Healthy Relationship and Sexuality Education for Youth with Intellectual Disabilities

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IMPACT Boston

IMPACT:ABILITY PROGRAMS

IMPACT'S MISSION

IMPACT works to prevent violence and abuse by giving people the tools to protect their safety and advocate for healthy relationships and sexual respect in their communities and society.

IMPACT Program

- Realistic assault scenarios
- Physical and Verbal Techniques
- Students practice full-force self-defense
- Re-trains automatic responses to attack
- Scenarios include strangers and familiar people

IMPACT:Ability Safety and Self-Defense

- Strangers
- People you know
- Bullying
- Dating
- Report
- Big Ideas

IMPACT:Ability Healthy Relationship Training

- Types of relationships and appropriate and inappropriate touch
- Public, Private, and Professional Places
- Internet and Social Media Safety
- Setting Boundaries
- Healthy Decision Making
- Green, yellow, and red behaviors
- Consent

IMPACT:Ability Sexuality Education

- Reproductive anatomy
- Pregnancy, STIs, and prevention
- Sexual Decision Making
- Sexual Consent
- Sexuality and Gender, LGBTQ+

Peer IMPACT

- 5th grade with and without disabilities together
- Builds leadership and teamwork skills
- Educates students on ableism and other forms of discrimination, like racism
- Teach verbal and physical skills to help stop bullying at their school
- Students lead projects to improve their school community and educate their peers

Katiana's Story

My experience doing IMPACT:Ability helped me a lot with self-defense, having healthy relationships, and advocating for myself. I started training in IMPACT:Ability in 8th grade and have taken all the Ability Programs. Now I am teaching other Peer Leaders how to teach 5th grade students about bullying prevention.

Best and Most Beautiful Things

ABLEISM AND SEXUALITY

Video Discussion

- What did you see in the video?
- How do you think ableism gets in the way of developing and maintaining healthy relationships?

Accessibility

ACCESS TO EDUCATION

Best Practices

- Define big words
- Use hands on activities, learn by doing
- Break ideas into smaller concepts
- Teach in smaller groups or 1:1
- Check in for understanding: thumbs up, middle, down

Wave, Handshake, Hug

- Move around the room
- Greet others by doing a wave, handshake, or hug
- No talking
- Go to least intimate that is comfortable

Let's talk about it

- How did it go?
- What does this activity teach?

Group Work

- Find a group
- Choose a topic
- Try to come up with an activity to teach about that topic that is accessible to people with intellectual disabilities

Topics

- How to stop a bully
- How you advocate for _____
- Consent
- Identify healthy and unhealthy relationship behaviors
- How to report and who to report to

Share Out

- Share out activity
- Feedback?

Questions

- Questions
- Something you are taking away