

## *Elevatus Sexual Education*

For clients 18 years and older

This class meets once a week for 6 consecutive weeks; clients are required to attend an Orientation session

People with disabilities are often excluded from discussions about sexuality when, in reality, they too need the information and skills for making healthy decisions. In response, Elevatus has developed an evidence and trauma informed curriculum to teach people with disabilities about sexuality-related topics.

### CLASS FORMAT

\* Elevatus Sexual Education will take place via online learning and is for clients only

\* Clients are required to attend Orientation to Elevatus Sexual Education to determine if the class is appropriate for them; Caregivers are encouraged to attend as well



### WHAT WILL I LEARN?

- \*Types of Relationships
- \*Public and Private Behavior
- \*Decision Making
- \*Internet, Social Media, and Communication
- \*Gender Identity and Expression

Please register for classes with your HRC Service Coordinator

## *Orientation to Elevatus Sexual Education*

Required for adult clients interested in taking Elevatus Sexual Education series

HRC is offering a session for caregivers to learn about the materials and topics to be discussed



### Topics include:

- Why this class
- Guidelines for sharing information
- Review of materials covered each week in class
- Question and answer period

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