

**Title:** Building Healthy Relationships at Work: Working One on One and Leading Healthy Relationships Classes

**Ideal Number of Participants:** 25-40, but can be flexible

**Audience:** Anyone who works in a competitive integrated employment training program or supports individuals in the workplace

**Number of Training Days:** 2, in person or on online

**Description:**

People with developmental disabilities are often left out of the conversation about sexuality and relationships, 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 in a competitive integrated employment setting or a worksite, you see the need to address relationships and sexuality on a one on one basis with people with I/DD who are employees. We will discuss tips and tools for effectively answering questions and responding to behaviors as well as helping parents learn ways to talk with their own children.

During this workshop, we will use the *Building Healthy Relationships At Work* curriculum to learn how to lead groups of people with I/DD through the curriculum. The curriculum includes 12-lesson plans, handouts, and teaching tools to teach workplace relationship skills. Topics include: Who am I, Gender Expression and Identity, Types of Relationships, Public and Private, Friendships, Communication and Decision Making, Positive Relationships at Work, Friendship and Sweethearts, Healthy and Unhealthy Relationships, and What is Sexual Harassment? You will also learn effective tips and techniques for teaching these topics and have an opportunity to practice teaching these topics as well.

**Learning Objectives:**

- Gain knowledge about sexuality and healthy relationship issues for people with developmental disabilities.
- Explore your own values and attitudes regarding sexuality and relationships for people with developmental disabilities and how to manage your values.
- Explore ways to communicate one on one about sexuality and relationships with people with developmental disabilities and their parents/guardians.
- Explore the necessary skills for having healthy workplace relationships.
- Review the curriculum and teaching tools.

- ❑ Examine tips and techniques for teaching these topics.
- ❑ Practice teaching the curriculum lessons.

**Agenda Day 1:**

Introduction/warm-up activity  
 Human Sexual Development  
 Values and Attitudes  
 Answering Questions  
 Responding to Behaviors  
 Working with Parents and Families  
 Working with Worksites  
 Wrap-Up

**Agenda Day 2:**

Introduction/warm up  
 Role and Qualities of a good relationship educator  
 Review the curriculum, handouts  
 Main points of curriculum  
 Challenges in the classroom  
 Tips and Techniques for teaching relationship skills  
 Practice presenting in small groups  
 Wrap-Up

**Budget:**

<b>Fee:</b> 2 days X \$2,500	\$5,000
<p><b>Curriculum</b></p> <p><i>Building Healthy Relationships at Work</i> Curriculum and slide deck \$250 for curriculum and slide deck (Usually \$290). Multiply the number of participants x \$250, this will give you the cost to purchase one curriculum per participant</p> <p><b>Shipping</b></p> <p>Customer can estimate approximately \$30/per box of 5 curriculum for us to ship (for example, 10 curriculum, estimate \$60).</p>	Depends on number of participants
<p><b>Materials &amp; Handouts</b></p> <p>Electronic copies of in-service training handouts will be provided at no extra costs. Customer will be responsible for electronically distributing the handouts to participants at the in-service training.</p> <p>If in-person, customer will provide an easel with easel paper, markers, projector/projector screen, two-pocket folders for participants. Elevatus Training will bring a laptop computer.</p>	

<p><b>Travel Expenses</b></p> <p>Flight, lodging, mileage, meals, etc. to be paid by customer.</p> <p>To the extent possible, our preference is that the customer make the flight and lodging arrangements. Elevatus Training will provide all the information you need to make these arrangements.</p> <p>Elevatus Training will provide receipts to be reimbursed by the customer for mileage, meals, bag fees, ground transportation, parking, etc.</p>	<p>Approximately</p> <p>\$1500</p>
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