



For more info, contact **Sara Schueller** at 715-996-1720 or sschueller@odcinc.com **OR** **Laura Krause** at 715-572-3498 or lkrause@odcinc.com

Healthy Relationships & Sexual Health Education

ODC is happy to offer a new service!

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. Classes can be provided face-to-face, virtually, in small groups or one-to-one. Participants will have the option of choosing between two courses or specific lessons tailored to meet their individual needs.

COURSE 1

Healthy Relationship Education

- Different Types of Relationships
- Friendships
- Communication
- Decision Making
- Moving from Friend to Partner/Sweetheart
- Internet, Social Media and Communication
- Many Roads to Relationships
- Being in a Relationship
- Has Your Relationship Gone Bad

COURSE 2

Sexual Health Education

- Body Parts
- Caring for Your Body
- Sexual Feelings, Attraction and Acts
- Communicating about Sex
- Decision Making About Sex
- Challenges or Things That Can Go Wrong
- Do You Want to Have a Child?
- Avoiding Pregnancy
- Getting a Sexually Transmitted Infection

Please note: Attending the Sexual Health Education course will require consent from parent and/or guardian.