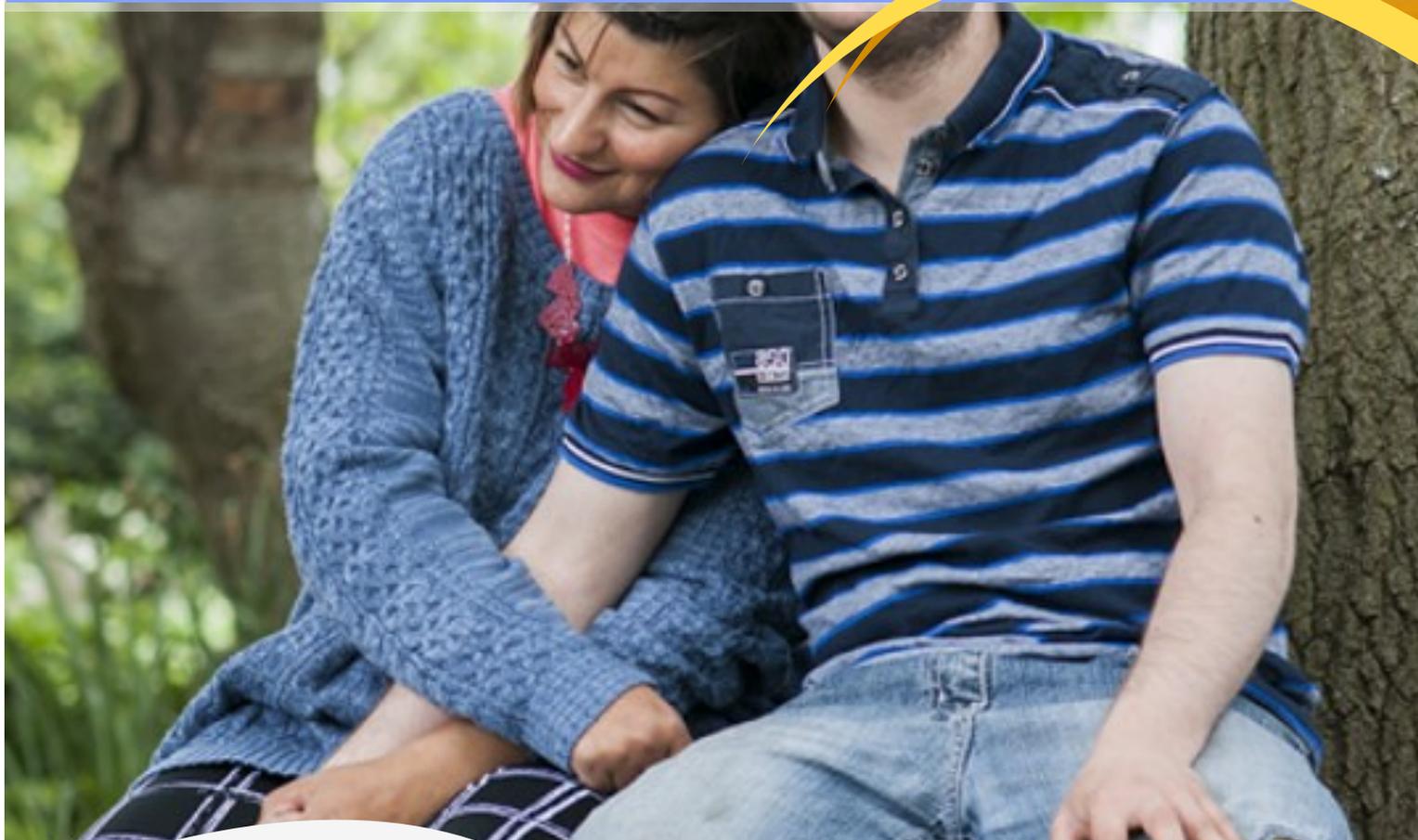


Learn About Safe & Healthy Social Sexual Behavior



Use peer-reviewed curricula

Partner with families

Needs assessment and pre/post testing

Assess safety

Support for instructors

Enhance self-determination





Important Values

- Respect others by treating them well and listening.
- Relationships should be equal and private without violence or abuse
- Sex should be safe and pleasurable for both
- Get consent from a sweetheart before acting on sexual feelings
- Be responsible in a sexual relationship
- Meet students and families where they are at
- Families are responsible to pass on their unique values to their children.

Sexuality Education

Part of the SAFE Cohort of Sexuality Educators in ND

We have chosen to offer training on safe and healthy social/sexual behavior to students/adults with developmental disabilities.

We believe that individuals with disabilities who lack foundational information about sexuality and relationships are vulnerable and subject to higher rates of abuse.

We also believe that without a reliable source of information on these topics people with disabilities have difficulty getting accurate information, and may experiment without fully understanding the risks, even if those have been explained by parents or in a health class. They may or may not tell a parent or trusted adult what is happening.

Meeting the needs of diverse learners in partnership with families & self-advocates

Support from the SAFE Project

To address this sensitive and important topic in an informed and responsible way, we have teamed up with the ND SAFE Project. through the ND Center for Persons with Disabilities at Minot State University. **SAFE** = Self-Advocates Find Empowerment. The project is funded through a grant from the ND State Council on Developmental Disabilities

SAFE Project Goals:

- 100 self-advocates in ND will complete training annually
- Instructors will be trained to provide sexuality education
- Training can be embedded in general education health classes or provided privately to individuals or in small groups.
- Instructors have on-going support and access to expertise.

What Self-Advocates Say

- We want healthy relationships
- So we can be safe
- So we won't be lonely
- So we can pick the right person
- To make informed decisions
- To make our relationships last
- Because we have needs and desires and that's OK
- So we can behave responsibly
- To advocate for our rights.

Choice and Control

- Modify content in the general education health classes using the SPEDD curriculum.
- Provide individual or small group training in same gender or mixed groups.



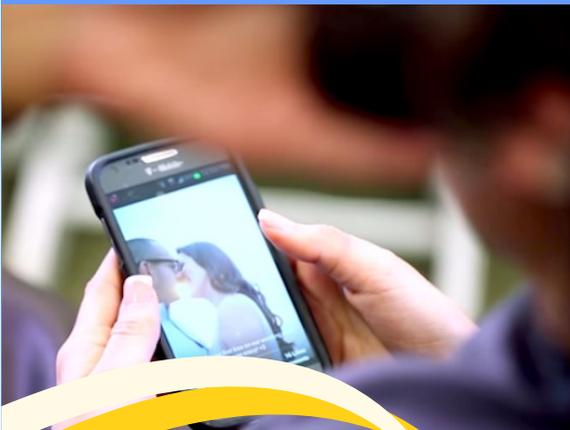
Support for Teachers or Instructors

Teachers access expertise on sexuality monthly through phone conferences with a ND community of practice supported by NDCPD and other partners. In addition, the SAFE project has access to a nationally certified sexuality expert Ms. Teri Couwenhoven.

Peer Reviewed Curriculum

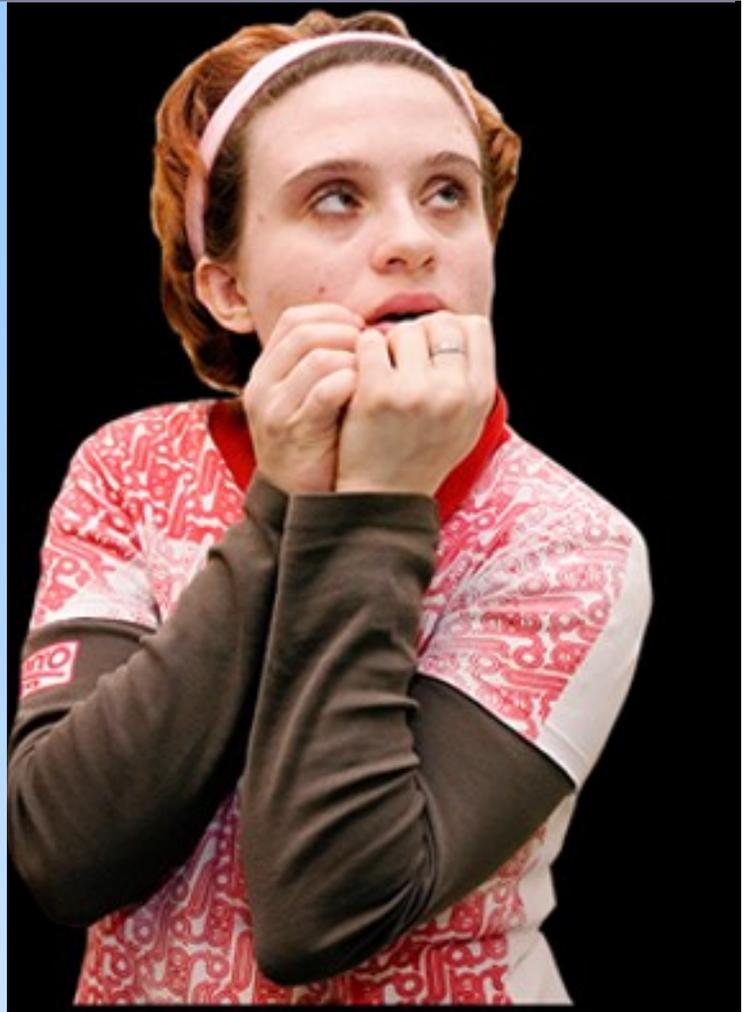
SAFE partners use the **Sexuality Education for Persons with Developmental Disabilities curriculum** authored by Ms. Kathryn McLaughlin. Group collaboration to purchase the curriculum is available through SAFE. Agencies decide which of 22 lessons on safe and healthy relationships or sexuality to teach based on the unique needs of students/self-advocates. Examples:

- Welcome/Get Started
- Gender Identity/Expression
- Types of Relationships
- Public and Private
- Friendship
- Communication
- Decision-Making
- From Friend to Sweetheart
- Internet, & Social Media
- Starting a Relationship
- Being in a Relationship
- Avoid Bad Relationships
- Body Parts
- Caring for Your Body
- Sexual Feelings & Acts
- Communicating About Sex
- Decision-Making About Sex
- Challenges
- Parenting
- Avoiding Pregnancy
- Avoiding STI's
- Final Class



Technical Assistance Support

Do you tell someone with an intellectual disability about sex if they don't yet appear interested? Remember that sexuality is more than sexual acts. You start by helping that person recognize public and private behavior and to behave modestly. Help them learn what a friendship or relationship is or is not in some meaningful way. Teach them how to recognize signals that someone is trying to connect and how to say no to pressure or things they don't want to do. Teach them that sexual feelings are OK and to express sexual feelings responsibly. You make sure they know that if someone wants them to lie down together without clothing and be very close that can lead to making a baby and they can say no. Teach them who they can and cannot marry or date. Make sure they know that you do not have to be engaged in sexual acts to find love. Make sure they have a safe-person to turn to in all environments.



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