



Sexuality *for all* Abilities

CURRICULUM OVERVIEW

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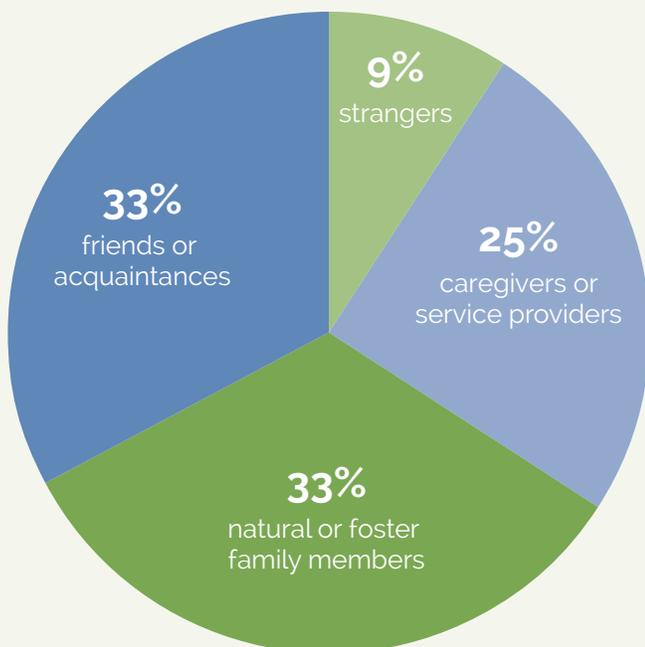
SEXUALITY FOR ALL ABILITIES

83% of women and 32% of men with developmental disabilities are victims of sexual assault at some point in their lifetime (Johnson & Sigler, 2000).

People with intellectual disabilities are sexually assaulted at a rate seven times higher than those without disabilities (Data run for NPR by the Justice Department, 2017).

Sexuality Education matters. Often times there is a lack of sexual education for people with disabilities. Our culture doesn't acknowledge that people with disabilities are also sexual beings. We're here to give you the tools to educate and empower your students.

Sexual Offenses Against People with Disabilities



Health and wellness is important for ALL people, and the fact that our clients had the opportunity to add these lessons and tools to their lives means so much.

— Marc Skaug, PRI

SOURCE: Sobsey, D. (1988) "Sexual Offenses and Disabled Victims: Research and Practical Implications." *Visa Vis*, Vol.6 NoA.

DISTRICTS AND SCHOOLS USING SEXUALITY FOR ALL ABILITIES CURRICULUM

Around Minnesota

- Alexandria Public Schools
 - Transition Center
- Blackduck Public Schools
- BOLD Public Schools
- Cedar Mountain Schools
- Hastings Public Schools
- Hutchinson Public Schools
- Intermediate School District 917
 - Alliance Education Center
 - Cedar School
 - Transition Program at Dakota County Technical College
- MACCRAY School District
- Minneota Public Schools
- Northome School
- Red Lake School District
- Rosemount/Apple Valley/Eagan
 - Dakota Ridge School
- Roseville High School
- Saint Paul Public Schools
 - Bridgeview School
 - Focus Beyond Transition Services
- Sleepy Eye Public Schools
- SouthWest Metro Intermediate District 288
 - Oasis Middle School Program
 - River Valley Education Center
 - Transition Program

- West St. Paul/Mendota Heights/Eagan
 - Branch Out Transition Program
 - Friendly Hills Middle School
 - Heritage E-Stem Magnet School
- Worthington Schools
- Yellow Medicine East Schools

Outside of Minnesota

- Cove School, Northbrook IL
- Innovations Academy Charter School, San Diego CA

Other Organizations and Programs:

- Christian Family Solutions
- Indigo Education
- SWWC (Southwest West Service Cooperative)



SEXUALITY FOR ALL ABILITIES CURRICULUM

These nine lessons were designed to help start the conversation and give you and your students an introduction to supporting their sexual health. While comprehensive sex education is a broad topic, these nine lessons give your students an open and healthy way to begin to be intentional about their sexual health.

Contents

- Healthy Relationships
- Safe and Appropriate Touch
- Personal Safety
- Private and Public Spaces and Behaviors
- Dating (Lessons can be about crushes for younger students)
- Human Reproduction
- Pregnancy Prevention
- Risks Associated with Sexual Activity
- Gender



SAMPLE LESSON PLAN



HEALTHY RELATIONSHIPS

Key Messages

- I have many different people in my life.
- The relationship I have with different people helps me know what kind of touch is okay.
- Healthy relationships have a positive impact in our lives.
- Unhealthy relationships may have a negative impact in our lives.

Materials

- Breathing Sphere, Chime
- Yoga Calm® Mindful Moment Cards
- Large "Relationship Circle"
- Whiteboard/Markers
- Poster Paper/Markers
- Pens/Pencils
- Red/Green Cards
- Affection Cards
- "People in My Life" Worksheet
- "Relationship Circle" Worksheet
- "Healthy & Unhealthy Behaviors" Worksheet

Preparation Required

- Large "Relationship Circle" is clearly posted so all students can see it — on a smart board, projector, drawn on the whiteboard, etc.
- Make copies of worksheets for all students
- Affection cards printed on cardstock

Learning Activities

CENTER

1. Ring chime and listen.
2. Take five breaths together with the breathing sphere.

CHECK IN AND CONNECT

1. If this is the first class, brainstorm rules with the group. *Example questions okay, etc.*
2. Introductions – allow each student to introduce themselves today.

LESSON 1: HEALTHY RELATIONSHIPS

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LEARN

1. People in Our Lives
 - a. On poster paper, brainstorm a list of people in our lives. Possible answers: *parents, friend, boyfriend, girlfriend, teacher, staff, mail person, neighbor, etc.*
 - b. "People in My Life" worksheet – have students fill out the worksheet for the people in their lives (Family, Friends, Romantic Partner, Professional Relationships, Community Members). Be sure to mention: Not everyone will have someone to put in the Romantic Partner category. When a person *does* have a romantic partner – they have only ONE romantic partner. Note: we know that some adults may have more than one romantic partner, but it is important that we teach students how to have a healthy relationship with one romantic partner first. Have students try to write at least a few names in each category (except romantic partner).
2. Define Relationship: A relationship is a connection between two or more people. Write the definition on the board for a visual.
3. Relationship Circle
 - a. Large "Relationship Circle" is posted and visible in the room. Tell students that we will think about the different types of touch that we use with different groups of people.
 - b. Discuss and demonstrate different types of touch on the "Relationship Circle" – hug, side hug, shake hands, wave, and do not touch. Types of touch similar to shake hands: high five, fist bump, etc. – any kind of touch that is hand to hand. Some gestures similar to wave: peace fingers, nod of head, etc. – any kind of gesture that is not touch.
 - c. Use Affection Cards to discuss different types of touch.
 - d. Role play different relationships and where they fit in the circle. Teacher demonstrates with one volunteer.
 - e. Hand out the "Relationship Circle" worksheet. Students will transfer the names from the "People in My Life" worksheet into the different circles. Mention that the hug circle is the smallest so we will most likely have only a few names in that circle. The wave circle is the largest circle and more people can fit in there.
OPTIONAL: If there is not time in class, the "Relationship Circle" worksheet can be a follow up activity or homework.
4. Healthy and Unhealthy Relationships
 - a. Read the following statements to the students:
 - *Healthy relationships are fun and make you feel good about yourself. These relationships can be with anyone in your life – family members, friends, classmates, neighbors and the people you date.*
 - *Unhealthy relationships are not fun and might make you feel bad about yourself. These relationships can be with anyone in your life – family members, friends, classmates, neighbors and the people you date.*
 - b. Pass out the "Healthy & Unhealthy Behaviors" worksheet. Look over the **Heart of Relationships** at the bottom of the handout. Discuss and add the following additional points:
 - (1) **In my relationships I get to be myself.** Add: I don't have to pretend to be someone else. The relationship is truthful and real.
 - (2) **We take time to get to know each other.** Add: I didn't meet this person yesterday and they are already my boyfriend or girlfriend. The amount of time to get to know someone is different for all relationships.
 - (3) **There is compromise in my relationships – we take turns making decisions.** Add: There is a shared power in the relationship.

LESSON 1: HEALTHY RELATIONSHIPS

SAMPLE LESSON PLAN



PEOPLE IN MY LIFE

INSTRUCTIONS: Write down the names of the people in your life for these categories.

My Family



My Friends



Romantic Partner



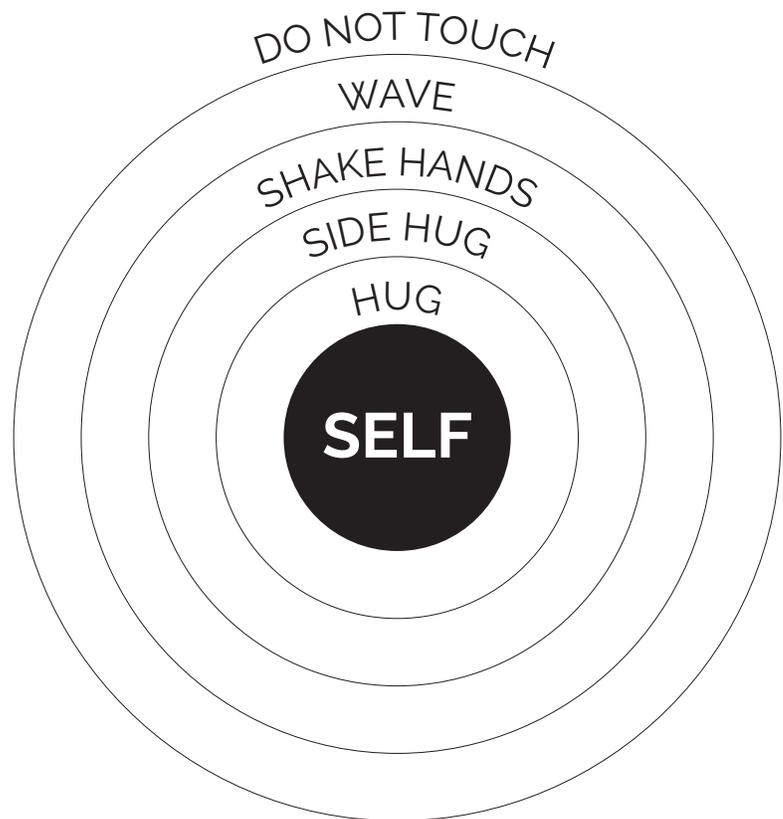
Professional Relationships



Public



RELATIONSHIP CIRCLE



ACTIVITY: RELATIONSHIP CIRCLE

TRAINING AND PROGRAMS AVAILABLE

- Sexuality for All Abilities Curriculum Training
- Supporting Sexual Health for Individuals with Disabilities
- Overview Workshops
- Classes and Workshops for Students
- Or work with us to tailor a topic for your site!

FOR MORE INFORMATION

Contact Katie Thune for more information.

651-216-2155

katie@madhatterwellness.com

Our mission is to enhance the quality of life for people of all abilities through empowerment, education, awareness, and movement to globally eliminate sexual violence.



Katie's vision for what 'is' and 'what should be' are first-rate, person-centered and empower our members to speak up for themselves and others. Invaluable.

— Dan Reed, Highland Friendship Club



About Katie Thune

For the past 25 years, Katie has worked with children and adults, both with and without disabilities. In her 12 years working as a school teacher in Saint Paul Public Schools, her most rewarding work was helping children reach their fullest potential, whether helping a child join Special Olympics, teaching a student mindfulness techniques to use at home, or helping a middle schooler make a friend..

Katie has her Teaching License in Health Education, and Special Education K – 12, as well as her MA in Education: Developmental Disabilities. She also has her Autism Spectrum Disorder Teaching Certificate.

Katie has also done extensive curriculum writing and relationship work with nonprofits like Highland Friendship Club, Lifeworks, Upstream Arts, and Special Olympics MN. She has developed curricula and courses for these organizations on the topics of healthy relationships and sexuality education, incorporating mindfulness activities and yoga.



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