

Healthy Relationships & Sexuality Workshop

Our **goal** is to help each individual **learn**, **grow** and **thrive**

Healthy Relationships and Sexual Health Education Part 1

Topics Include:

- Getting Started and Public vs. Private
- Gender Identity and Expression
- Different Types of Relationships & Friendship
- Communication and Decision Making
- Internet Social Media & Communication
- Moving from a friend to a sweetheart & Many Roads to a relationship
- Being in a Relationship
- Has your Relationship gone bad & wrap up



Completion of Session 1 along with a good understanding of the module concepts is required before enrolling in Session 2.

Healthy Relationships and Sexual Health Education Part 2

Topics Include:

- Body Parts & Caring for your Body
- Sexual Feelings, Attractions, and Acts
- Communication About Sex
- Decision Making About Sex
- Challenges or things that can go wrong
- Avoiding Pregnancy
- Sexually Transmitted Infections
- Community Resource Tour (Optional)
- "Do You want to have a Baby?" (Optional)

8 Classes for Part 1

8 Classes for Part 2

Enrollment is open to individuals with disabilities in the community. Individuals do not need to be current Aptiv participants in services to enroll. Sessions will be scheduled and begin based on referrals and approved enrollment numbers.



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This is an evidence-informed and trauma-informed sexuality education class for high school students and adults with developmental disabilities. Instructors have attended a three-day training and follow a one-of-a-kind curriculum developed by Elevatus Training, LLC, national leaders in the field of sexuality and intellectual and developmental disabilities.



La Crosse Class Led By: Deja Montgomery

Deja is certified as a sex educator to teach the curriculum Sexuality Education for People with Developmental Disabilities through ELEVATUS training. Deja has over 15 years of experience working with and advocating for this population. Deja is currently the Day Service Manager for Aptiv's Northern Region.



Janesville Class Led By: Morgan Suhr

Morgan is certified as a sex educator to teach the curriculum Sexuality Education for People with Developmental Disabilities through ELEVATUS training. She has over 10 years of experience working with and advocating for this population. Morgan is currently the Day Service Manager for Aptiv's Southern Region.

Funding Options:



Private
Pay



To learn more or register, visit our website
or call with questions.

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