



inyourskin

Relationships and Sexuality Education



Dr Tessa Opie is the founder and director of in your skin® and is an advocate for healthy and consenting relationships. She has extensive experience in sexual health and safety education. Tessa has worked as an educator across the government, not-for-profit, and private sectors, and has ongoing experience as a guest lecturer at various universities.

Tessa's approach is sex-positive, evidence-based, and harm reduction focused. It requires participants to actively consider their relationship values, attitudes, and expectations, in a social climate that feeds us often misleading messages about sex and relationships.

Tessa is the President of the Society of Australian Sexologists Ltd (SA/NT Branch), and a consultant for several local, state and national education advisory boards.

in your skin® offers various workshops which support participants to develop healthy relationship skills. Topics include:

- media analysis
- porn literacy
- gender and sexuality
- victim blaming and slut shaming
- expansive practice
- addressing homophobia and transphobia
- recognising coercion and understanding consent
- sexual language and communication

in your skin® also offers a 'respecting sexual partners' workshop which requires participants to actively explore their own attitudes and expectations, and how these might impact on the health and safety of sexual partners.

in your skin® is committed to:

- improving sexual health and safety
- supporting healthy psychosexual development
- promoting safe and consenting sexual relationships

