

# Let's talk about sex! (well, sort of)

## PUBERTY • BOUNDARIES DATING & RELATIONSHIPS *National Speaker Seminars*

**REGISTER  
TODAY!**

space is limited - don't miss out!  
register online at [dspgwny.org](http://dspgwny.org)

**February 24th & February 25th**  
Union Fire Station, West Seneca

**Friday Feb., 23 5:30-9 PM**  
**PARENT / SELF-ADVOCATE**

\$30 registration fee

This session is for self-advocates age 16 and over. Parents/caregivers should make the determination if the individual is capable and mature enough to handle the content/material discussed in the workshop with little assistance. A parent/caregiver must be in building for the duration of the evening but will not be in the room with their self advocate during the discussion. There is a limit of 25 spaces for this session only.

**PARENT TRAINING • 6-7 PM**

**Sexual Learning:  
*Changing the Script***

Parents will learn about five pervasive scripts commonly experienced by individuals with I/DD and their impact on sexual thinking and behavior. Strategies and resources for addressing these scripts will be shared. Afterward, parents/caregivers will have the opportunity to socialize while self-advocates learn (NOT a drop-off event).

**SELF-ADVOCATE TRAINING • 7-9 PM**

**Dating 101**

This interactive workshop is designed for teens (16+) and young adults who are interested in dating but have little experience. Basic (and necessary) steps for starting a relationship will be shared as well as tips for deciding whether relationships are healthy or unhealthy. Self-advocates will start with a light dinner available during parent workshop.

**Saturday Feb., 24 8:00-3:30 PM**  
**PARENT / STAFF TRAINING**

\$20 for each session OR \$45 full day registration  
lunch available for pre-order purchase

**8:30 AM-10 AM**

**Top 5 Issues & Concerns  
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.

**10:30 AM-12 PM**

**Don't Cross the Line!**

**Navigating Boundary Confusion in People with I/DD**  
In this session parents will learn common reasons for boundary confusion in individuals with I/DD, why boundaries are important, and important aspects of boundary instruction.

**LUNCH HOUR WILL INCLUDE AN INTRODUCTION  
TO LOCAL RESOURCES FROM 12:30 - 1:00.**

**1:00 PM-3:30 PM**

**I Want to Date!**

**Supporting Healthy Dating Relationships**  
People with intellectual disabilities 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 disabilities and identify helpful roles for parents and/or support providers, as well strategies for supporting self-advocates learn important steps in the dating process.

Join the Down Syndrome Parent Group as we welcome Terri Couwenhoven, MS, certified sexuality educator on **February 24th and 25th** for a series of parent and self-advocate educational training sessions.

Terri is an AASECT certified sexuality educator who specializes in developing programs and resources for people who have intellectual disabilities, their families and the professionals who support them. She is the author of *Teaching Children with Down syndrome about their Bodies, Boundaries and Sexuality: A Guide for Parents and Professionals*, *The Girls' Guide to Growing Up: Choices & Changes in the Tween Years*, *The Boy's Guide to Growing up: Choices & Changes During Puberty*, and *Boyfriends & Girlfriends: a Guide to Dating for People with Disabilities*.

scan to register >



families • self-advocates • friends  
**dspgwny**

THE DOWN SYNDROME PARENTS GROUP OF WNY *Enhancing the lives of people with Down syndrome, since 1979.* [dspgwny.org](http://dspgwny.org)