

Developmental Disabilities and Sexuality 101- Live, One-Day Training

People with developmental disabilities are often left out of the conversation about sexuality, almost as if they are incapable of having thoughts, feelings, and needs. In reality, they, too, are sexual beings that need information and skills for making healthy decisions about sexuality. As someone who works with people with developmental disabilities, you may be the most likely person to discuss sexuality with them, or someone with a developmental disability may approach you with questions about sexuality. This workshop will help you become more comfortable talking about this sensitive topic by discussing what needs to be taught when and how to help people with developmental disabilities have safe and satisfying relationships.

Participants will:

- Gain knowledge about sexuality and specific issues for people with developmental disabilities
- Explore our own values and attitudes regarding sexuality and people with developmental disabilities
- Explore ways to communicate about sexuality with people with developmental disabilities and their parents/guardians.

Agenda-Day One

8:30-4:00

Introduction/warm-up

What is Sexuality?

Messages about Sexuality

Sexual Development and Disability

Values and Attitudes

Working one-on-one

Answering questions and Responding to Behaviors

Working with Parents/Guardians

Wrap-up and Evaluation

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