

Topics Include:

- Hygiene
- Decision Making
- Dating
- Healthy Relationships
- Abuse Prevention
- Social Skills
- Sexually Transmitted Infections
- Anatomy/Body Parts
- Safety Skills
- Public vs. Private
- Sexual Response Cycle
- Self knowledge and self-esteem
- Social Media Safety
- Sexual Acts
- Birth Control
- Assertiveness skills
- Sex Education
- General health and nutrition



This is not an all inclusive list.
Please inquire with a SAFE
educator for more details.

The basis for our commitment to education is explained well in the following excerpt from a speech given by **Elizabeth Canfield**, Sexuality Educator:

“I’ve often wondered what it would be like if we taught young people swimming in the same way we teach sexuality. If we told them that swimming was an important adult activity, one that they will all have to be skilled at when they grow up, but we never talked with them about it. We never showed them the pool. We just allowed them to stand outside closed doors and listen to all the splashing. Occasionally, they might catch a glimpse of partially clothed people going in and out of the door to the pool and maybe they’d find a hidden book on the art of swimming, but when they asked a question about how swimming felt or what it was about they would be greeted with blank or embarrassed looks.

Suddenly, when they turned 18 (22), we would fling open the doors to the pool and they would jump in. Miraculously some might learn to tread water, but many would drown.”

Sexuality Advocates For Education

Ideally, all people will, in their lifetime, have the opportunity to develop meaningful and positive relationships.

Rebecca Barry, LSW
Mary Ellen Goodwin
Sexuality Educators
Safe.educators@yahoo.com
508-505-6188 Rebecca
508-446-5112 Mary Ellen

Sexuality Advocates For Education



Tel: 508-446-5112 or 508-505-6188

Group Sessions

“Professional Boundaries and the Dilemmas of Touch”

“A Trusted Person Who Can Help”

These groups are designed to provide adolescents and adults with varying disabilities education regarding the difficult concepts of social skills, relationship building and abuse prevention. There is also a component of sex education. Groups are made up of 10-12 participants with similar learning styles and abilities to learn from each other as well as the educators. Learning occurs in a safe group environment and all participants are encouraged to be part of a group agreement to facilitate optimal learning. Each group is given a list of topics from which they can express a desire to learn about. These topics are added to what has already been identified.

We provide a beginner, intermediate, and advanced level in all topics. Each group is given a lesson plan that has been designed to meet the needs of that particular group. No one group is the same. Each participant is asked to answer a questionnaire to provide the educators with what information is known and what information needs to be taught. Our primary focus is to give Individuals the knowledge they need to be safe and to enjoy healthy relationships as they engage in life. We strongly believe that KNOWLEDGE IS POWER!

Goals of Sexuality Education

- ◇ Improve self-esteem and self concept.
- ◇ Increase knowledge to decrease likelihood of abuse! Knowledge is Power!
- ◇ Encourage age appropriate, typical behaviors and opportunities.
- ◇ Expand awareness of relationships and intimacy. Ideally, all people will have the opportunity to develop meaningful and positive relationships.
- ◇ Promote positive healthy behaviors, improve health and well-being.
- ◇ Ensure that all people are seen as sexual beings and respected as such.

“Professional Boundaries and the Dilemmas of Touch” is a 4 hour training/workshop that explores the importance of professional boundaries in the field of education and human services.

In this presentation participants will have the opportunity to explore their own values and beliefs around “touch” when working with people with intellectual and developmental disabilities. Participants will be asked to share their own philosophies. The presentation will include material from Dave Hingsburger’s “Ethics of Touch” to provoke discussion around this very sensitive and complicated issue. This training was developed by Rebecca Barry and Mary Ellen Goodwin.



We offer trainings/workshops for any type of direct support professional, parent, or caregiver regarding their responsibility in respecting **all people** as sexual beings.

“A Trusted Person Who Can Help” is a 3 hour training designed to help those who assist people with intellectual and developmental disabilities to recognize that every person grows and develops as a sexual being as defined below;

*We recognize **sexuality** as a **natural and vital** element in the **growth and development** of every **person**. Sexuality involves **how we feel about ourselves as people, throughout our lives**. Sexuality is defined as the **physical, emotional, social, spiritual, and intellectual aspects** of one’s **personality**, that express maleness and femaleness. It relates to **who we are, and who we can become**.”*

Once this is understood, we ask participants to recognize their own comfort levels with this topic and provide tools for everyone to be able to respond in a manner which is helpful to the individual needing assistance.

This training was developed by the Taunton/Attleboro Sexuality Education Initiative which was comprised of the Taunton/Attleboro area DDS office, along with people supported by the Department, family members, and agencies providing support. The Initiative developed a set of “guiding principles” that are used as a foundation for all projects they support.