

Title: Supporting People with I/DD to Become Sexual Self-Advocates

Ideal Number of Participants: 40-60, but flexible

Audience: Professionals, Parents/Guardians

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 and learning ways to stay safe as they navigate relationships. 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, professionals, and parents, will learn what is sexual self-advocacy, examine what knowledge and skills are needed to be a sexual self-advocate, and explore ways to support others in speaking up for what they want and need.

Learning Objectives:

- Define sexual self-advocacy.
- List tools for being a sexual self-advocate.
- Support people with developmental disabilities to become sexual self-advocacy skills.

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:

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