

Title: Developmental Disabilities and Sexuality 101

Ideal Number of Participants: 40-60, but can be flexible

Audience: Professionals, Parents/Guardians

Number of Training Days: 1, in-person or online

Training 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 who need information and skills for making healthy decisions about sexuality. As someone who works with people with developmental disabilities, you may be the most likely person to discuss sexuality with them, or someone with a developmental disability may approach you with questions about sexuality. This workshop will help you become more comfortable talking about this sensitive topic by discussing what needs to be taught and when and how to help people with developmental disabilities have safe and satisfying relationships.

Learning Objectives:

- Gain knowledge about sexuality and specific issues for people with developmental disabilities.
- Explore our own values and attitudes regarding sexuality and people with developmental disabilities.
- Explore ways to communicate about sexuality with people with developmental disabilities and their parents/guardians.

Agenda:

Introduction and Warm-up

What is Sexuality?

Messages about Sexuality

Sexual Development and Disability

Gender Identity and Disability

Values and Attitudes

Answering Questions

Responding to Behaviors

Working with Parents/Guardians

Wrap-up and Evaluation

Budget:

Fee for In-person	\$3000
Fee for Online	\$2000
Travel Expenses The customer will pay for flight, lodging, mileage, meals, etc.. 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 make these arrangements. Elevatus Training will provide receipts for mileage, meals, bag fees, ground transportation, parking, etc., which the customer can then reimburse.	\$1,500 (estimate)
Materials & Handouts Electronic copies of in-service training handouts will be provided at no extra cost. The customer is responsible for printing and distributing at the in-service training, either online or in person. 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.	