



**SPARKS SOCIAL**  
ABILITIES

# SPARKS ROMANCE

Young adults naturally desire connection, romance, and share similar sexual interests to others their age. However, some may experience challenges in recognising nuanced social cues, understanding others' emotions, or clearly expressing their own thoughts and feelings.

The Sparks Romance program is designed to build participants' knowledge and practical capabilities in forming healthy relationships, navigating boundaries and intimacy, and working toward a safe and fulfilling sex life.

A variety of interactive learning approaches are used throughout the program, including role-playing activities, peer-based learning, visual supports, videos, worksheets, social narratives, and structured exercises.



## PROGRAM FEATURES



Consent



Dating



The uncomfortable  
and Awkward stuff



What is  
Love



Relationships



Understanding  
Sex



Sexual  
Orientation



Sexual Health



Dating  
strategies



Boundaries



Gender and  
Sex and more

## BENEFITS

- ✓ Enhanced understanding of relationship development
- ✓ Increased self-confidence and personal insight
- ✓ Improved social capacity and endurance
- ✓ Greater awareness of sexual health
- ✓ Strengthened emotional intelligence and maturity
- ✓ Ability to apply social skills in real-world situations
- ✓ Development of meaningful friendships
- ✓ Learn about Sex and our Bodies in a judge free space



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**FOR BOOKINGS OR  
MORE INFORMATION**

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