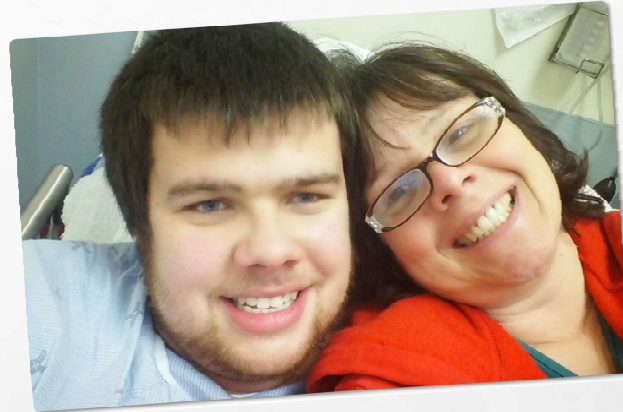


**February 14, 2018**  
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# **HEALTHY RELATIONSHIPS & SEXUALITY**

**OFFERING KNOWLEDGE TO INDIVIDUALS WITH INTELLECTUAL AND DEVELOPMENTAL  
DISABILITIES SO THEY MAY PURSUE HEALTHY AND SAFE RELATIONSHIPS**



# QUALITY OF LIFE

- **INTIMATE CITIZENSHIP – THE CONTROL OVER ONES BODY, FEELINGS, RELATIONSHIP ACCESS, TO REPRESENTATIONS, RELATIONSHIPS, PUBLIC SPACES AND SOCIALLY GROUNDED CHOICES ABOUT IDENTITIES AND GENDER EXPERIENCES.**
- **RELATIONSHIPS, IDENTITY DEVELOPMENT & SEXUAL ORIENTATION**

# **RISKS OF NOT GIVING INFORMATION**

- **ABUSE/TRAUMA**
- **UNPLANNED PREGNANCY**
- **STI'S**
- **DECREASED QUALITY OF LIFE**

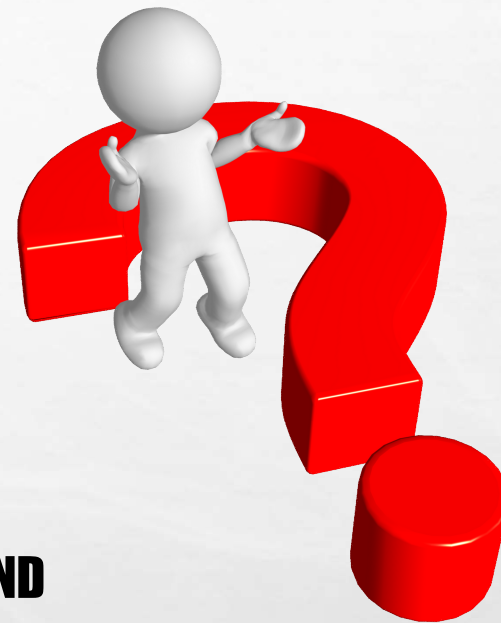
# **BARRIERS**

- **FEAR**
- **BELIEF THAT INDIVIDUALS WITH IDD ARE ASEXUAL OR UNABLE TO UNDERSTAND THE COMPLEXITIES OF BEING SEXUALLY ACTIVE**
- **PHYSICIANS, HEALTH PROFESSIONALS AND COMMUNITY PROVIDERS ARE UNCOMFORTABLE DISCUSSING DUE TO THEIR OWN PERCEPTIONS AND FEAR OF LEGAL RAMIFICATIONS**
- **HOW DO WE TEACH THIS?**
- **IF THERE ARE CHILDREN ....WHO WILL RAISE?**

# **BARRIERS FOR THE INDIVIDUAL**

- **LACK OF INFORMATION REGARDING HEALTHY RELATIONSHIPS, THEIR OWN SEXUALITY, STI'S, BOUNDARIES, ETC.**
- **LACK OF PRIVACY**
- **SHAME**

# IMPORTANT STUDY



- **ADOLESCENTS WITH AND WITHOUT INTELLECTUAL AND DEVELOPMENTAL DISABILITIES HAVE A SIMILAR AGE AND RATE OF ONSET OF SEXUAL ACTIVITY.**



# **HEALTHY RELATIONSHIPS & SEXUALITY GROUP CURRICULUM**

- **MODIFIED CURRICULUM BY PLANNED PARENTHOOD OF NORTHERN NEW ENGLAND**
- **20 WEEK GROUP, MEETS WEEKLY FOR 1.5 HOURS**
- **10-12 ADULTS PER GROUP**
- **INITIAL ASSESSMENT CONDUCTED**
- **FACILITATED BY CLINICIAN**

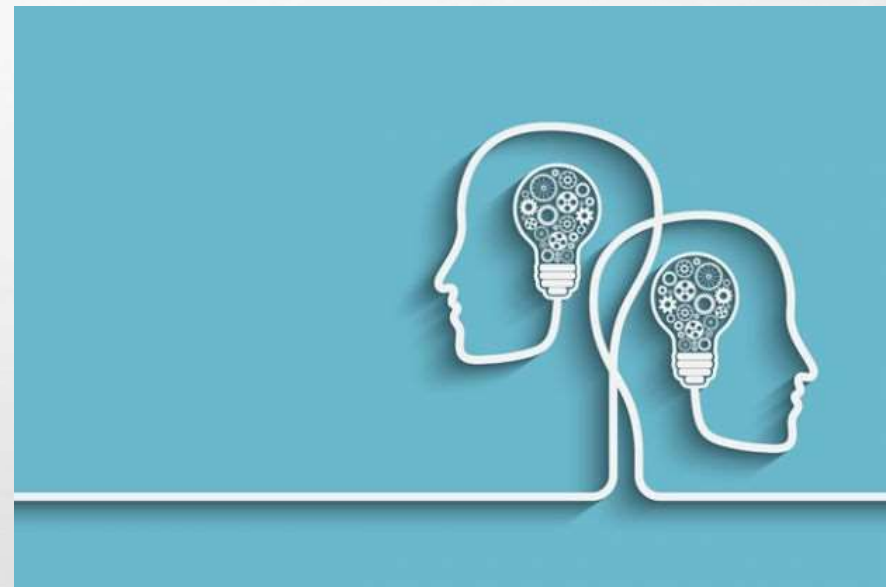
# **HEALTHY RELATIONSHIPS & SEXUALITY GROUP TOPICS OVERVIEW**

- **UNDERSTANDING WHAT YOU WANT IN A RELATIONSHIP**
- **HOW TO BE IN DIFFERENT KINDS OF RELATIONSHIPS (FRIENDSHIPS, WORK, INTIMATE)**
- **HOW TO START A RELATIONSHIP, HOW TO STAY IN ONE, AND HOW TO DECIDE WHAT IS OKAY**
- **WHAT CAN GO WRONG IN A RELATIONSHIP AND HOW TO MAKE THINGS GO RIGHT**
- **HOW TO MAKE DECISIONS ABOUT YOUR RELATIONSHIPS**
- **HOW TO COMMUNICATE WITH OTHERS**
- **HOW TO BE SAFE ON THE INTERNET**
- **ANATOMY, SEXUALITY, AND SEXUAL HEALTH**



# **HEALTHY RELATIONSHIPS & SEXUALITY GROUP TEACHING TECHNIQUES**

- **VERBAL/AUDITORY**
- **VISUAL**
- **SCENARIOS**
- **ROLE PLAYS**
- **MATCHING**
- **VIDEOS**
- **REPETITION**
- **REAL LIFE EXAMPLES/PROCESSING**
- **BINDERS WITH HANDOUTS**

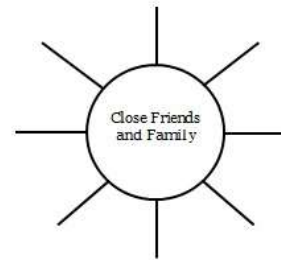


# HEALTHY RELATIONSHIPS & SEXUALITY GROUP

## TYPES OF RELATIONSHIPS

- **INTIMATE PARTNERS**
- **CLOSE FAMILY & FRIENDS**
- **CASUAL FRIENDS & ACQUAINTANCES**
- **HELPING PROFESSIONALS**
- **STRANGERS**

### Relationship Circles: Close Friends and Family



Examples of Feelings:

Examples of Touch:

# **HEALTHY RELATIONSHIPS & SEXUALITY GROUP**

## **TOUCH & CONSENT**

**TO DETERMINE CONSENT - ANSWER THE FOLLOWING TWO QUESTIONS.**

- **DID BOTH PEOPLE SAY “YES”?**
- **WAS IT “FREELY CHOSEN”?**

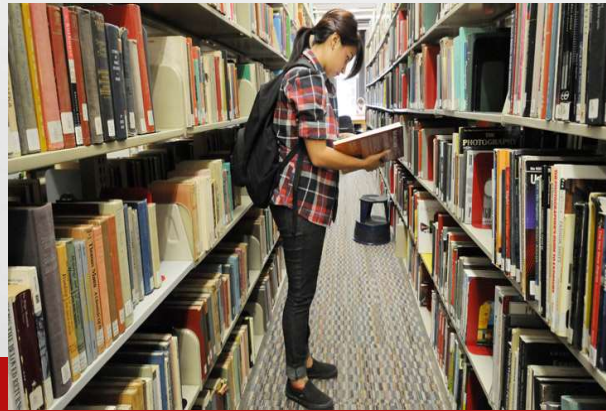
**IF THE ANSWER TO BOTH QUESTIONS IS “YES” – THERE IS CONSENT.**



# HEALTHY RELATIONSHIPS & SEXUALITY GROUP

## PUBLIC VS. PRIVATE

- **PUBLIC PLACES ARE WHERE OTHER PEOPLE ARE THERE OR MIGHT BE THERE. PEOPLE ARE FREE TO GO IN AND OUT**
- **PRIVATE PLACES ARE WHERE YOU ARE ALONE AND NO ONE CAN COME IN AND OUT**





# HEALTHY RELATIONSHIPS & SEXUALITY GROUP COMMUNICATION

- **SPEAKING UP/ASSERTIVE**
- **SHY/NON-AGGRESSIVE**
- **BOSSY/AGGRESSIVE**



# HEALTHY RELATIONSHIPS & SEXUALITY GROUP COMMUNICATION



- **ACCEPTING NO**
- **FIGHTING RIGHT**
- **HEALTHY VS. UNHEALTHY**
- **BREAKING UP**



# HEALTHY RELATIONSHIPS & SEXUALITY GROUP

## DECISION MAKING

### Decision Making Steps

Step 1	Relax and Breathe		Taking a deep breath helps to relax your body and prepare you for decision making Take a deep breath counting 1-2-3-4; then let all the air out counting 1-2-3-4
Step 2	Say Something Positive		This gives you confidence and makes you feel good about yourself and will help you to remain in control "I can do this" "I can deal with this" "I can get help if I need it"
Step 3	Identify the Problem or Situation		Ask yourself, what is the problem?
Step 4	List all your Choices		Think about ALL possible choices you can make
Step 5	Consequences or Potential Results of Each Choice		List all of the positive and negative consequences or results
Step 6	Who and What is Important to You		Think about the people who are important to you. Think about what you value and what is important to you.
Step 7	Make a Decision		Make a decision by considering all your choices, the consequences, and what is important to you

Healthy Relationships & Sexuality Group, Lesson 6

- **RELAX AND BREATHE**
- **GIVE YOURSELF A “PEP TALK”**
- **DEFINE THE PROBLEM OR SITUATION**
- **LIST THE CHOICES**
- **LIST THE CONSEQUENCES OF EACH CHOICE**
- **THINK ABOUT WHO AND WHAT IS IMPORTANT TO YOU**
- **MAKE A DECISION**

# HEALTHY RELATIONSHIPS & SEXUALITY GROUP

## ANATOMY/SEXUAL HEALTH

- **BODY PARTS**
- **PREGNANCY**
- **AVOIDING PREGNANCY**
- **STIS**

Sexually Transmitted Infections

STI	Type	Symptoms	How Do You Get It?	Treatment	What If You Don't Treat It?
Human Papilloma Virus (HPV) or Wart Virus	Virus	May appear within 1-6 months, but many people have no symptoms  Women and men: Small, painless bumps found around vagina, cervix, penis, or anus	Having vaginal, oral, or anal sex with someone who has HPV	There is no cure, warts can recur throughout lifetime  Bumps can be removed by a health care professional	Bumps can grow larger and spread  Cervical cancer  Pregnant women can give HPV to their baby during childbirth  Can spread infection to partners even if warts not visible
HIV/AIDS	Virus	May appear within months to years  Women and men: rapid weight loss, fatigue, fever, night sweats, diarrhea, swollen glands, dry cough	Having vaginal or anal sex with someone who has HIV  Sharing needles with someone who has HIV		
Herpes	Virus	May appear within 3 days to 3 weeks  Women and men: Small, itchy, painful bumps around genital area or mouth, bumps become blisters, flu-like symptoms	Having vaginal, or anal sex with someone who has Herpes  Can spread through skin to skin contact including kissing		

### What Are Sexual Parts For?

1. Sexual Pleasure
2. Reproduction – the ability to make babies (see below)

#### Ovulation & Menstruation

##### Egg is released and blood is released

- An egg is released from a woman's ovary
- A lining of blood is formed in the woman's uterus
- If the egg is not met by a sperm, the blood flows out of the woman's body from her vagina
- This happens once a month

#### Ejaculation

##### Sperm is released in semen

- A man becomes sexually aroused and his penis becomes erect (stiff or firm)
- When the man has an orgasm, semen comes out of the penis. This is called ejaculation
- Semen is a liquid that contains sperm and fluid

#### Reproduction (through sexual intercourse)

##### Egg + Sperm = Baby

- In order for pregnancy to happen:
  - An egg must be released from a woman's ovary
  - Sperm must enter the woman's body and travel to the egg
  - If the egg and sperm meet, it can make a baby

### If You Are NOT Ready To Have A Child...

#### What Are Your Options?

*You decide what option is right for you*

1. Avoid having vaginal intercourse
2. Use one or more birth control methods

#### How Does Birth Control Work?

*Remember, a baby is formed when an egg meets a sperm.*

*Birth control works in one of the following ways:*

1. Prevents egg from being released
2. Kills sperm
3. Puts a barrier between the egg and the sperm



Healthy Relationships & Sexuality Group, Lesson 12

Healthy Relationships & Sexuality Group, Lesson 12

# **HEALTHY RELATIONSHIPS & SEXUALITY GROUP**

## **SEXUAL SELF ADVOCACY**

**“MY BODY IS MY OWN, I DECIDE WHAT IS RIGHT FOR ME”**

**EDUCATION/INFORMATION**

**TOUCH & CONSENT/BOUNDARIES**

**COMMUNICATION**

**DECISION MAKING**

# QUESTIONS?

