

**Title:** Healthy Boundaries in Relationships: For Self-Advocates

**Ideal Number of Participants:** flexible

**Audience:** Self-Advocates

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

**Description:** Healthy relationship boundaries are an important skill for us all. We are seeing more and more examples in our culture of those who have crossed lines. Since you are a person with a disability and a sexual being you also need the information and skills to navigate these waters and learn what's okay and not okay in various settings. This webinar will explore what are healthy relationship boundaries, and how to communicate in ways that create positive connections with others either at home, work, and in our social lives.

Learning Objectives:

- Examine topics to form healthy relationships such as healthy boundaries, different types of relationships, public v. private, communication, and speaking up.
- Practice speaking up in our relationships

**Agenda:**

Introduction  
Sexual Self-advocacy  
Types of Relationships  
Public and Private  
Communication Skills  
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