

Why Self-Advocates Need Sexuality Training...

When self-advocates are asked why they want and need sexuality education this is what they say...

"So we can learn to have healthy relationships"

"So we aren't lonely!"

"So we are able to make informed choices!"

"So we can pick the right person!"

"For help with the toughest part of the relationship, making it last!"

"So we can be safe!"

"Because we all have desires/needs and that's okay!"

"So that people know their rights!"

"So we can be sexual self-advocates, not just self-advocates!"

Yet all too often, 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. They are also at risk of unplanned pregnancies, sexually transmitted infections, and sexual abuse and need the tools to stay safe in their relationships.

This three year team training program is designed to build sustainable, state-wide capacity in order to provide sexuality and relationship classes for people with I/DD.

A Conversation with Self-Advocates

Watch this short video clip where Katherine McLaughlin, Elevatus Training Founder, CEO & Lead Trainer, interviews Frank Vaca and Bonnie Gonzalez about their experiences and the benefits of the training. Link to video:

<https://www.elevatustraining.com/team-training/>



From left to right: Angel Irvin, Katherine McLaughlin, Lisa Tippit, Frank Vaca, and Bonnie Gonzalez. Self-advocates from Michigan.