that choice. Because our youth experience so many new emotions, desires, and hormonal changes, they may explore being physical with themselves and others, and it is critical they learn how to be safe. Beyond this, it is important to teach youth about the breadth of human sexuality in relationship to emotional wellness, identity, orientation, body autonomy, consent, communication, and more. At Reframing our Stories, we work closely with schools to teach content that is comprehensive and fact-based, while adhering to state guidelines, being inclusive, and most importantly teaching in a way that is open and engaging.

Churches

A system that greatly impacts our relationship with our sexuality is our religious institutions. This may look different for many, but based on the conversations brought to us, it is the place where shame and worth are entertained frequently. At Reframing our Stories, we believe that removing shame and having open conversations about sexuality and relationships are critical needs within the church. It is our desire to educate and equip religious spaces to learn how to nurture conversations around sexuality without shame. We are supporters and allies to our LGBTQIA+ friends. We support those whose self-worth has been negatively impacted by their sexual experiences, and those who have faced abuse. We believe that when people are nurtured with grace and care, they can live into who they truly are. Our goal is to help foster the creation of such spaces in your church as well as provide workshops and retreats to help leadership, parents, and youth on a myriad of topics to care for your community.