

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 online

Training 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 who 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 intellectual and developmental disabilities (I/DD) who are employees. We will discuss tips and tools for effectively answering questions, responding to behaviors, and helping parents learn ways to talk with their 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 the Curriculum
 Challenges in the Classroom
 Tips and Techniques for Teaching
 Relationship Skills
 Practice Presenting in Small Groups
 Wrap-Up

Budget:

Fee for in-person: \$3,000/day	\$6,000
Fee for online: \$2,000/day	\$4,000
<p>Curriculum</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 of purchasing one curriculum per participant</p> <p>Shipping</p> <p>Customers can estimate approximately \$30 per box of 5 curricula for us to ship (for example, for 10 curricula, estimate \$60).</p>	Depends on number of participants

<p>Materials & Handouts</p> <p>Electronic copies of in-service training handouts will be provided at no extra cost. The customer is responsible for electronically distributing the handouts to participants at the in-service training.</p> <p>If in-person, the customer will provide an easel with easel paper, markers, a projector/projector screen, and two-pocket folders for participants. Elevatus Training will bring a laptop computer.</p>	
<p>Travel Expenses</p> <p>The customer will pay for flight, lodging, mileage, meals, etc..</p> <p>We prefer that the customer make the flight and lodging arrangements to the extent possible. Elevatus Training will provide all the information you need to do so.</p> <p>Elevatus Training will provide receipts for mileage, meals, bag fees, ground transportation, parking, etc., which the customer can then reimburse.</p>	<p>\$1,500</p> <p>(estimate)</p>