

Healthy Relationships:

A Sex Education and Relationship Skills Curriculum for Young Adults with Intellectual and Developmental Disabilities

Comprehensive Sex Education

The Healthy Relationships curriculum is designed for students with intellectual and developmental disabilities (IDD) in high schools and transition programs, ages 14-22. Our curriculum focuses on understanding healthy interpersonal relationships as well as age-appropriate and medically accurate information about sexuality.

Education about healthy relationships gives students practical information to help them establish and respect boundaries, give or refuse consent, understand their bodies, and have safe, healthy relationships with family, friends, coworkers, staff, and significant others.

This program covers broad concepts like decision-making and boundaries as well as nuanced information about sexual health, pregnancy, internet safety, and identifying and reporting abuse. Student also learn about common values like respect, trust, choice, consent, and public vs. private behavior.

Accessible + Adaptable

Specifically designed for teens and young adults with IDD, including AAC users and non-speaking students.

Activities and topics are adaptable. Multiple learning modalities: Q&A, yes/no questions, stories, videos, sorting, games, small group discussion, role plays, worksheets, and more.

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Topics

- Healthy Relationships
- Types of Relationships
- Identity
- Boundaries
- Public and Private
- Internet
 - Privacy, Boundaries, & Harassment
 - Scams & False Information
 - Pornography & Sexual Health Information
- Consent
 - Yes and No
 - Laws and Rejection
- Abuse
- Anatomy
- Sex
 - Honesty, Values & Pleasure
 - Pregnancy
 - Sexually Transmitted Infections
- Dating

What's Included?

- Curriculum book and PDF with lesson plans and information on how to teach
- Slides for all 16 lessons
- Trusted Adult Letters, Introduction Letter and Opt-Out Form
- 1.5 to 3 hour training for teachers, para educators, and staff

Learn More

HealthyRelationships@
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[https://arcofkingcounty.org/
services/healthy-
relationships.html](https://arcofkingcounty.org/services/healthy-relationships.html)