

# Relationships & Sex Education

A course for adults with  
Intellectual/Developmental Disabilities

## Online Classes for Ages 18+

Sex education & self-advocacy skills give people the ability to enjoy healthy relationships, make informed choices, prevent abuse & see themselves as sexual beings. Students receive age appropriate & medically accurate information using a variety of modalities.



### Why Take the Class?

- To learn about consent & healthy relationships
- To make informed choices
- To understand sexual feelings are normal & healthy
- To understand public & private
- To learn about staying safe online
- To understand gender identity & expression
- To prevent abuse
- To ask questions in a safe space

### Aug. 2022, Two Class Options (choose one)

Class: 16 weeks on Zoom, Evening **or** Morning

**Evening Dates:** Aug. 23 – Dec. 13 (no class on 10/4)

**Evening Time:** 7:00 pm - 9:00 pm, Tuesdays

- or -

**Morning Dates:** Aug. 24 – Dec. 14 (no class on 10/5)

**Morning Time:** 9:30 am - 11:30 am, Wednesdays

**Parent/caregiver Meeting: Aug. 22, 7:00-8:00 pm**

Cost: \$1250/person \* Ask about payment plans \*

Register: email [EaseEducates@gmail.com](mailto:EaseEducates@gmail.com)

### Instructors:

Arlene Lechner, M.Ed & Melissa Hochberg, M.Ed  
Human Sexuality Educators

Questions? [EaseEducates@gmail.com](mailto:EaseEducates@gmail.com) or  
703.598.2010

[www.EaseEducates.org](http://www.EaseEducates.org)