

Title: Moving from Friend to Sweetheart in the Age of Technology for Self Advocates

Ideal Number of Participants: 15-25, but flexible

Audience: Self-Advocates

Number of Training Days: 60-90 Minutes

Description: Forming positive, healthy relationships may be difficult for anyone. People with developmental disabilities may not know how to meet others and develop these relationships. When we add the latest technology and social media, we may feel nervous or unsure about how to stay safe ourselves. This workshop will explore how to navigate the internet and social media in a helpful, safe, and positive way.

Learning Objectives:

- Examine the various types of technology and the positives and negatives of using technology.
- Explore how to move from friend to partner in a helpful, healthy, and safe way.
- Discuss ways to communicate about the pleasures and risks of meeting people online, posting on social media, and how to have positive, safe relationships while using technology.

Agenda:

Introduction
Positives and Negatives
Steps to Finding a Partner
Being safe online
Wrap-Up

Budget:

Fee	\$500
Online Platform Elevatus can provide Zoom, or if you prefer to use your own platform we can use your platform	Included
Materials & Handouts 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