

Respect YOURSELF


WHY RESPECT YOURSELF
IS NEEDED...

People with developmental disabilities have an extremely high rate of abuse. Respect Yourself is one way to lessen the chance of abuse by giving participants tools to keep themselves safe. The series relies on fact-based instruction and concrete lessons emphasizing the importance of good self-esteem, creating boundaries, establishing privacy, and understanding the choices and responsibilities regarding sexuality.



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Respect YOURSELF

HEALTHY
RELATIONSHIPS
&

SEXUALITY SERIES

CLASSES FOR ADULTS
WITH DEVELOPMENTAL DISABILITIES
FUNDED BY
FAR NORTHERN REGIONAL CENTER
REGIONAL SELF-ADVOCACY PROJECT
530-893-8003



MISSION STATEMENT

Our mission is to provide fact-based education and information on healthy relationships and sexuality, emphasizing the importance of good self-esteem and the creation of boundaries. This is turn gives individuals with disabilities the information needed to lead the healthy adult lifestyle of their choosing.

PROGRAM EXPLANATION

Two series are offered in the Respect Yourself program. Although each series is very effective on its own, when both are completed they will create a powerful message of developing self-respect to prevent abuse and increase the quality of life. Series are held in different locations such as day programs and residential facilities, but frequently there are "community series" open to adults in the area that live independently.

Me and You is our newest series being offered. In it the class will learn how to have healthy relationships with different people, from strangers and staff to true friends and romantic partners. Me and You focuses on learning more about yourself and why healthy relationships are so important. The class is taught privacy and boundaries, what a REAL friend is, what it means to be a boyfriend or girlfriend, and how to communicate with the people in their lives better. Me and You is taught to both men and women in a 5-week series.

Respect YOURSELF!

The original Respect Yourself series teaches the class that having good self-esteem, a knowledge of our bodies, and our privacy and boundaries respected, helps keep us safe from abuse. The class will learn things such as what privacy and boundaries are, how to do self-exams for cancer, names of reproductive parts, pregnancy and STD prevention, and the choices and responsibilities related to sexuality. Respect Yourself offers professional, fact-based instruction that lowers the chance of abuse and unsafe practices. The 9-week series teaches men and women in separate classes.

"NO ONE HAS EVER SAT ME DOWN AND TAUGHT ME ABOUT SEXUALITY AND YOU GUYS DID!"
-FEMALE CLASS MEMBER, PARADISE

ADDITIONAL INFORMATION

Both Me and You and Respect Yourself offer peer-to-peer training using Self-Advocates as the main instructors, with help from the Program Coordinator as needed. Topics that are covered include:

- Self-Esteem, Feelings, and Emotions
- Strangers, Acquaintances, and Friends
- Privacy and Boundaries
- Human Anatomy
- Menstruation and Menopause
- Medical Examinations
- Self-Examinations for Cancer
- Rights and Responsibilities
- Abstinence and Birth Control
- Abuse Prevention



Self-Advocates
We Care a Lot
Foundation