Building Meaningful Connections with Individuals with IDD:

An Overview of the Friends and Relationships Class

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Socialization and Sexuality Education (SSE)

SSE services is a proactive, lifelong learning program

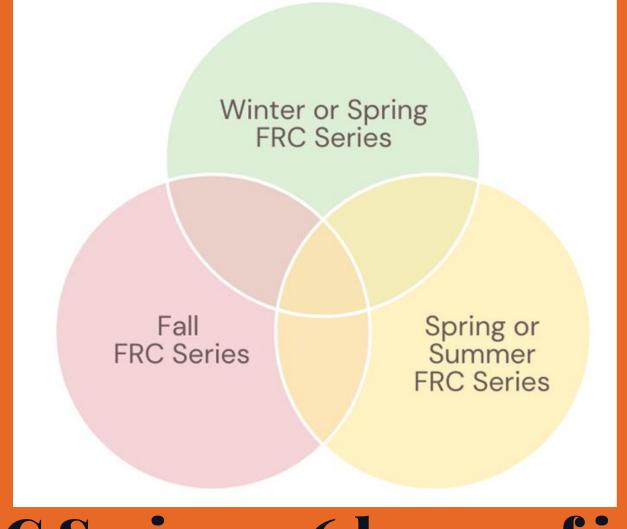
Outcomes

- 1) increase social networks with healthy, meaningful relationships; and
- 2) increase personal safety, including decreasing interpersonal and intimate violence in relationships, sexual victimization, exploitation, and abuse.



History of Socialization and Sexuality Classes (SSE)

- □ Jill Ryan, PhD and Mark Gordon, Spec Ed Teacher-Founders
 □ In the late 90s they taught sexual education at SFCC to HS students
- □ Formally came out of the Jackson Class Lawsuit-2004
 - MDT effort came up with core factors that needed to be taught
 - Sexuality was one of 17 areas of the lawsuit
 - Under sexuality, 3 main groups: victims of SA, offender prevention and sexual knowledge
 - Preliminary Risk Screening program created to address offenders/risky sexual behaviors
 - FRC addressed all three groups
- □ Staff were afraid to support clients with sexual issues and often needed the same training. This became the reason to include a support person-BSC, DSP, family or natural support



FRC Series = 16 hours of instruction (8 weeks for 2-hr)

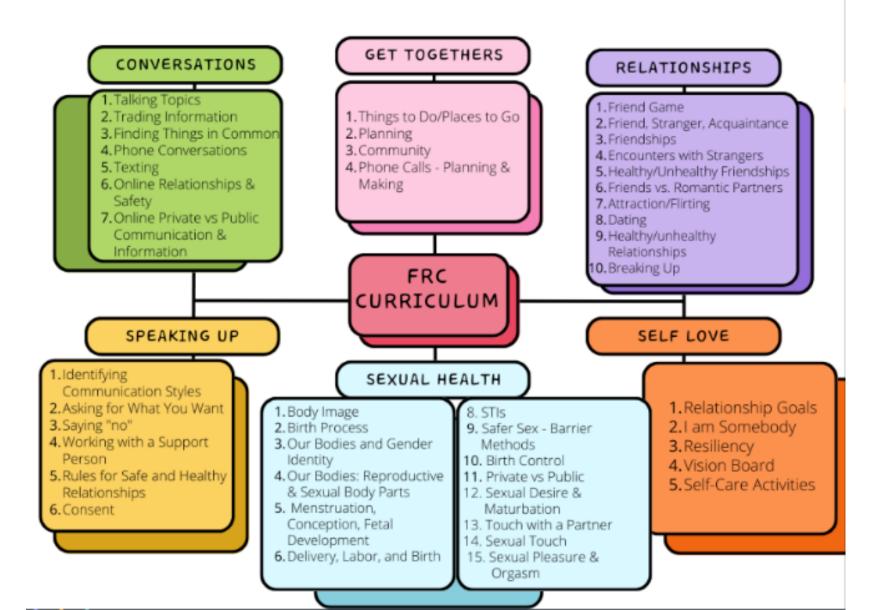




Typical Class Format



DDSD: Socialization and Sexuality Education (DD Waiver Service) **Friends and Relationships Course**





How to Have a Conversation

Starting and Maintaining a Conversation

- Trade information by taking turns: asking and answering questions.
- Stay on topic
- Find common interests
- Participate in active listening to show interest: nod, smile, eye contact, say things like: "umm",
 - "oh", "that's interesting" "ah, ha"
- Keep conversation going by making comments and asking follow-up questions.
- Don't get too personal at first.

How to Have a Conversation

Ending a Conversation

- Wait for a pause
- Offer a handshake or just say: "It was great talking with you" or "I have a few more things to do but I enjoyed our conversation. See you later."
- Smile and say "goodbye"
- If you found something in common, you might say, "hope to talk to you again about ."
- If you didn't share your name at the beginning of the conversation, you may say, "It was nice talking with you. By the way, my name is ____."

CONVERSATIONS

- 1. Talking Topics
- 2. Trading Information
- Finding Things in Common
- Phone Conversations
- Texting
- 6. Online Relationships & Safety
- 7. Online Private vs Public Communication & Information

Talking Topics

Write as much as you can in each box. The more details the better.

Interests and Hobbies

I like to read books Iliketosing I like going Placse Ilike twight Ilike to cook I like shopping

Jobs I have had

Tresco I wash Pitan

Pass

Special Olympic Dowling Movies

Current Events

Places where I go or places where I want to go.

Favorite Foods and Drink

I like chine food there is

Family, pets, Growing Up

Ihave two bothers

Ilike Chine food

My favor tedrink

Ilike Pizza

Ihaveadog

Ilike going to the movies with my Friends anlooking around at the mall





You are meeting your friend Cordon at Starbucks. You are running 5 minutes late.



Something is funny



Nervous embarrassment awkward



Feelings of love



kiss goodbye or good night; showing feelings of love & affection sense of fun; excitement; joking

or wackiness



RELATIONSHIPS

- 1. Friend Game
- 2. Friend, Stranger, Acquaintance
- 3. Friendships
- 4. Encounters with Strangers
- Healthy/Unhealthy Friendships
- 6. Friends vs. Romantic Partners
- Attraction/Flirting
- 8. Dating
- Healthy/unhealthy Relationships
- 10. Breaking Up

Lesson: Friends/Strangers/Acquaintances Role Play Skits

Role Play Scenario 1: Bus Stop

Introduce Actors and Scene: Actors Lupita and Maria; Maria is at a bus stop waiting for a bus. Lupita just arrived at the bus stop and will be taking the bus too.

Skit #1 -

Lupita: Hi.

Maria: Hi.

Lupita: Nice day.

Maria: Yeah.

Lupita: How long have you been here?

Maria: About fifteen minutes.

Lupita: Where are you going?

Maria: In town, that a ways.

What is a friend?

Someone who...

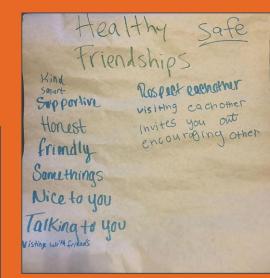


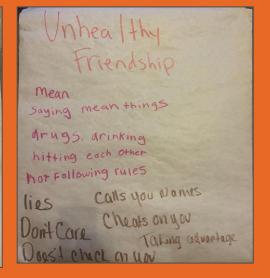
The Friend Game:



Asking someone you don't know to dance.	Asking someone what time it is at the bus stop.	Asking to use the phone at a community center because you missed your ride and you don't have your phone with you
Asking someone for help if you are lost.	Looking for something in a store such as the bathroom.	Asking someone you just met if they would be interested in getting together some time
When riding on the bus, a stranger sits down beside you and puts his arm around you	When you are at a dance, a man approaches and asks for your phone number. You don't want to give him your number.	You are walking in a mall. A religious person wearing a robe approaches you with pamphlets and asks if you would like one. You don't want the pamphlet
You are waiting for the bus and someone you don't know drives by and offers you a ride.	You are walking downtown and someone asks you for money or change.	You are on the bus and you notice that someone is staring at you.
When riding on the bus, a stranger sits down beside you and asks how your day is going.	When you are at a dance, and someone you are attracted to comes over and introduces themself to you.	You are hanging out at the bookstore. A person comes and sits next to you. After 5 minutes, they ask if you have any book recommendations.
You are waiting for the bus and someone asks you for information on when the next bus is coming and where it is going.	You are at work and a customer asks if you want to go get a coffee after your work shift.	You are at the mall and someone comes up to you and gives you a compliment.

Role Playing Cards: Interacting with Strangers











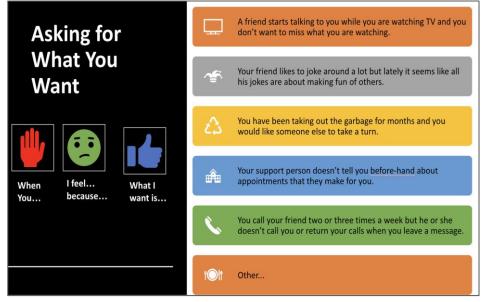
SPEAKING UP

- 1.Identifying Communication Styles
- 2. Asking for What You Want
- 3. Saying "no"
- 4. Working with a Support Person
- Rules for Safe and Healthy Relationships
- Consent

Expressing your views clearly and respectfully









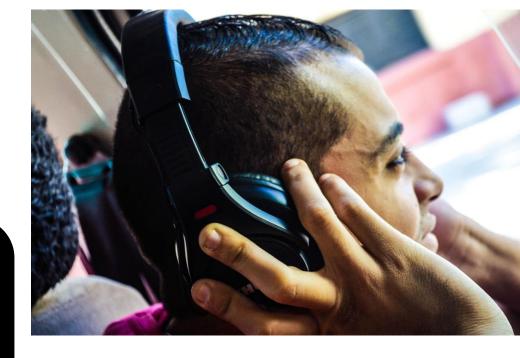


Personal Employment Experiences From A Few Individuals In Our Classes

- Jesus
 - Albuquerque Sign Language Academy
 - Autism Specialists
 - Restoration Pizza
- Michael
 - Texas Roadhouse
- Colleen
 - Adelante
 - Volunteer with Horse Program
 - Volunteer with Animal Shelter

Watch movies

Would you Rather?



Listen to Music



Go for a walk



Would you Rather?



Go for a bike ride

BBQ



Would you Rather?



Picnic

Play Board Games



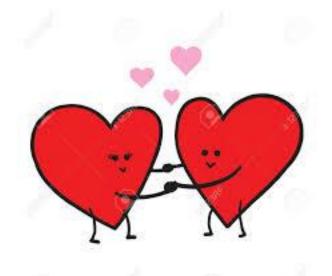
Would you Rather?



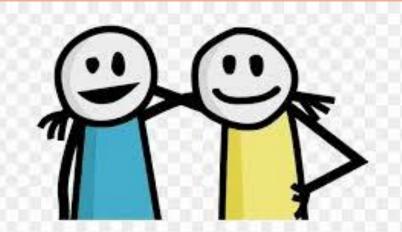
Be on Social Media



Would you Rather?



Be in a romantic relationship



Talk on the phone



Would you Rather?



FaceTime

Talk on Phone

Would you Rather?







SELF LOVE

- 1. Relationship Goals
- 2.I am Somebody
- 3. Resiliency
- 4. Vision Board
- 5. Self-Care Activities







