

# **Sexuality and Developmental Disabilities: A Workshop for Parents and Guardians**

Talking with our young and grown children about sexuality can be a difficult task. As parents and guardians, we often worry whether talking about it gives permission and whether they can be safe from harm when they are in relationships. This workshop will help you become more comfortable discussing this topic by covering what topics to cover when and the most effective ways to talk about this sensitive topic.

## **Goals:**

1. Examine barriers to talking about sexuality.
2. Gain knowledge about sexuality and developmental disabilities.
3. Acquire and practice skills in communicating about sexuality with our young and grown children.

## **Agenda:**

Introduction

What is Sexual Health?

Barriers to Communicating

Sexual Development

Topic to cover

Tips for Talking

Practice

Wrap-up

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