



Sexuality Education Series

Facilitated by Terri Couwenhoven

Crowne Plaza Cleveland South (5300 Rockside Road in Independence)
Friday, March 8 and Saturday, March 9

Register at www.USOD.org

Date/Time	Session Topic	Who Should Attend	Cost
Fri, March 8 6:00-9:00pm	Meet and Greet with Terri and Lecture/Discussion What's Normal: Sexuality across the lifespan. (physical, emotional, and psychological)	Adult Only Workshop Parent/Guardian of child with Ds Caretakers Educators Medical Professionals	\$10 per adult Heavy Appetizers
Sat, March 9 8:30-10:30am	Parent/Daughter Puberty Workshop Pre-adolescents will learn how their bodies will grow & change, and how to manage this change.	Parent/Guardian/Caretaker/ Educators/Medical Professionals and girls with Ds ages 9-15	\$10 per adult Ind. w/Ds Free Continental Breakfast
Sat, March 9 11:00am-1:00pm	Parent/Son Puberty Workshop Pre-adolescents will learn how their bodies will grow & change, and how to manage this change.	Parent/Guardian/Caretaker/ Educators/Medical Professionals and boys with Ds ages 9-15	\$10 per adult Ind. w/Ds Free Continental Breakfast
Sat, March 9 2:00-3:00pm	Relationships and Boundaries: Session 1 Older teens and adults will learn to understand the different types of relationships with people in their life.	Teens (15+) with Ds and Adults with Ds (Support person may accompany those who need assistance)	FREE Snack Station
Sat, March 9 3:00-4:00pm	Relationships and Boundaries: Session 2 Older teens and adults will learn appropriate touch & talk boundaries for different relationships. Rules for private parts will be discussed, and healthy and unhealthy boundaries are compared & contrasted.	Teens (15+) with Ds and Adults with Ds (Support person may accompany those who need assistance)	FREE Snack Station

Speaker Biography



Terri Couwenhoven, M.S. is an AASECT certified sexuality educator who specializes in developing programs and resources for people who have cognitive disabilities, their families and the professionals who support them. She is the author of *Teaching Children with Down syndrome about their Bodies, Boundaries and Sexuality: A Guide for Parents and Professionals*, *The Girls' Guide to Growing Up: Choices and Changes in the Tween Years*, *A Boy's Guide to Growing Up: Choices & Changes During Puberty* and her newest book, *Boyfriends & Girlfriends: A Guide to Dating for People with Disabilities*. When she is not teaching or writing, she is Clinic Coordinator for the Down Syndrome Clinic at Children's Hospital of Wisconsin. She is the mother of two girls. Her oldest daughter has Down syndrome.