

# Growing Into You - Ages 17-21

## ***Sexuality, Relationships & Self-Advocacy Program***

Building confidence, independence, and healthy relationships for young adults.

### Description

A supportive, interactive program for young adults with intellectual and developmental disabilities. Through guided discussions, real-life scenarios, and accessible activities, participants learn about healthy relationships, personal boundaries, body autonomy, communication, and self-advocacy. The program focuses on building confidence, making informed choices, and navigating relationships safely and respectfully. Caregivers are also supported with tools and strategies to reinforce learning and promote independence.

### Student Sessions

**Session 1:** Understanding My Body & My Space

- Body awareness, autonomy & respectful language
- Public vs. private (places, body parts, behaviors)

**Session 2:** Boundaries, Consent & Communication

- Personal space & recognizing comfort vs. discomfort
- Consent: saying yes, no, and changing your mind

**Session 3:** Relationships, Choices & Self-Advocacy

- Types of relationships & healthy vs. unhealthy connections
- Making choices, expressing needs & self-advocacy

### Details

**-Age Ranges:** 17-21

**-# of Students:** 8-10 (combined gender group)

**-Students:** In-person

**-Parents/ Caregivers:** Virtual

**-# of Sessions:**

- 3 Parent/Caregiver (1 synchronous 1.5-hour sessions & 2 pre-recorded sessions)
- 3 Student Sessions (1.5 hours each)

**-Date(s)/Time(s):**

- 8/29/26, 9/26/26, 11/7/26 (10 AM-11:30 AM)
- Parent orientation on Tuesday 8/25/26 (7-8:30 PM) on Zoom & 2 pre-recordings each week.

**-Clinician(s):** Lucia Serio & Stephanie Jimenez + 1 support staff member

**-Cost Per Participant:** \$500

**-Location:** Club 21 Mod Pod

### Parent Sessions

**Session 1:** Safety, Independence & Your Role

- What independence really looks like
- Understanding risk vs. harm
- When to step in, step back, or support

**Session 2:** Promoting Autonomy Safely

- Teaching choice-making as a safety skill
- Supporting hygiene, privacy & body autonomy
- Recognizing red, yellow & green flag situations

**Session 3:** Consent & Boundaries in Daily Care

- Modeling consent language in everyday interactions
- Supporting learners in saying no & learning from mistakes