

## Overview and Timeline:

For the first two years of the program, Elevatus Training will present the training to teams of self-advocates and professionals. These teams would be trained in using the Elevatus curriculum. The result will be trained teams of self-advocates and professional sexuality educators all over the state. No matter where you live in the state, people with intellectual and developmental disabilities (I/DD) could receive sexuality education from a self-advocate and a professional team. Following the training, All participants will take an assessment to measure whether the learning objectives were achieved. If participants pass the assessment, they will receive a certificate of completion and become sexuality educators.

In year three, Elevatus will offer the self-advocate/professional teams a ‘train the trainer’ program (TOT). This would enable the state to have trainers who can train new teams. The trainers will present the three-day training on their own. The state would continue to order curriculum from Elevatus for all future training. During all three years, Elevatus will offer opportunities for technical support as teams begin to implement the curriculum and teach classes.

### YEAR 1

A three-day training for self-advocates and professional teams. Each team receives three days of training and a curriculum with interactive activities, handouts, and teaching tools. The training is led by an Elevatus Trainer (see page seven for the description).

### YEAR 2

The three-day training is repeated, and some of the self-advocates who were trained in year one will co-train with Elevatus Trainers (same description as year one).

### YEAR 3

An Elevatus Trainer will present a training of trainers (TOT) to teams on how to train new teams to lead sexuality and relationship classes. The TOT participants will become curriculum trainers and lead future year one and year two trainings. This is to ensure the sustainability of the project beyond the initial two years. For more details, please refer to page nine.

## Training Description: Years One and Two

**Training Title:** Leading Sexuality and Relationship Classes for People with Intellectual and Developmental Disabilities

**Ideal Number of Participants:** 40-50 (20-25 teams of two)

**Audience:** For teams of self-advocates and staff/professionals

**Number of Training Hours:** 24 (Three full days). The training is conducted preferably in person but can be adapted online if needed.

### Training Description:

Join us for a three-day training for teams of self-advocates and professionals who want to learn how to lead sexuality and relationship classes for people with developmental disabilities. We will discuss what makes a good sexuality educator and learn skills and tools for leading sexuality and relationship classes. Your team/participants will also receive a copy of the 22-lesson sexuality education curriculum titled *Sexuality Education for People with Developmental Disabilities*, which includes teaching tools and handouts. This training plus the curriculum will give you everything you need to get started teaching classes.

Following the training, participants will have the skills and a curriculum to lead sexuality and relationship classes for people with intellectual and developmental disabilities.

### Participants will:

- Define what sexuality means.
- Explore messages we got growing up about sexuality.
- Examine what it means to be a good sexuality educator.
- Practice skills for being an effective sexuality educator.
- Discuss sexuality content to teach the topic.
- Review the manual and curriculum.
- Explore challenges to teaching sexuality and relationships and how to overcome the challenges.
- Discuss working as a team and practice.
- Practice teaching from the curriculum.

# Training Agenda: Years One and Two

## Day One

9:00-9:30 Introduction

9:30-10:00 Messages We Received

10:00-10:10 Break

10:10-11:00 Role and Skills to be a Sexuality Educator

11:00-11:10 Break

11:10-12:00 Showing Respect and Managing Our Values

12:00-12:45 Lunch

12:45-1:15 Being a Good listener

1:15-1:40 Asking Open-Ended Questions

1:40-1:50 Break

1:50-3:00 Types of Questions

3:30-4:30 Answering Questions and Sexuality Information

## Day Two

9:00-9:30 Introduction

9:30-10:30 Review the Curriculum

10:30-10:45 Break

10:45-12:00 Review the Curriculum

12:00-1:00 Lunch

1:00-4:00 Demonstration of Curriculum Activities

4:00-4:30 Wrap-up

## Day Three

9:00-9:30 Introduction

9:30-10:00 Setting Up Your Classes

10:00-10:10 Break

10:10-10:40 Challenges When Teaching

10:40-10:50 Break

10:50-12:00 Planning as a Team

12:00-12:45 Lunch

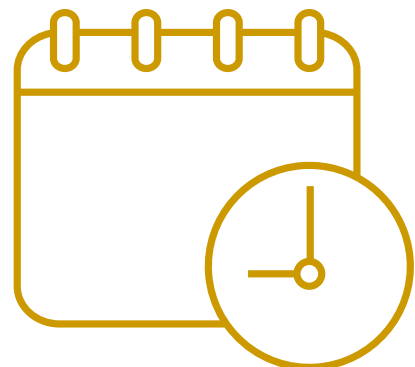
12:45-2:15 Practicing as a Team

2:15-2:25 Break

2:25-3:00 Worries and Concerns

3:00-4:00 Returning Home

4:00-4:30 Wrap-up and Evaluations



## Training Description: Year Three

**Training Title:** Becoming a Sexuality and Relationship Trainer (TOT): Leading Years One and Two Trainings.

**Ideal Number of Participants:** 10, but can be flexible.

**Audience:** Self-advocates and professionals who have participated in the three-day team training (in years one or two) and are familiar with the *Sexuality Education for People with Developmental Disabilities Curriculum*.

**Number of Training Hours:** 12 (six online sessions at two hours each). This training is conducted online due to the smaller class size and improved cost-effectiveness.

### Training Description:

This online training is for self-advocates and professionals who want to learn how to train new teams to become sexuality educators. You will learn how to lead a three-day workshop titled “Leading Sexuality and Relationship Classes for People with Intellectual and Developmental Disabilities.” During this training, we will review the skills of being a trainer using our unique Training of Trainers (TOT) materials. We will explore the difference between being an educator and trainer, what makes a good TOT trainer, and the challenges of training others to be sexuality and relationship educators.

### Goals:

- Review what makes effective sexuality and relationship classes.
- Examine what it means to be a good TOT Trainer.
- Practice skills for being a TOT Trainer.
- Review TOT materials.
- Explore the challenges of teaching the three-day program and how to overcome them.
- Practice teaching the TOT Training.

# Training Agenda: Year Three

## Online Agenda:

### Session One:

- Introduction
- Effective Sexuality Education Classes
- Role and Skills to be a Training of Trainers (TOT)

### Session Two:

- Preparation for the Training
- Review the Training Materials

### Session Three:

- Presenting Skills

### Session Four

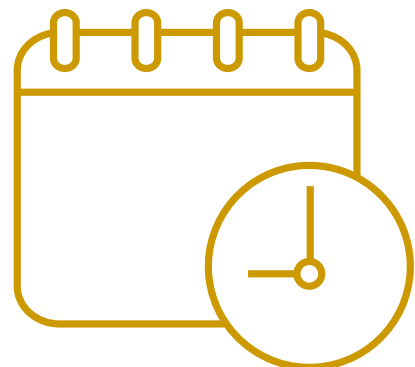
- Practice Presenting Skills

### Session Five

- Training Challenges

### Session Six:

- Implementing Your Training
- Wrap-up and Evaluations



# Budget: Years One and Two

<p><b>Training Fee</b>.....</p> <p>There are two training sessions, one training per year, on leading sexuality education classes for people with intellectual and developmental disabilities, each lasting three days (24 hours). Training sessions can be conducted in person or live online.</p> <ul style="list-style-type: none"> <li>• <b>In-person:</b> \$18,000.</li> <li>• <b>Online with Tech Support:</b> \$14,000.</li> </ul>	<p>\$18,000</p> <p>in-person</p> <p>or</p> <p>\$14,000</p> <p>online</p>
<p><b>Curriculum</b>.....</p> <p>The training cost per copy of the <i>Sexuality Education for People with Developmental Disabilities</i> curriculum is \$250 (usually \$299). Multiply the number of participants by \$250 to get the cost to purchase one curriculum per participant.</p>	<p>Depends</p> <p>on the</p> <p>number of</p> <p>participants.</p>
<p><b>Quarterly Webinars:</b>.....</p> <p>Quarterly content and problem-solving online webinars to support participants with ongoing professional development and implementation.</p>	<p>\$3,000</p>
<p><b>Optional Tools to Lead Sexuality Education Classes:</b>.....</p> <ul style="list-style-type: none"> <li>• <b>Curriculum Slide Deck</b> The 22 lesson decks accompanying the curriculum are \$100 each (usually \$175 each).</li> <li>• <b>Communication Supports Boards &amp; Cards</b> For participants in the sexuality education classes with little or no reliable speech, the communication supports to accompany the curriculum are \$225 each.</li> </ul>	<p>Depends</p> <p>on the</p> <p>number of</p> <p>participants.</p>
<p><b>Shipping</b>.....</p> <p>The customer is responsible for shipping costs.</p>	<p>A shipping</p> <p>estimate is</p> <p>available</p> <p>upon</p> <p>request.</p>

**Materials & Handouts**..... Included  
 Electronic copies of training handouts will be provided at no extra cost. The customer will be responsible for distributing handouts at the training. 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.

**Travel Expenses**..... Estimate:  
 Flight, lodging, mileage, meals, etc., are to be paid by the customer. To the extent possible, we prefer that the customer make the flight and lodging arrangements. Elevatus Training will provide all the information you need to make these arrangements. Elevatus Training will provide receipts to be reimbursed by the customer for mileage, meals, bag fees, ground transportation, parking, etc. \$3,600 for two trips.

*\*The training fee does not include venue/facility charges, food, or any other production costs.*

## Budget: Year Three

**Training Fee**..... \$6,000  
 Live online training of trainers—six-2-hour training sessions.

**Training of Trainers (TOT) Slide Deck**..... Depends on  
 For leading sexuality education classes for people with intellectual and developmental disabilities, the 24-hour training for years one and two is the number of participants. \$125.00 each.

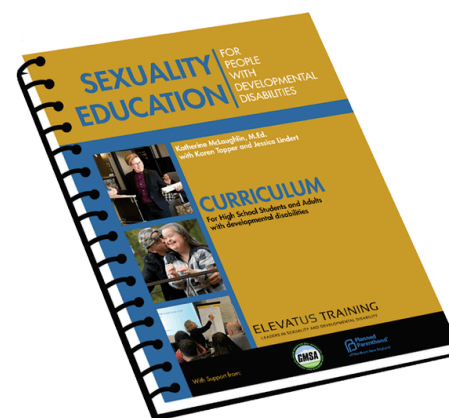
**Quarterly Webinars**..... \$1,500  
 Quarterly content and problem-solving online webinars to support participants with ongoing professional development and implementation.

### Materials & Handouts

Electronic copies of in-service training handouts will be provided at no extra cost. Customers are responsible for printing and distributing them at the in-service training.

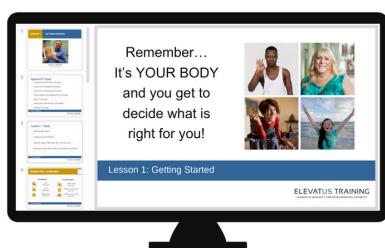
# Curriculum: Sexuality Education for People with Developmental Disabilities

This one-of-a-kind curriculum has been field-tested and praised by experts and laypeople alike. It's cognitively accessible and designed for teams of self-advocates, staff, and teachers to co-lead an inspiring and engaging sexuality class. Included with the curriculum is a comprehensive Instructor Manual that provides tips on how to establish a sexuality education class and how to be an effective, engaging sexuality educator. It also outlines common challenges when teaching this topic and offers innovative strategies to help overcome them.



- Evidence-informed. For a one-page summary or full report of the independent assessment, visit <https://www.elevatustraining.com/workshops-and-products/sexuality-education-for-people-with-developmental-disabilities-curriculum/>
- Trauma-informed.
- Suitable for high school through adult.
- Includes internet, social media, inclusive language, and all gender identities and expressions.

## Additional curriculum related products:



### Curriculum Slide Deck

A companion product to assist people in teaching classes either online or offline.



### Communication Supports: Boards & Cards

A companion product to assist people with limited and/or unreliable speech, trauma history, or anxiety.