



Arapahoe & Douglas Counties

## SEX ED CLASS WITH PLANNED PARENTHOOD

Held online (Zoom)

School Ages 14+

4 Week Class (Tuesday/Thursday)

March 8<sup>th</sup> –March 31<sup>st</sup> | 5 – 6:30 PM |Via Zoom

There is a need to teach those with intellectual and developmental disabilities (I/ DD) comprehensive sexual education. The Arc Arapahoe & Douglas Counties will be partnering with Planned Parenthood for a 4-Week “Sex Positive” education class for people with I/DD. These classes will promote sexually healthy, educated young men and women with I/DD being safer, more informed, and more vocal about their rights and their bodies. Space is limited (10 participants max). RSVP by March 5<sup>th</sup>, 2022.

ALL CLASS WILL BE HELD VIA ZOOM. PLEASE REGISTER FOR THE ZOOM DETAILS

LINK: [HTTPS://BIT.LY/3NDA7AW](https://bit.ly/3NDA7AW)

There is no cost for this 4-week class (FREE).

## COVERED TOPICS

### PARENT ONLY TALK\* \*

First class is for parents only at 5 PM. All other classes are for the individual only, unless a caregiver is needed.

### DIFFERENT TYPES OF RELATIONSHIPS

Participants will learn who they are and how to talk about “ME”. They will also learn about different relationships, feelings, and touches.

### MOVING FROM FRIEND TO MORE...

Participants will learn what it feels like to be attracted to someone, appropriate ways to show interest in someone, and practice ways to communicate those feelings with others.

### PUBLIC VS. PRIVATE

We will define and explore public vs. private and reinforce public vs. private body parts, places, behaviors, and conversations.

### UNDERSTANDING AND RESPECTING CONSENT

Consent will be defined, and participants will learn how it relates to boundaries for self and others. Participants will also practice saying and hearing NO.

### ANATOMY

Participants will learn about sexual and reproductive body parts and their functions. Participants will learn sexual health and how to keep sexual parts healthy.

For more information on content, please contact Luke at (303) 220-9228.

Register On 

QUESTIONS? Call Luke at (303) 220-9228 or Email [Luke@Arc-AD.org](mailto:Luke@Arc-AD.org) / WEBSITE: [www.arc-ad.org](http://www.arc-ad.org)