



Michigan Project: Self-Advocates Become Sexuality Educators

A partnership between the Michigan Council of Developmental Disabilities and Elevatus Training

Challenge: All people with I/DD want and need sexuality education, and have not received adequate sexuality education. They are also 4-7 times more likely to experience abuse.

Solution:

- A focus on sexual self-advocacy empowers people with I/DD to make informed decisions about relationships.
- Provide medically accurate, age appropriate, and cognitively accessible sexuality education.
- Include self-advocates as part of the training teams helps them become part of the solution and models, "nothing about us without us."

Imagine a world where...

Sexuality education is more accessible for people with I/DD, professionals are co-leading sexuality education classes with someone with I/DD, improved sexual health, and less cases of abuse.

The Michigan 2018 Initiative was developed to provide:

- ✓ Two-day training for teams of self-advocates and professionals titled, "Becoming a Sexuality Educator," which included "Sexuality Education for People with Developmental Disabilities" curriculum created by Elevatus Training
- ✓ An All Day Summit on Sexuality and Developmental Disabilities
- ✓ Sexuality Educator Follow-up Support
- ✓ Next steps

2018 Becoming a Sexuality Education Two Day Training

- **Training goal:** Increase confidence in being sexuality educators (e.g. what makes a good sexuality educator, managing values, creating a safe learning environment, and practicing teaching from the curriculum).
- **Increase the number of educators** (hit most populated areas, start education early).
- **Trained** 21 individuals with I/DD and 26 professionals to make 11 teams in Michigan.



"It is so empowering to be able to reach out to your own community and inform."

*Frank Vaca,
Self-Advocate
Central Team Sexuality
Educator*

2018 All Day Summit for Self-Advocates, Parents/Caregivers, and Professionals

- Fishbowl for self-advocates to speak up about messages they received and what they want and need regarding sexuality education.
- Review the NACDD study on sexual abuse/listen to part of the NPR series on I/DD and sexual abuse.
- Breakout session in the afternoon:
 - Becoming a Sexual Self-Advocate for Self-Advocates.
 - Discussion on how to implement Sexuality Ed. in Michigan schools: professionals, parents and allies.
 - 80 self-advocates, parents/caregivers, and professionals attended the all-day summit.

2018 Follow-Up For Educators

DD Council Support

- Technical assistance by Mary Shehan-Boogaard
- Stipends for co-presenters requested by the Council

Quarterly Webinars

- 1 hour round robin report out from each team
- 1 hour training provided by Elevatus Training



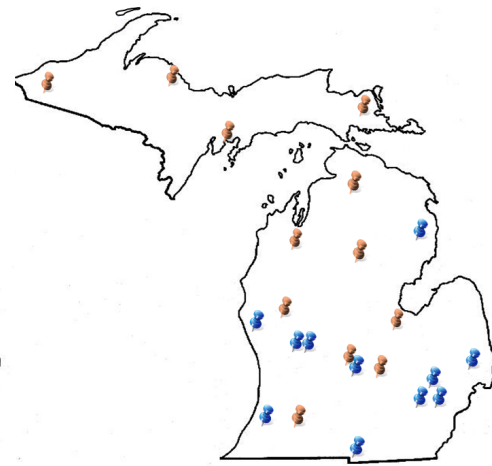
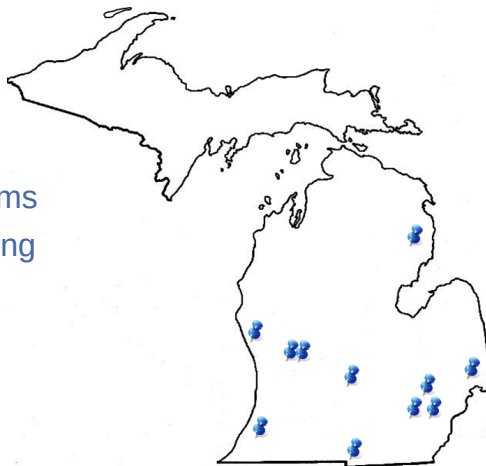
"I have shared topics from the curriculum with people with disabilities and others without disabilities. The message is universal to all because too often people have not had the opportunity for proper Sexuality Education regardless of disability."

*Bonnie Gonzalez,
Muskegon Team Educator*

Teams providing education in their local areas

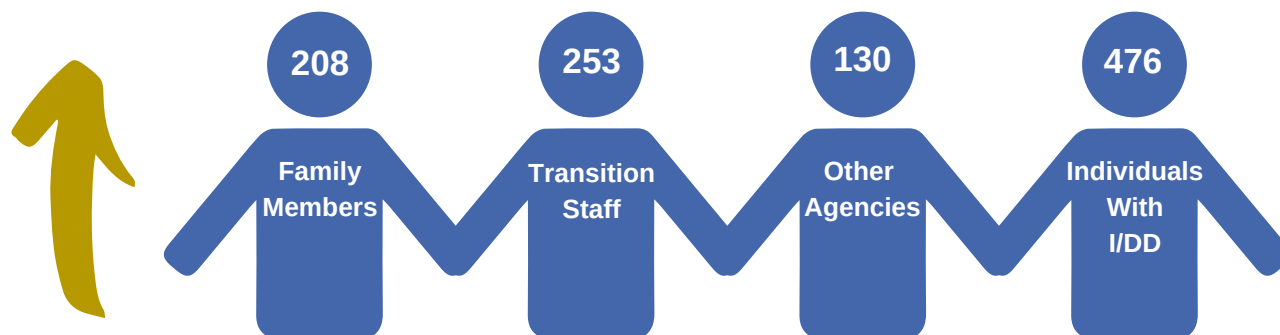
2019-2020 Expansion Focus

- Enhance and support existing teams
- Have sexuality educators on training team
- Create teams in new areas
- Maximize accessibility



Project Outcomes

At the 2018 Team Training Summit, **21 individuals with I/DD and 26 professionals and parents were trained as sexuality educators, and went on to train.....**



Next Training: October 2019

Three days of training for new teams of self-advocates and professionals. Self-advocates from 2018 will be presenting at the 2019 Becoming a Sexuality Educator Training.

This can be achieved in your state, reach out and let us design it for you.

Mary Shehan-Boogaard

Michigan Developmental Disabilities Council

(517) 284-7288 - shehanboogaardm@michigan.gov

www.michigan.gov/ddcouncil

Katherine McLaughlin

Elevatus Training

(906) 399-5777 - kath@elevatustraining.com

www.elevatustraining.com