



**Autism Alliance SoCal**  
Building Meaningful Lives

## A VIRTUAL Four Part Workshop Series for Parents on Supporting Healthy Sexuality in Adults with Autism and with other Developmental Disabilities



In this workshop, participants will learn about the most frequently identified issues and concerns on healthy sexuality of tweens, teens and young adults with autism and other developmental disabilities and practical ways to address them. Ideas for teaching and useful resources will be provided throughout the four-part workshop series.

### Our Expert Speaker/Facilitator:

**Terri Couwenhoven, MS, CSE** is a well-known certified sex educator and author, specializing in the design and implementation of sexuality programs and resources for individuals on the autism spectrum and other developmental disabilities, their parents, and the professionals who support them. Her gentle, matter-of-fact approach combined with extensive knowledge and experience make her a popular speaker with self-advocates, parents, and professionals around the country.



### A Virtual Four Session Workshop Series for Parents with Tweens, Teens and Young Adults with Autism and other Developmental Disabilities

**Session # 1: Top 5 Issues and Concerns During Puberty-** Families and professionals often experience anxiety when individuals with intellectual disabilities begin to exhibit changes that occur during puberty.

**Tuesday, August 6, 2024 6:00 PM - 7:30 PM PST**



**Session #2: Don't Cross the Line! Navigating Boundary Confusion** -In this session participants will learn common reasons for boundary confusion in individuals with autism and other developmental disabilities, why boundaries are important, and key aspects of boundary instruction.

**Tuesday, August 13, 2024 6:00 PM 7:30 PM PST**

**Session #3: Want to Date! Supporting Healthy Dating Relationships** - The need for intimacy and meaningful connections with others is part of the human condition. People with intellectual disabilities have similar needs for intimacy, but often encounter a unique set of barriers as they move into the dating world

**Tuesday, August 20, 2024 6:00 PM to 7:30 AM PST**

**Session #4: Changing the Scripts: Supporting Healthy Sexuality in People with I/DD**- In this session participants will learn about five pervasive scripts commonly experienced by individuals with with autism and other developmental disabilities and their impact on sexual thinking and behavior. Strategies and resources for addressing these scripts will be shared.

**Tuesday, August 27, 2024 6:00 PM-7:30 PM PST**

---

**Flat Fee of \$400.00 for the workshop series.**

The workshop series is vendored by Lanterman Regional Center. It may be available to clients of other Regional Centers as well. Inquire with your Regional Center Service Coordinator.

**Vendor# PD3625 - Subcode 10PG**

---

**Register at [info@autismsocal.org](mailto:info@autismsocal.org)  
or Call/Text (818) 662-8847**