

# HEALTHY LIVES FOR YOUNG PEOPLE

Brook are offering relationship and sex education sessions to young people across Hounslow.

We are commissioned by Hounslow Council.  
**Please email [onwl@brook.org.uk](mailto:onwl@brook.org.uk) to book**

Limited sessions available.

Topics for delivery:

- Consent
- Relationships
- Online Safety
- Self-Esteem
- STI awareness
- Contraception
- Sexual orientation and Gender identity
- Intro to sexual health

**For more information about Brook, visit our website: [www.brook.org.uk](http://www.brook.org.uk)**

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