

**July 19-20, 2024**

**Vendor Code: PD 3141**

\*Not disability specific  
Spanish translation available



## **3 B's of Sexuality**

### **Bodies, Boundaries & Behavior**

Presented by **Terri Couwenhoven, MS** is an AASECT certified sex educator who specializes in designing and implementing sexuality programs and materials for people with intellectual disabilities, their families and the professionals who support them. She is the author of 4 books, all of which will be sold at the conference. her puberty workshops help families learn together in a comfortable, safe, and fun environment. Concrete teaching methods (videos, slides, pictures, games, activities) will be used to improve comprehension and help parents become more comfortable and confident toward helping their child/children understand body changes, self-care, and appropriate social behavior.

**Friday July 19, 2024 | Day 1 -  
Parents & Educators ONLY  
Please no kids/teens**



# Bodies

**2:30-2:45 | Registration**

**3:00-4:45 pm | Session 1 - Top 5 Issues and Concerns During Puberty (1.5-2 hrs)**

Families often experience anxiety when their son or daughter with intellectual disabilities begins to exhibit changes that occur during puberty. In this workshop, parents will learn about the most frequently identified issues and concerns of parents of tweens with I/DD and practical ways to address them. Ideas for teaching, home activities, and useful resources specifically designed for individuals with intellectual disabilities will be shared.

**5:00-6:00 pm | Dinner on your own**

**6:15- 9:00 pm | Session 2 - I Want to Date! Supporting Healthy Dating Relationships (1.5-2 hrs)**

The need for intimacy and meaningful connections with others is part of the human condition. People with intellectual disabilities have similar needs for intimacy, but often encounter a unique set of barriers as they move into the dating world. In this workshop parents will explore obstacles uniquely experienced by people with intellectual and identify helpful roles for parents and/or support providers, as well strategies for supporting self advocates interested in long term relationships.

**Register at: [www.clubtwentyone.org](http://www.clubtwentyone.org)**

## Saturday July 20, 2024 | Day 2 - Teens and Parents (check in one half hour before session starts)

### 9:00-11:00 am | Puberty Workshops for Pre-Adolescent Females with Intellectual Disabilities (2 hrs) -

This workshop is for pre-adolescent females (usually 9 or 10 to 14 or 15 aged girls who are just beginning, in the midst of, or close to finishing puberty) with intellectual disabilities and their parent(s).

Following this workshop, participants will be able to:

- Distinguish between public and private places and body parts.
- Identify physical and emotional changes that happen to females during puberty
- Identify hygiene products used by adults and why they important
- Use and change a feminine hygiene pad correctly
- identify safety rules for private body parts and what to do if rules are broken.

### 12:30-2:30 pm | Puberty Workshops for Pre-Adolescent Males with Intellectual Disabilities (2hrs) -

This workshop is for pre-adolescent aged males (usually 10 or 11 to 15 or 16 aged boys who are just beginning, in the midst of, or close to finishing puberty) with intellectual disabilities and their parent(s). Following this workshop, participants will be able to:

- Distinguish between public and private places, body parts, and behaviors
- Identify physical and emotional changes that happen to males during puberty
- Identify hygiene products used by adults and why they important
- Identify safety rules for private body parts and what to do if rules are broken.

## Teens/Young Adults Only (check in one half hour before session starts)

### 3:00-5:00 pm | Don't Cross The Line! Boundary Basics for Staying Safe and Appropriate in Relationships (1.5 hrs) -

In this session participants will learn what a boundary is, why boundaries are important, and how to make decisions about physical boundaries. Using fun activities, participants will learn how boundaries can change based on who you are with and where you are.

Unique boundary rules for private body parts will also be shared.

### 6:30-8:30 pm | Dating Basics (2 hrs) -

This co-ed workshop is for designed for high school-aged teens or young adults with intellectual disabilities who are interested in dating. Following this workshop, participants will be able to:

- Describe what it means to "date" and why people date
- Identify essential steps in starting a dating relationship
- Distinguish between healthy and unhealthy relationships

Boundaries



Behavior