

**Title:** Supporting People with Intellectual and Developmental Disabilities to Become Sexual Self-Advocates

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

**Audience:** Professionals, Parents/Guardians

**Number of Training Days:** 60-90 Minutes, online-only

**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 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 sexual self-advocacy is, 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:**

<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 cost. The customer will be responsible for distributing to attendees for the in-service training.	Included