

**Title:** Becoming a Sexual Self-Advocate for Self Advocates

**Ideal Number of Participants:** 15-25, but flexible

**Audience:** Self-Advocates

**Number of Training Days:** 60-90 Minutes

**Description:** 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. One of these skills is the ability to be a sexual self-advocate. As defined by Green Mountain Self Advocates, Sexual Self Advocacy means:

"Speaking up for yourself, sexually"

"Getting information"

"Taking a stand"

"Saying to whomever - this is my choice"

"Stating your sexual limits and desires with your partner, respecting others limits and desires"

"Starting to do what you want with relationships"

During this workshop, self-advocates will learn what is sexual self-advocacy, explore ways you can become a sexual self-advocate, and practice speaking up for the right to be in a relationship and within a relationship.

Learning Objectives:

- Define sexual self-advocacy
- List tools for being a sexual self-advocate
- Demonstrate speaking up for your right to relationships and within relationships

**Agenda:**

Introduction

What is Sexual Self Advocacy?

Knowledge and Skills of a Sexual Self Advocate

How to Speak up

Practice Speaking Up

Wrap-Up

**Budget:**

<b>Fee</b>	\$500
<b>Online Platform</b> Elevatus can provide Zoom, or if you prefer to use your own platform we can use your platform	Included
<b>Materials &amp; Handouts</b> Electronic copies of in-service training handouts will be provided at no extra costs. Customer will be responsible for distributing to attendees for the in-service training.	Included