


SAFE AND HEALTHY
RELATIONSHIPS FOR ALL

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sexualityforallabilities.com



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, movement, etc.

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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.
- Everyone has different boundaries.






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Relationship -

A connection between two people.

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My Family	
My Friends	
Romantic Partner	
Professional Relationships	
Public	

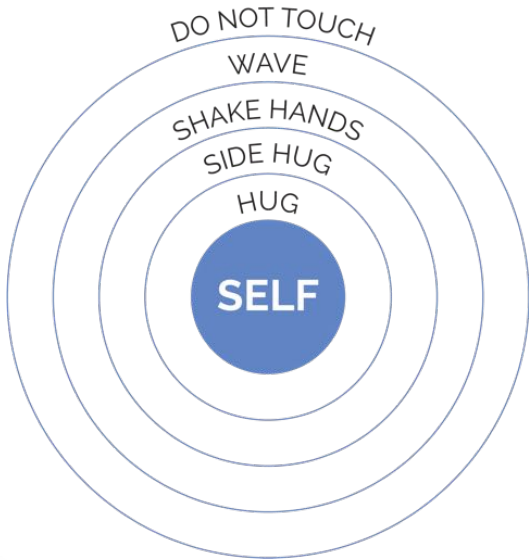



RELATIONSHIP CIRCLE

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.

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CONSENT

Consent is when a person agrees to a certain activity or behavior.

Remember . . . Ask → Listen → Respect

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SAFETY RULE – MY BODY BELONGS TO ME



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HEALTHY AND UNHEALTHY BEHAVIORS
IN A RELATIONSHIP

Healthy Behaviors Unhealthy Behaviors



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HEALTHY AND UNHEALTHY BEHAVIORS
IN A ROMANTIC RELATIONSHIP

Healthy Behaviors Unhealthy Behaviors



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THE HEART OF RELATIONSHIPS

In my relationships, I get to be myself.

We take time to get to know each other.

There is compromise in my relationships – we take turns making decisions.

We get along and have fun together.

Boundaries are respected – I can say no in my relationships.

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SAFE & APPROPRIATE BOUNDARIES

- A **boundary** is a line that others cannot cross without our permission.

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RESOURCES/SUPPORT

- Sexualityforallabilities.com - sign up for our newsletter for tips, tools, resources
- [Mad Hatter Wellness YouTube channel](#) - videos on sexual education
- [Sexuality for All Abilities book](#)
- Planned Parenthood [Glossary of Terms](#)
- [NCIL Videos](#) - sex ed videos for and by people with I/DD

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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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