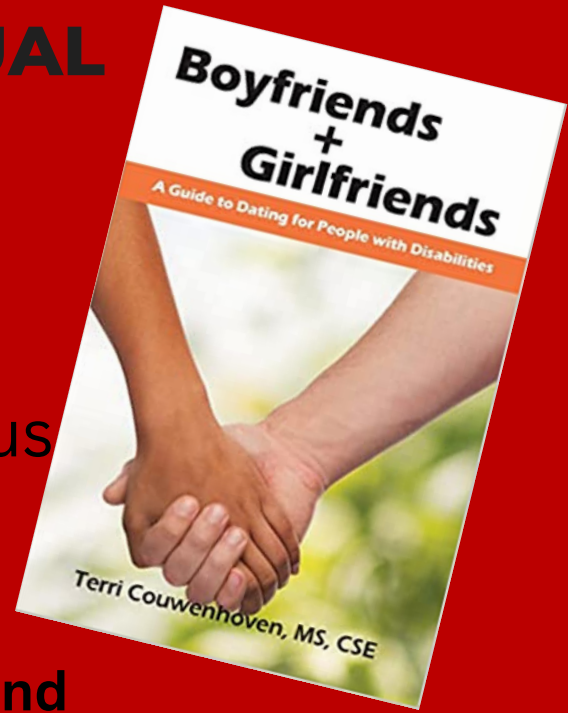




DATING FOR PEOPLE WITH INTELLECTUAL DISABILITIES



Join Us at SPC - Seminole Campus
Room LI-304

An evening for parents and guardians and
all day for self-advocates

11/30

6:00 pm - 7:30 pm

**I WANT TO DATE!
SUPPORTING HEALTHY
RELATIONSHIPS**

(FOR PARENTS)

11/30/23

12/1

10:00 am - 2:30 pm

**RELATIONSHIPS,
BOUNDARIES AND
DATING: YOUR RIGHTS
AND RESPONSIBILITIES**

(FOR SELF-ADVOCATES)

12/1/2023



<https://signup.com/go/WQfRgiS>

About the Facilitator

Terri Couwenhoven, M.S. 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.

When she is not teaching or writing, she is Clinic Coordinator for the Down Syndrome Clinic at Children's Hospital of Wisconsin. She is the mother of two girls. Her oldest daughter has Down syndrome.

Workshop Description for parents (Thursday, November 30 th) 6:00 pm – 7:30 pm

I Want to Date! Supporting Healthy Dating Relationships (For parents)-

Description:

The need for intimacy and meaningful connections with others is part of the human condition. People with intellectual disabilities have similar needs for intimacy, but 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 as they learn important steps in the dating process.

Workshop Descriptions for self advocates (Friday, December 1 st) 10:00 am – 2:30 pm

These sessions would be appropriate for 16 + and adults

Relationships, Boundaries and Dating: Your Rights and Responsibilities

Description:

The People in My Life: Understanding Relationships – We all people in our lives who are there for a reason. This session focuses on defining 5 key types of relationships (family, helpers, friends, dating partners, and acquaintances) and ways to define their roles.

Don't Cross The Line! Boundary Basics for Staying Safe and Appropriate in Relationships - In this session participants will learn what a boundary is, why boundaries are important, and how to make decisions about personal space. Using fun activities, they will learn how boundaries can change based on who you are with and where you are. Boundary rules for private body parts will also be shared.

Dating Basics- This session identifies important first steps for beginning a romantic relationship including safe and unsafe ways to find someone, how to let a person know you are interested (flirting how-to's) and the importance of assessing reciprocity of feelings. Participants will learn ways to decide if a dating relationship is healthy or unhealthy. Using checklists and real- life examples of relationships, we will discuss when to continue or stop relationships.