



Comprehensive Sexual Health Education

Comprehensive Sexual Health Education is an individualized program tailored to the learning strengths, specific needs, and innermost wishes of folks with Down syndrome of all ages. It is to empower them to have safe, healthy, and pleasurable relationships with themselves, their bodies, and others. Sessions can include their families, caregivers, and support staff and can start in early childhood and continue throughout their lifespan. An early start can build a foundation of openness and self-value, so folks with Down syndrome can feel good about their bodies, relationships, and identities and their families can understand how to support them in subjects that are often confusing, embarrassing, or awkward.

Any age is a great age to learn about sexuality and sexual health. These topics are broad and include but are not limited to:

Our Bodies

- Names and functions of body parts
- Hygiene
- Puberty
- Pregnancy and conception

Our Identities

- Self-esteem, emotions, and body image
- Down syndrome and what it means to me
- Gender (gender roles, gender expectations, and gender identity)
- Romantic and sexual attraction
- Platonic and aromantic attraction
- Media and social media

Our Relationships

- Social skills for friendships
- Setting and maintaining boundaries
- Consent

Safety and Abuse Prevention

- Secrets vs. surprises
- Public vs. private
- Healthy vs. unhealthy relationships

For teens and adults, additional topics may include:

- Crushes, dating, and relationships
- Sexual experiences including fantasies, touch, intimacy, and love
- Healthy and safe decision making
- Sexually explicit material

Andrea Lee is a BC certified teacher and has been at the DSRF since 2015 teaching adult group programs and one-to-one math and reading for all ages. She graduated from Option's Sexual Health Educator Certification after completing her practicum at DSRF creating small group programs and individualized comprehensive sexual health education for learners with Down syndrome and developmental disabilities.

Registration

Register online at [DSRF.org/register](https://www.dsrf.org/register).

