

PROMOTING SAFE, HEALTHY RELATIONSHIPS FOR ALL

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WHO WE ARE & WHAT WE DO

- Mad Hatter Wellness, founded by Katie Thune, provides learning opportunities to empower people of all abilities with knowledge and skills to make safe and healthy choices.
- We focus on educating about healthy relationships, with ourselves and others, as well as safety, consent...and lots more. All of this is a part of comprehensive sexual education.
- Two main programs;
Sexuality for All Abilities and The Power of Me

QUESTIONS OR COMMENTS?

- Type your question/comment into the chat box.
- Raise your hand in the participant box.
- Send an anonymous question/comment through private chat to Leah Bauman-Smith with ANONYMOUS at the top.
- Let us know you want to ask a question or share a comment and we'll unmute you!

AGREEMENTS

- This is a non-judgmental and safe space.
- Participate at your own comfort level.
- All questions, comments, ideas are welcome.
- Take care of yourself – bathroom breaks, kiddo check-ins, etc.

CENTERING

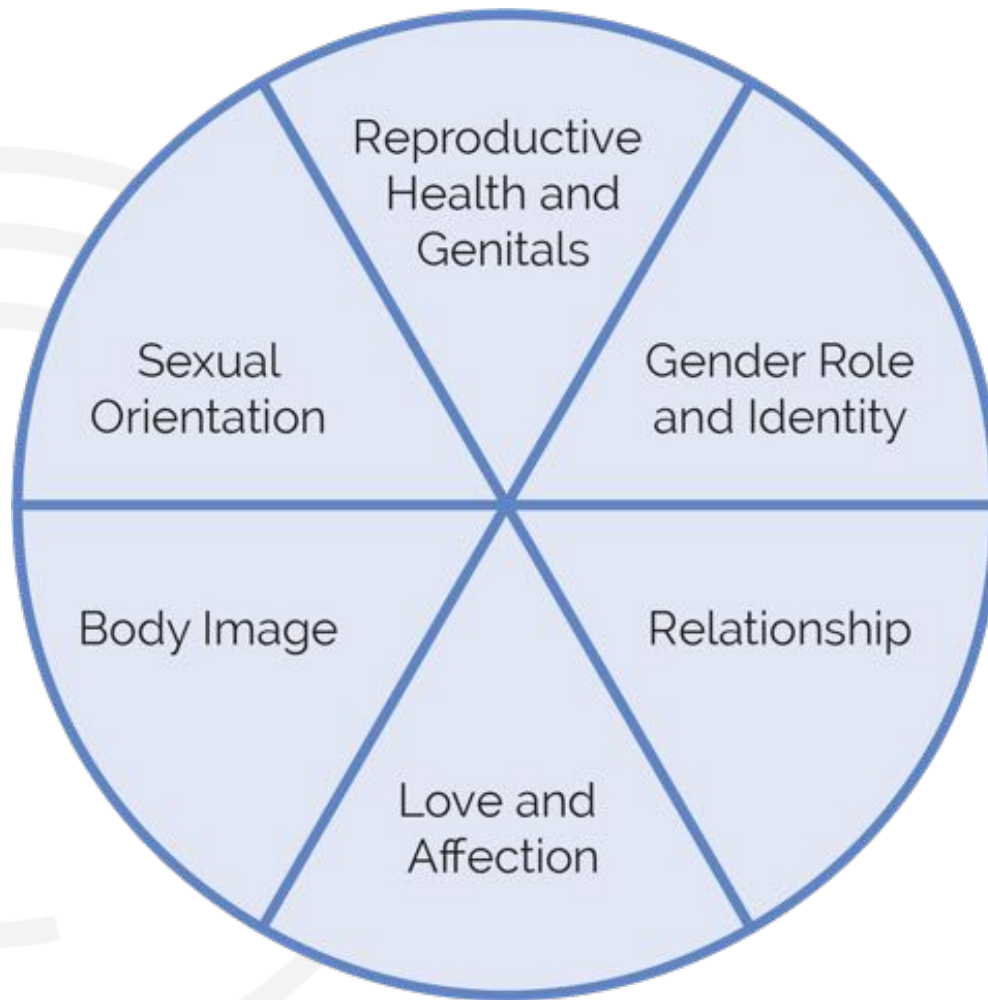
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THINGS TO THINK ABOUT

- Humans are sexual beings.
- Sex education can bring up a range of emotions.
- Sex education is a lifelong process.
- None of us are perfect.

WHAT ARE WE TALKING ABOUT WHEN WE USE THE TERM SEXUALITY?



OUR HOPE FOR THIS CALL

- You will leave this call feeling a little more comfortable talking about this topic.
- You will leave with 1-2 tools or strategies to use with yourself, your children, or the people in your life – in person or virtually.

HOW HAS SEXUAL EDUCATION FAILED PEOPLE WITH DISABILITIES?

- Lack of education
- Stranger Danger principle
- Sex ed as abuse prevention
- Reactive education (after something happened)
- Hidden curriculum (what we are just “supposed” to know)
- Informal curriculum (what we learn from friends)

SEXUAL EDUCATION STRATEGIES

- Teach accurate terms for private body parts
- Talk about body rights – “my body belongs to me”
- Define legal/illegal sexual behaviors
- Encourage assertiveness and appropriate noncompliance
- Teach how to tell
- Teach the rules
- Role play

SELF-ADVOCACY & SELF-DETERMINATION

- Self-advocacy is the extent to which a person has the ability to speak up for one's self.
- Self-determination requires an individual to make decisions about their own life. This includes skills such as: choice-making, decision-making, problem solving, goal setting, self-monitoring, leadership, resiliency and so much more.






FOCUS QUESTION

What do you want your children to know about healthy sexuality and relationships?

SAMPLE ACTIVITIES AND STRATEGIES FOR SEXUAL HEALTH CONVERSATIONS



PEOPLE IN MY LIFE

My Family 
My Friends 
Romantic Partner 
Professional Relationships 
Public 

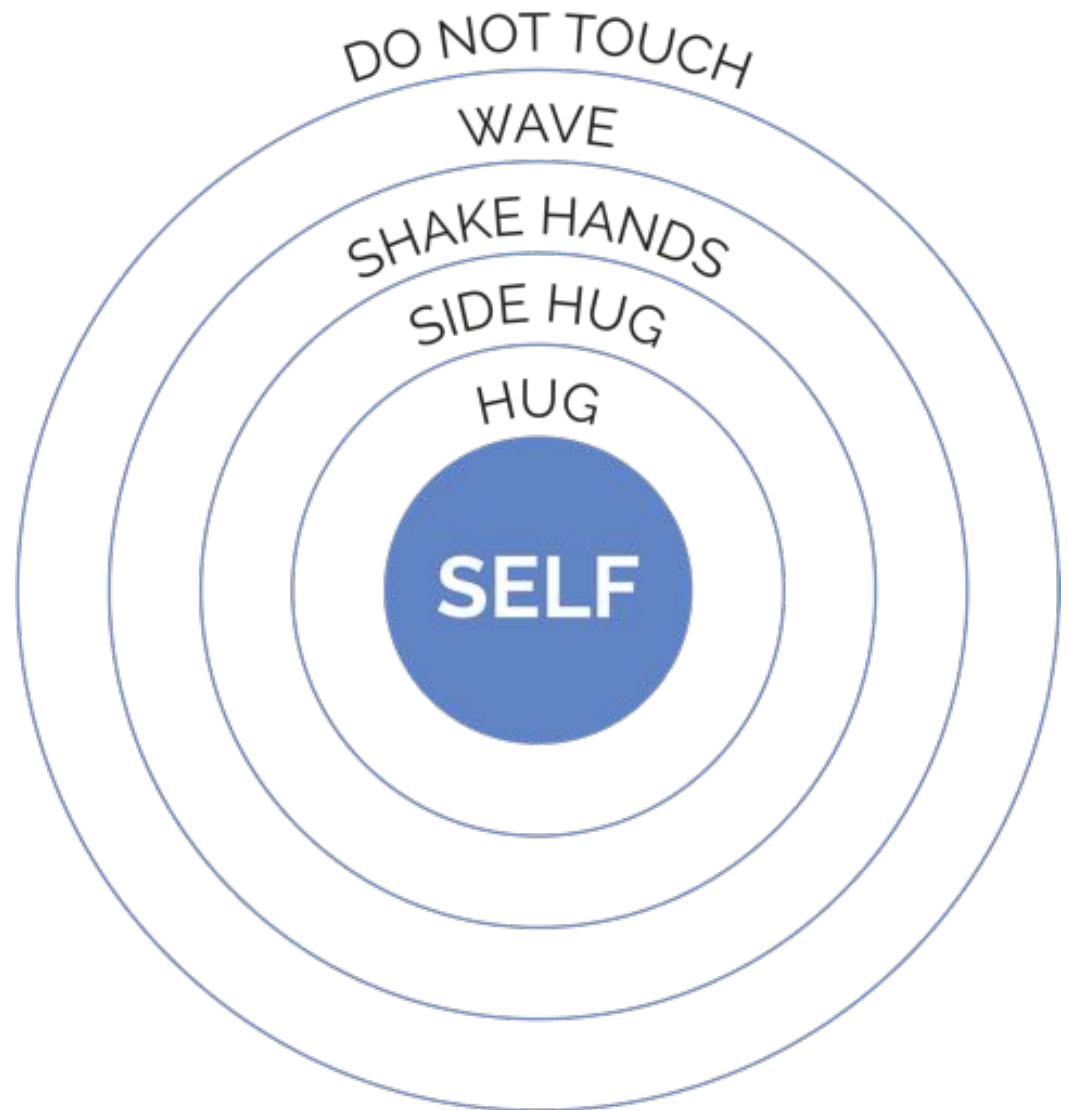
Write down the names of the different people in your life in all 5 categories.

Note: in the Romantic Partner category it is important that BOTH people have knowledge and want that relationship

RELATIONSHIP CIRCLE

Write the names of the people in your life in the relationship circle.

Note: If a person is in my hug circle, it does not mean I have to give them a hug every time I see them.



BOUNDARIES FLIP BOOKS



RED/GREEN CARDS

GREEN CARD

- Healthy
- Okay
- Appropriate
- Safe
- Expected
- Comfortable
- Go

DO NOT USE: yes, good

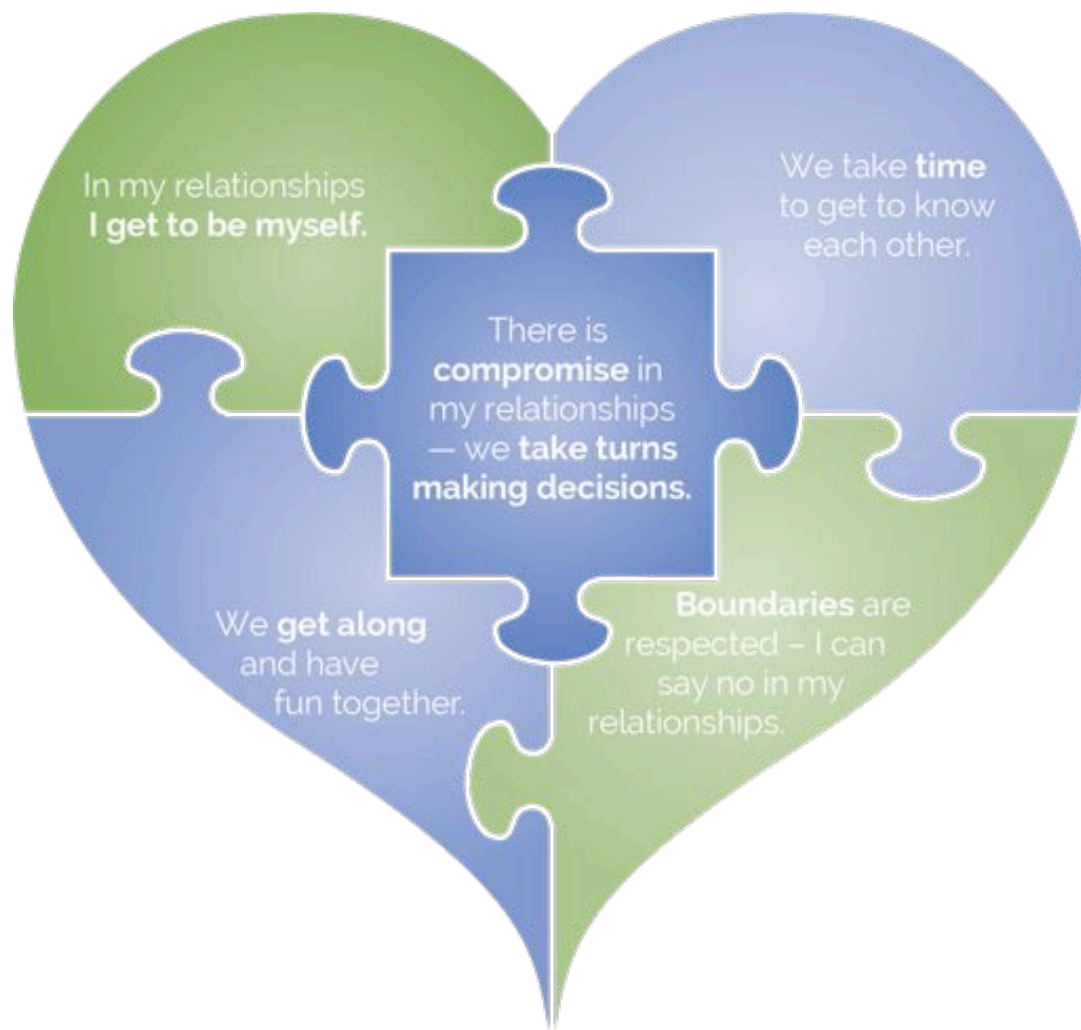
RED CARD

- Unhealthy
- Not okay
- Inappropriate
- Unsafe
- Unexpected
- Uncomfortable
- Stop

DO NOT USE: no, bad

THE HEART OF RELATIONSHIPS

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FAMILY DISCUSSION GUIDE



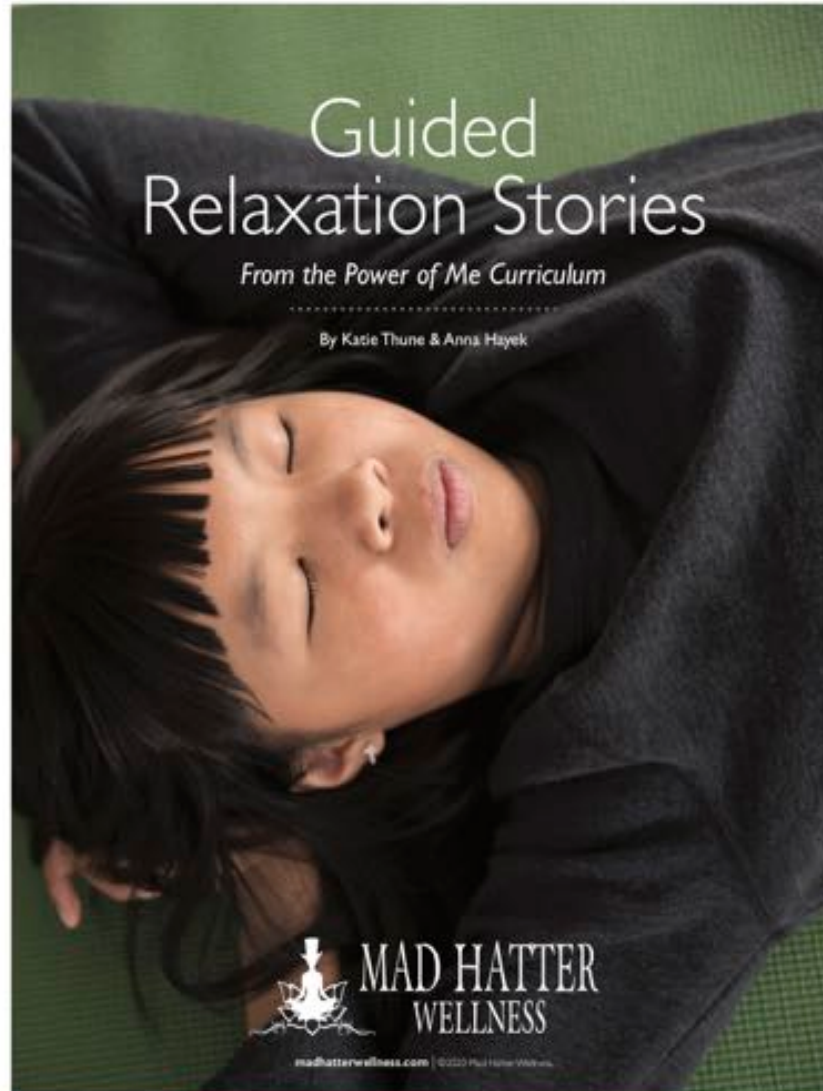
FAMILY DISCUSSION GUIDE

EMPOWER ME CARD DECK



- Small Groups – Student Led
- 1:1 with Individuals
- Informal/less intimidating way to discuss difficult topics

GUIDED RELAXATIONS



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HOW WE CAN SUPPORT YOU!

- [SFAA Newsletter](#) – tips, tools, resources
- Empower Me Card Deck, Flip Books, Family Discussion Guide, Guided Relaxations – in our website shop
- Coming in July 2020: Sexuality for All Abilities Book through Routledge Publishing – available for pre-order 😊
- Consulting

RESOURCES

- Sexualityforallabilities.com
- [Mad Hatter Wellness YouTube channel](#) - videos on sexual education
- Amaze.org – videos on puberty, sexual orientation, gender, safety, healthy relationships and more
- [NCIL Videos](#) – sex ed videos for and by people with I/DD
- [Scarleteen](#) – sex ed resource for teens
- [Homeschool Sex Ed Resources](#) through SIECUS

FOCUS QUESTION

Are there things that make you nervous, anxious, excited about supporting your children with safe and healthy relationships?

QUESTIONS????



Mad Hatter Wellness envisions a world that provides and promotes equitable health and wellness education for all people.



CONTACT US! 😊

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