

Teaching Healthy Boundaries

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY



What is Sexuality?

Sexuality means more than intercourse or sex.

It's about intimacy, connection, and belonging.

It's about relationships. Both friendships and sexual.

It's about how we feel about being the gender we are and our sexual orientation.

It's about how we feel about others and ourselves.

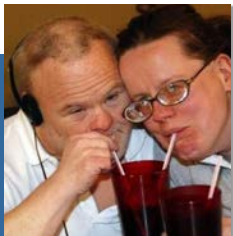
It's about sexual expression and behavior.

It's the total of who we are, what we believe, what we feel, and how we respond.

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Why Do People With Disabilities Need and Want To Learn About Sexuality

Self advocates say....



"So we can learn to have healthy relationships"

"So we aren't lonely!"

"So we are able to make informed choices!"

"So we can pick the right person!"

"For help with the toughest part of the relationship, making it last!"

"So we can be safe!"

"Because we all have desires/needs and that's okay!"

"So that people know their rights!"

"So we can be sexual self advocates, not just self-advocates!"

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Sexual Self-Advocacy



- "Speaking up for yourself, sexually"
- "Getting information"
- "Taking a stand"
- "Saying to whomever: this is my choice"
- "Stating your sexual limits and desires with your partner, respecting others limits and desires"
- "Starting to do what you want with relationships"

Talking About Sexuality and Healthy Boundaries: Learning Objectives

Discuss the benefits of providing sexuality education

Examine activities to teach healthy boundaries:

- Different types of relationships
- Public v. Private
- Friendship
- Moving from Friend to Partner
- Body Language
- Consent/sexual abuse
- Speaking up



Discussion



In the chat:

What was primary message that you received about sexuality while growing up?

Healthy Boundaries

How to speak up if others are violating your boundaries or bothering you

How to avoid violating others boundaries or bothering them

Types of Relationship:

Understand what are the different types of relationships and how do you relate to each type, touch, share information, etc.



Relationships

A relationship is between two people.

They sometimes talk to one another and interact.

We talk and interact differently depending on the relationship.

Can anyone name a type of relationship?



Close family and friends
Casual friends,
Acquaintances, Groups
Helping Professionals
Strangers
Romantic sexual
relationships



Close Family and Friends



Casual Friends, Family, and Groups



Helping Professionals



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Strangers



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Who are you in Relationships with?

- Close family and friends?
- Casual friends and groups?
- Helping professionals?
- Strangers?
- Romantic Sexual Relationship?

Activity One: Greeting Role Play

Two people walk towards one another, make brief eye contact, and move on.

What kind of relationship do these two people have?

How can you tell?

Video Clip



<https://www.elevatustraining.com/healthy-boundaries/>

Greeting Two Role Play

Two people walk towards each other, make longer eye contact, say "hello" with a big smile but no touch.

Person 1 says: "Getting some lunch, (use their name)?"

Person 2 says: "Yeah, I wanted to enjoy some of this sunshine."

Person 1 says: "Well, see you back at the office then."

What kind of relationship do these two people have?

How can you tell?

Video Clip



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Greeting Three Role Play

Two people walk towards each other, give each other a big hug and lots of smiles.

Person 1 says: "I've been trying to call you."

Person 2 says: "Oh, I've been so busy. You know my daughter is sick."

Person 1 says: "Sorry to hear that. Could I bring you guys some dinner one night?"

Person 2 says: "That would be great. I'll call you tonight and we can make plans."

What kind of relationship do these two people have?

How can you tell?

Video Clip



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Lesson 4: Public & Private

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Greetings Exercise Comparison and Debrief

Greeting Type	Eye Contact	Body Language	Conversation
Greeting One	Brief eye contact	Strangers, keep distance between them but do walk towards each other, don't touch	None
Greeting Two	Longer eye contact	Walk towards one another, smiling, no physical touch	Use each others' names, small talk
Greeting Three	Even longer eye contact	Smiling, walking towards one another, hugging	Know each other's lives and family, good friends

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Activity Two: Public & Private

Can someone describe the difference between something that is public and something that is private?

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Public

Public is when other people are there or might be there. It's a place where people can go in and out. Certain ways of speaking and touch are OK to do in public, but not all.



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Private



Private is where you are alone and no one can come in and out. Certain ways of speaking and touch are OK to do in private, but not public.

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You Decide: Public or Private

Is this public or private?

How do you know?



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You Decide: Public or Private

Is this public or private?

How do you know?



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You Decide: Public or Private

Is this public or private?

How do you know?



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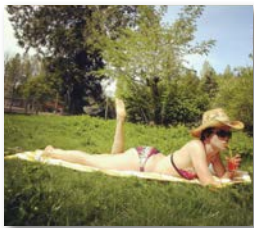
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You Decide: Public or Private

Is this public or private?

How do you know?



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Public



Besides the pictures we saw,

What are some other examples of public places?

What about public places in your home?

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Public



What is okay to talk about in public?

What happens when we talk about private topics in public?

How can people touch one another in public?

What about kissing?

If you are in a romantic sexual relationship with someone at work,
what is OK?

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Private



What are things that are private?

What are places that are private?

What body parts are private?

What's OK to talk about in private?

Who is OK to talk about private things with?

Lesson 4: Public & Private

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Touching and Privacy

What are some examples of ways we touch our own bodies that are private?

What are some examples of ways we touch someone else that are private?

What is a place that can be private when we want to touch ourselves or someone else?

Sometimes we have to speak up and use self advocacy skills to have a private place at home.

Lesson 4: Public & Private

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Handout

#10

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RELATIONSHIPS

TOUCH

TOPICS

Close Family & Friends



Public & Private

Private in a private place

Casual Family, Friends & Groups

interns



Public

RELATIONSHIPS	TOUCH	TOPICS
Co-Workers managers, mentors, and other co-workers		Public
Helping Professionals instructors, skills trainer		Public Unless with a doctor or nurse in a closed exam room or an instructor and you are having a problem

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RELATIONSHIPS	TOUCH	TOPICS
People You Don't Know	 No Touching	Public
Romantic Sexual Relationships	 Consent Needed	Public & Private Public in a public place private in a private place

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Public

What's okay to talk about in public?

What happens when we talk about private topics in public?

How can people touch one another in public?

What about kissing?



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Private?

What's okay to talk about in Private?

How can people touch one another in private?



Activity Three: Practicing What's Ok? Role Play



Lesson 4: Public & Private

Practice

Sample role play: Ashley and Isabella work together in a store. Ashley sits in a chair and begins working. Ashley sees Isabella and says:

Ashley: "Hi Isabella, how are you today?"

Isabella: "I'm good. Hey, what did you do last weekend?"

(Ashley looks up from her work and says,) "I spent time with some friends."

Ashley looks back down at her work.

Isabella: "Who were you with? You aren't wearing a ring. Do you have a boyfriend? I think you should try to meet someone. You're old enough. Don't you want a boyfriend?"

Ashley looks uncomfortable.

Discussion

Ask the group:

- Why do you think Ashley is uncomfortable?
- What is Isabella doing that isn't ok?
- Why is that not ok?
- What can Ashley do since she is feeling uncomfortable?
- What can Ashley say to Isabella?

Possible answers: "I'm sorry, but that is private" or "You are asking me personal questions that I don't want to answer."

What's difficult about saying these things to someone when we are feeling uncomfortable?

Friendship

What makes someone a friend?

Why is friendship important?

Where can you meet people to become friends with?

Does anyone have a story about where and how they met a friend?

If you wanted to become friends with a person, how could you let them know?



Friend to Partner/Sweetheart

Step 1: Feeling Interested

Can a potential girlfriend/boyfriend be...

- Someone of the same gender?
- Someone already in a relationship?
- Someone who has said she/he is not interested?
- A paid support person?
- Someone under 18?



Step 2: Getting to Know Someone

Flirting - what is flirting

Talking on the telephone.

Asking him/her to join you at a group activity.

Ask him/her out on a date.



Flirting

Say: You look nice, I really like your shirt, it is nice seeing you here.

Do: smile at them, wink, look them in the eyes

How do you know that it is working?

How do you know it isn't working?

What can do you if you are too nervous to flirt or get to know someone?

Remember flirting needs to be respectful-for example stare at a person's breasts is not respectful.



What Did My Body Say?

First, look down and away from the group to show shyness or fear

What did I say with my body?

Second, smile and look directly at the group to show confidence.

What did I say with my body?



Talking on the Phone

Talk about public topics until you get to know the person better.

You can ask:

How was your day?

What did you do today that was fun?

What did you do today that was boring?

Did you eat any good food today?

What is your favorite music?



Talking on the Phone

How many times per day is ok to call someone?

A general rule would be once a day or once every other day.

How early can you call and how late can you call?

A general rule is to not call or text people after 9:00 at night unless they tell you it is ok to contact them later.

And not before 9:00 in the morning.



Join You in a Group Activity



What are some group activities that you could do with this person?

Ask Him or Her Out on a Date.

Ask them to do something you think they will enjoy.

Who pays for the date?

What do you think should happen?

What can you do if other people are telling you that you can't date?



Examples of Coercion (Opposite of Consent)

These are some examples of what is **not** OK to say or do to get someone to do something or to have sex with you:

Lies	Saying I love you when you don't really mean it.
Threats	Saying "if you don't have sex with me, I'll find someone who will."
Constant Pressure	Saying "come on, please, just this time; it'll be OK."
Blackmail	Saying "if you don't have sex with me I will tell everyone you are a real jerk."
Intimidation	Saying "you're such a baby, when are you going to grow up?"
Bribes	Saying "I lent you my CDs, so now you owe me. You have to kiss me for 10 minutes."
Force	Forcing the person to have sex. Physical force to have sex is called rape, and that is illegal.

Consent

What is consent?

Getting a "yes" that is "freely chosen."

Freely chosen means without lies, threats, pressure, coercion/blackmail, bribes/rewards, intimidation or force.

Consent

It is not consent when a person says:

"I love you," when they don't really mean it.

He or she is lying to get what they want and it is not okay.

"If you don't, I'll find someone else who will."

He or she is threatening the person to get what they want and that is not okay.

"Come on, please, just this time; it'll be okay, please, please please..."

He or she keeps pressuring the person to get what they want, and that is not okay.

Consent

It is not consent when a person says:

"You're such a baby, when are you going to grow up?"

He or she is intimidating the person to get what they want, and that is not okay.

"If you don't, I'll tell everyone that you are a real jerk."

He or she is using blackmail to get what they want, and that is not okay.

Consent

It is not consent when a person says:

"You borrowed \$10 so now you owe me. You have to kiss me for 10 minutes."

This is not okay. A person cannot try to bribe you or, say you owe them, because they did you a favor. This is not consent.

"I'll give you \$20 if you have sex with me."

A person cannot give you a reward to make you say "yes" to him/her. That is giving you a reward to do what they want. That is not okay.

If a person is drunk, they can't consent.

Consent



Or he or she:

Holds the other person down and forces them to have sex. They are using force to get what they want and that is not okay. This is rape, which is illegal.

Consent Review

Did the person say "yes"?		If "yes", was it freely chosen?		
YES	+	YES	=	Consent
YES	+	NO	=	Not Consent
NO	+			Not Consent



What is Sexual Assault?

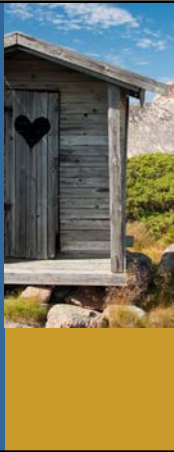
When someone touches a person's sexual parts without permission, asks you to touch their sexual parts, makes you look at his or her sexual parts, or makes you do sexual acts

Some other examples are, Staff asks to take a bath with you or Brother wants to lie down naked and watch pornography.

Especially when they tell you to keep it a secret. A secret is when the person doesn't want you to ever tell anyone else. A surprise is something you are keeping private, but the surprise will come out soon.

Usually someone you know, not a stranger






What are Private/Sexual Parts?

The parts that are covered by underwear or a bathing suit.

Female is usually vulva and clitoris and breasts, male is usually penis and scrotum. Also called sexual parts.

The only time it is okay for someone to touch your private sexual parts is when they are helping you bathe (and you need help), when a doctor or nurse is doing an exam to make sure you are healthy, or when you are being sexual with someone and you have both said "YES".

Scenario



You are working for Mr. Simms, who is your neighbor. You are raking leaves outside and he asks you in you some juice. You go inside to have some juice. Mr. Simms asks you to show him your private parts and let him touch them.

What would you do??

Scenario


What if he said "I'll give you a new tape/cd if you let me?"

What if he said "I'll hurt your parents if you don't let me?"

What if he said, "Okay, you don't have to but don't tell anyone I asked. It's our little secret".

Would you tell??

It's important to tell because Mr. Simms needs help. You didn't do anything wrong. And even if you were somewhere you weren't supposed to be, it's important to tell. If people don't believe you, keep telling them or tell someone else, until someone will listen to you.



Speaking Up: Assertive



- Stand or sit straight, face the person
- Look them in the eyes
- Keep a good distance
- Use good voice tone
- Just say what you want without feeling guilty
- Stick up for what you believe in
- Be positive when you disagree

Speaking Up

- Know your rights and how to get them
- Use good facial expressions
- Start the conversation
- Ask questions
- Speak up, don't wait for permission to say something



Q & A



What questions do you have?

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LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

Offering evidence and trauma informed curriculum, with on/offline training to help professionals, educators, self-advocates and parents skillfully and confidently navigate the topic of sexuality and healthy relationships.

Curriculum & Related Products

Sexuality Education for People with Developmental Disabilities



Related Products: Curriculum Slide Deck Communication Supports

Building Healthy Relationships at Work



Related Products: Curriculum Slide Deck

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Wrap-up



Thank you all for attending the webinar

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