

**Title:** Preventing Abuse: Helping Self-Advocates Become Sexual Self-Advocates

**Ideal Number of Participants:** 40-60, but flexible

**Audience:** Self Advocates

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

**Description:** We know the rate of sexual abuse among people with I/DD is very high, 7 times higher than the general population. One way to help prevent abuse, and support healthy, satisfying relationships is with sexuality education that teaches self-advocates to become sexual self-advocates. We will discuss topics such as: body parts and body autonomy, skills for saying no, and the difference between a healthy, unhealthy, and abusive relationship.

Learning Objectives:

- Explore how sexual self-advocacy reduces sexual abuse
- Examine the knowledge and skills needed to prevent abuse, while supporting healthy relationships

**Agenda:**

Introduction

Sexual Self Advocacy

Body Parts and Autonomy

Communication Skills

Healthy/Unhealthy/Abusive Relationships

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