



Anya Manes

- Educator
- Speaker
- Author/Blogger
- Parent Coach



LOCAL EDUCATOR

Anya Manes grew up in the Bay Area, attended Columbia University in New York City, and spent 11 years teaching high-school science at The Dwight-Englewood School (Englewood, NJ), Castilleja (Palo Alto, CA), and Immaculate Conception Academy (San Francisco, CA).

 *Anya Manes*

TEACHER & COUNSELOR

Anya coaches parents to become the mentor and amazing parent they've always wanted to be for their kids.

By transforming and opening the communication between parents and their children, Anya helps parents have deep and connected conversations about anything.

Anya's specialty is helping parents talk with their kids about sex, to ensure that their kids have safe and healthy sexual relationships from the start.

She has come to this work after healing her own wounds around sexual abuse, teaching high-school science for over a decade (including the reproductive system, fielding all her student's questions!), completing her masters coursework in Education, graduating from the Interchange Counseling Institute's year-long training program, and starting her own family.

 *Anya Manes*



Addressing critical needs in sex education

One Christmas, after listening to her family's stories about how awful and inadequate their sex education experiences had been, Anya decided to launch her own support service. She now works with one-on-one coaching clients, runs trainings, workshops, and webinars, and publishes a new article to her blog every two weeks.

Anya's goal is to help families teach their kids the skills they need to have safe and healthy sexual relationships, from the start.

ANYA CAN BE HIRED FOR YOUR NEXT EVENT FOR:

Keynote speaking – Workshops – Breakout Sessions

Keynote Topics:

- ♥ How to answer kids' questions about sex and sexuality
- ♥ Age-appropriate conversations
- ♥ How to talk with kids about where babies come from
- ♥ How parents can talk with their kids about media messages and pornography
- ♥ Preventing sexual abuse and sexual assault

Workshops:

- ♥ How parents can teach kids to be critical thinkers about media messages
- ♥ How to answer your child's questions about sex & sexuality
- ♥ Teaching kids about boundaries and consent

Your audience will walk away with:

- ♥ How to have an open conversation with your child about sex
- ♥ Confidence to approach tough topics and situations
- ♥ Tools on how to handle challenging situations with your child



Raving Reviews

"Exceptional presentation! Thank you for sharing your wisdom and insights. You touched on so many topics, and caused me to think more about issues that have come to mind in the past, for instance date rape and sexual assault. I congratulate you on developing this, and for what you're doing. It is so important, and I'm glad I had the chance to see it. You addressed all the questions I had, and much more.

Thanks again!"
Mike Sauer

"Anya's workshop on boundaries and consent was very practical and useful! She has a great way of explaining the importance of boundaries and consent, whether your children are dealing with a sexual situation or an everyday situation. Her use of stories and examples really drive home important messages, and I found myself thinking, 'I'm definitely going to use that!' She also gives you really helpful language to share with your child, to help them clearly communicate their boundaries. I now have a new list of what I need to discuss with both of my kids and feel good knowing that I'm preparing them to have safe and healthy relationships. Thank you, Anya!"

Johanna Rosenthal, MPH

"Anya presented a great workshop at my children's elementary school on talking to our children about sexuality. She led us through values clarifying activities, provided info regarding what to make sure children know at what ages, and resources for further information. She presented difficult subjects with confidence and ease, creating an environment of openness for the parents to share their questions and concerns. I highly recommend Anya for your school or parent group."

Debbie McCallum

"I found Anya's workshop on Boundaries and Consent to be extremely thoughtful and effectively presented. I will definitely integrate her tools and techniques – in my own parenting and health educator roles – to encourage understanding of and sense of comfort for our children to make healthy, safe, and consensual choices."

Nicole Maderas

"Thank you for the great workshop! I really got more out of it than I had hoped. You did a great job tailoring the talk to the audience...I definitely feel I have the schedule of what could and should be said when and this was my biggest hope for the session. My best take aways are your handout and the pretty comprehensive notes I was able to make in our short hour. The specific talking points or examples were great too. Some very concrete things I hadn't considered yet like discussing pornography, or that as a parent I could simply say 'I don't want you to watch pornography or have sex now as those are activities for adults' were helpful. I liked being able to flip through the books quickly but the recommended list will give me more time to consider the options. Thanks again for providing the session and resources!"

Lorre Mason

READY TO HIRE ANYA?

ANYA MANES COACHING

EMAIL: ANYA@TALKABOUTSEX.COM

OR VISIT HER WEBSITE:

WWW.TALKINGABOUTSEX.COM

Anya Manes  parent coach

Opening the Communication
so you and your kids can talk about *ANYTHING!*

