



Identity formation, with respect to gender and sexual orientation, is crucial, yet delicate.

Protect one's individuality, delicately, yet strongly.

Right Guidance on Gender, Sex & Sexuality helps

- our family understand our dreams
- cope & manage relationships
- follow your dreams, regardless of gender, color, creed or culture
- accept who we are

and much more!!

For a safe living
VISIT US TODAY
at your district stadium!

A ONE STOP FOR ALL YOUTH NEEDS

**ALL OUR
SERVICES ARE
FREE**

CONTACT US

YUVA SPANDANA KENDRA

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Timings
10.00 am to 5.00 pm on all working days

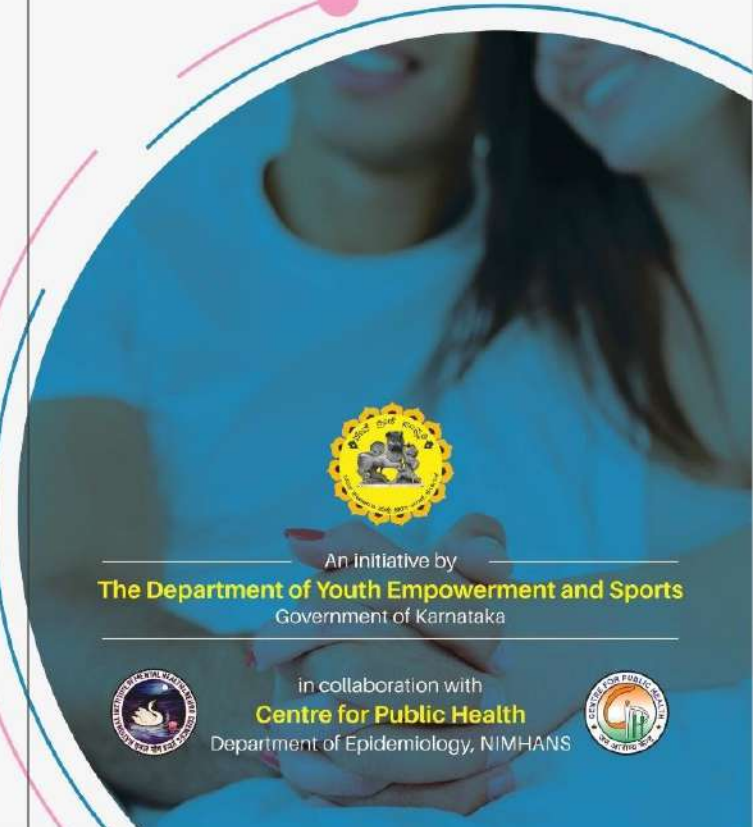
Contact us, if you wish to be part
of our sensitization programs!



**GUIDANCE ON
GENDER, SEX
& SEXUALITY**

BY YUVA SPANDANA

A program by the Youth, for the Youth



An Initiative by
The Department of Youth Empowerment and Sports
Government of Karnataka



in collaboration with
Centre for Public Health
Department of Epidemiology, NIMHANS



**LET'S LEARN TO
ACCEPT OURSELVES,
UNDERSTAND
OURSELVES AND
MAKE OUR SELF
COMPLETE**

Let's embrace ourselves

Let's love our



Gender



Sexual
preferences



Identity

and not let it stop us from

- being confident
- pursuing higher education
- living your dreams

How does Yuva Spandana facilitate to resolve your concerns ?

Yuva Parivarthakas & Yuva Samalochakas help you overcome any issue, including issues related to Gender, Sex & Sexuality and build the confidence needed for a contented future.

It all begins by visiting your Yuva Spandana Kendra and talking to us.

Through Guidance, You Can Understand:



your choices



that you are not alone



methods to cope with
your identity



how to tackle any situation



our lifestyle and personality



that nothing is an obstacle in life

Acceptance is the key!

Acceptance is important to

- avoid mixing personality with culture
- create a strong identity irrespective of societal judgements
- be bold in a relationship
- feel loved, be loved & love another
- accept our sexuality
- fight harassment at workplace/home

Why Yuva Spandana?

- ☑ Exclusive guidance for youth
- ☑ Ensures confidentiality in managing situations
- ☑ A network of over 15,000 organizations and individuals all around the state
- ☑ A one-on-one guidance to understand every possible solution to any of your issues
- ☑ For anyone to live a better quality of life

**Yuva Spandana is a one stop for
all youth needs!**