

The HEAL Project Statement

WHO WE ARE

mission

The HEAL Project is a BIPOC, Trans/Non-binary, and Survivor-led educational initiative using media to prevent and end Childhood Sexual Abuse (CSA) through healing the wounds of sexual oppression and embracing sexual liberation.

approach

CSA is not a childhood issue; it cycles through generations and impacts people of all ages. In order to disrupt this cycle, The HEAL Project provides education on relationship building skills for children, parents, caregivers, educators, advocates, and elders around bodies, agency, boundaries, and communication.

The HEAL Project incorporates healing rituals and healing justice practices to address the harms of sexual oppression such as CSA. With a vision to shift from separation to integration of mind, body, and consciousness, The HEAL Project advocates for free, accessible, and shame-free holistic sexuality education as a tool for empowerment, resilience, and liberation.

values

At The HEAL Project, sexual liberation is believed to be the antidote to sexual oppression. We do not shy away from discussing any aspect of human sexuality and connection, and openly engage with topics including sex work, asexuality, kink and BDSM, non-monogamy, and pornography.

The HEAL Project stands against all systematic and state-sanctioned violence occurring in law enforcement, prisons, the criminal justice system, ICE, and other institutions that perpetuate harm. Instead, The HEAL Project advocates for community-based alternatives such as cultural counseling, transformative justice, and healing circles.

WHAT WE DO

The HEAL Project offers multiple media programs providing empirical, anecdotal, as well as data-supported information. We also [offer consultations, speaking engagements, workshops, and sexuality coaching services](#).

Pure Love Talks is a talk show between *Ignacio Rivera* (Founder & Executive Director) and their daughter *Amanda*. In each episode, Ignacio and Amanda model honest, vulnerable, and intimate conversations about sexuality spanning from Amanda's childhood through her current

role as a mother. In this heart-felt and witty back and forth, Ignacio and Amanda normalize the sex talks and shift the culture of sexual violence by offering tips and resources for families.

Tuesday Q&A is a written education program dealing with the challenging moments of survivorship, healing, and child rearing in a culture of shame and secrecy around sexual abuse of children. Every Tuesday, a question is answered with an emphasis on relationship building skills as the foundation for holistic sexuality education.

Connecting The Dots, is a video project offering analysis of the world of sex, connection, violence, and power in media. With witty comments and much food for thought, the discussions encourage a path through shame and secrecy to connecting and healing.

Caution: Unrestricted! is our latest video project under development. This series features conversations between Ignacio Rivera and *Aredvi Azad* (Director of Education & Programs) on breaking open sexual stigma and taboo. With many content warning notices, Ignacio and Aredvi offer an unsanitized version of untold stories, uncomfortable thoughts, and unsavory inquiries. This series is meant for adult survivors who are further along in our healing journey and are ready to engage in brutal, and at times sarcastic, truth-telling.

The Toolkit is The HEAL Project's upcoming educational initiative consisting of tips, hacks, conversation openers, games, exercises, prompts, and role-plays to offer a variety of modalities for parents and caregivers to engage with children about holistic sexuality as a CSA prevention tool.

You can [sign up for our monthly newsletter here](#), and [make a tax-deductible donation to this ground-breaking initiative here](#). Follow our work on social media (IG-FB-TW) [@heal2end](#).



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