



## **HEALTHY RELATIONSHIPS AND HUMAN SEXUALITY** **FOR INDIVIDUALS WITH ID/DD**

People with developmental disabilities are often left out of the conversation about sexuality. In reality, we all are sexual beings having thoughts, feelings, and needs.

This class will provide the information and skills for making healthy decisions about sexuality.

### **CLASS SESSION TOPICS**

<b>Getting Started</b>	<b>Has Your Relationship Gone Bad?</b>
<b>Gender Identity &amp; Expression</b>	<b>Body Parts</b>
<b>Different Types of Relationships</b>	<b>Caring for Your Body</b>
<b>Public and Private</b>	<b>Sexual Feelings, Attraction and Acts</b>
<b>Friendship</b>	<b>16 Communicating About Sex</b>
<b>Communication</b>	<b>Decision Making About Sex</b>
<b>Decision Making</b>	<b>Challenges or Things That Can Go Wrong</b>
<b>Moving From Friend to Partner/Sweetheart</b>	<b>Do You Want to Have a Child?</b>
<b>Internet, Social Media &amp; Communication</b>	<b>Avoiding Pregnancy</b>
<b>Many Roads to Relationships</b>	<b>Getting a Sexually Transmitted Infection</b>
<b>Being in a Relationship</b>	<b>Wrap-Up</b>

### **PROVIDED BY**



Advocates for Success



**WE THRIVE TOGETHER**

### **AVAILABLE CLASSES**

(Start Date: 4/12 - End Date: 5/31)  
Tuesdays & Thursdays from 3-4 P.M.  
or  
Tuesdays & Thursdays from 8-9 P.M.

### **WAYS TO REGISTER**

Visit: <https://wethrivetogether.org/>  
Call Toll Free: (866) 584-5640  
E-mail: [Alyssa@WeThriveTogether.org](mailto:Alyssa@WeThriveTogether.org)

**SPACE IS LIMITED. REGISTRATION IS REQUIRED.**