

Human Sexuality 101

A class for people with Intellectual
& Developmental Disabilities

An Online Class for Ages 18+

Sexuality education and advocacy skills give people the ability to make healthy choices, prevent abuse and see themselves as sexual beings. Individuals receiving accurate and age appropriate instruction, and related social skills, are better prepared for healthier relationships and to advocate for themselves.



Why Take the Class?

- To learn about healthy relationships
- To make informed choices
- To understand that sexual feelings & needs are normal and healthy
- To ask questions in a safe space
- To learn about staying safe online
- To understand sexual orientation, gender identity & expression
- To understand consent

Jan. 2022 - Two Class Options (choose one)

Class: 16 weeks on Zoom, Evening or Morning

Evening Dates: January 4 - May 3 (no class 1/18, 2/8)

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

- or -

Morning Dates: January 5 - May 4 (no class 1/19, 2/9)

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

Parent/caregiver Info Session: January 3, 7:00-8:00 pm

Cost: \$1050/person * Ask about payment plans *

Register: email EaseEducates@gmail.com
for Registration Packet

Instructors:

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

Questions? EaseEducates@gmail.com or
703.598.2010