

HONEST CONVERSATIONS: RESPECTING MYSELF, RESPECTING OTHERS



An Elevatus Training Series

It is important for all young people to learn the facts about safe relationships and sexuality. As a way of creating a safe space for youth to learn more about these basics alongside their peers, The PEAL Center will lead five Elevatus sessions. Our first session on January 15th, 2026, will be for parents only and will give caregivers the skills to navigate these conversations on their own. Then the sessions for youth will begin on January 24th, 2026. Learn more about the Elevatus Program [here](#). We look forward to learning together!

***Each session will be from 12:00–1:30 p.m.**

Questions: training@pealcenter.org

Location: Zoom link shared upon registration

REGISTER NOW



<https://www.tfaforms.com/5204253>



JAN. 15, 2026

Parent Session Only

Learn about what the Elevatus Trainings will entail for your young person so you can continue the conversation on your own.

JAN. 24, 2026

Intro & Consent

Learn the basics of consent, knowing your rights, and respecting others.

JAN. 31, 2026

Public & Private

Investigate how to build safe spaces and have an open mind when exploring sexuality and boundaries together.

FEB. 7, 2026

Internet, Social Media, and Communication

Explore how we can use the Internet and social media safely and respectfully.

FEB. 14, 2026

Healthy Relationships or Many Roads to a Relationship

Focus on love, friendship, and everything in-between while developing what a healthy relationship means to you.