

# Sexual Self-Determination Training and Certification Program

An Innovative & Interactive Professional Development Series!

## Introduction To Our Certification Program

The Sexual Self-Determination Training Program is designed to empower parents and professionals to respond to issues of sexual health and development in positive, proactive and person-centered ways, and to promote healthy sexuality and relationships for all people with intellectual and developmental diversity (disabilities).

Participants gain knowledge, skills, tools, and resources to increase their comfort, understanding, and ability to address important social-sexual issues. Some common examples include: Masturbation, Consent and Boundaries, Internet Use, and Navigating Relationships.

**Need Continuing Education Credits?** All 3 Tiers of this program have been approved for continuing education credits in multiple states. And we can work with you to get it approved if your state is not yet on our list! For more details, contact [mel@among-friends.org](mailto:mel@among-friends.org).

Included in this overview you will find:

[Program Outline and Program Dates](#)

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This is the printable (PDF) version of the program overview. You can also find this information online at: [among-friends.org/certification-program](http://among-friends.org/certification-program)

## Program Outline and Program Dates

The Sexual Self-determination certification program consists of three tiers. After taking Tier 1 you can decide whether to take Tiers 2 and/or 3, depending on your interests and goals. More details about each Tier are available online using the links below.

### **Tier 1: FOUNDATIONS**

This 3-day, highly interactive and engaging course can be taken as a stand-alone training to strengthen your skills, or as the first part of the full [three-part sexual self-determination certification program](#).

This training will give participants a broad set of tools to understand and support the sexual health and development of people they support. These tools are beneficial for anyone, and especially helpful for people who work with someone who experiences intellectual and/or developmental diversity (disabilities).

**Prerequisites:** none

**Requirements:** Attendance and active participation; Participants must also have a gmail account to access files and activities, a stable internet connection, familiarity with the zoom meeting platform, and participate in zoom meetings with their camera.

**Outcomes:** Participants will receive a certificate of attendance and can qualify for continuing education credits.

**Optional:** Participants will have the opportunity to take a post-training, open-notes assessment. If they pass with a score of 80% correct they will receive a certificate of completion and be eligible for Tier 2. Passing this assessment is required to move on to Tier 2.

\*Please Note: Attendance for all 3 days is required to receive a certificate of completion and be eligible for Tier 2. (Tiers 1 and 2 are prerequisites to Tier 3)

**Need Continuing Education Credits?** This training is approved for **continuing education credits** in multiple states. And we can work with you to get it approved if your state is not yet on our list! For more details, contact [mel@among-friends.org](mailto:mel@among-friends.org).

**Register now for any of our upcoming Tier 1: Foundations using [Eventbrite!](#)**

#### **Tier 1 Dates in 2023**

[Sep. 20-22, 2023](#)

[Nov. 1-3, 2023](#)

#### **Tier 1 Dates in 2024**

*(links coming soon)*

April 17-19, 2024

May 8-10, 2024

July 10-12, 2024

Sept. 18-20, 2024

Oct. 16-18, 2024

*Tier 1 is offered via Zoom from 9am-4pm PT each day.*

### **What Participants of Tier 1 Have to Say:**

*"This training pushed me to open up about sex, sexual body parts, and to be open and candid with others."*

*"The unit on Trauma and how it affects decision making toward sexuality was eye opening. I thought I had a good understanding of it, but you had me looking at it in another way and I really appreciated that."*

*"Discussing the rights of the people we support was invaluable."*

## **Tier 2: ADVOCACY**

This 5-month cohort experience empowers participants to continue to strengthen their skills in supporting and advocating for self-determination regarding sexual health, development, and healthy relationships through mentorship, education, and skill-building activities.

With support of the facilitators, participants of Tier 2 will each create a unique tool and a personalized advocacy plan for supporting individuals with ID/DD regarding sexual health and development. Graduating participants will have access to using all the tools created by their cohort group as well as **all former and future cohort groups**.

**Prerequisites:** Attendance at Tier 1 and a passing score of 80% of the Tier 1 assessment.

**Requirements:** Attendance and active participation in the monthly cohort calls and two mentorship calls, viewing the pre-recorded materials and giving feedback, and successful completion of an advocacy plan and a tool for supporting sexual health and relationships. Participants must also have a gmail account to access files and activities, a stable internet connection, familiarity with the zoom meeting platform, and participate in zoom meetings with their camera.

**Outcomes:** Participants who fulfill the requirements will receive a certificate of completion and are eligible for Tier 3. They will also have on-going access to the library of resources and tools created by their cohort, as well as all prior and future cohorts.

**Need Continuing Education Credits?** This training is approved for **continuing education credits** in multiple states. And we can work with you to get it approved if your state is not yet on our list! For more details, contact [mel@among-friends.org](mailto:mel@among-friends.org).

## **Tier 2 Dates in 2023**

Aug 9 - Dec 13, 2023  
(2nd Wednesdays)

The 2023 Tier 2 Cohorts are full.

## **Tier 2 Dates in 2024**

Aug. 14-Dec. 11, 2024  
(2nd Wednesdays)

Aug. 15-Dec. 12, 2024  
(2nd Thursdays)

If you have successfully completed Tier 1 and wish to register for Tier 2, contact [mel@among-friends.org](mailto:mel@among-friends.org).

**Please Note:** *The time commitment for Tier 2 is approximately 4-6 hours per month (depending on the complexity of your advocacy plan and tool).*

## **What Participants of Tier 2 Have to Say:**

*"I drew strength and confidence for my tool, advocacy plan, and my work from all of these lovely people who really validated the thoughts and points that I was trying to advocate for."*

*"I had to challenge a lot of my assumptions. It was not so much content as values that I worked on. I thought I was very progressive about sexuality and my clients, but I started to see that I had to challenge some of my own assumptions about abilities and disabilities and sexuality."*

### **Tier 3: TRAIN-THE-TRAINER**

This final two and a half-day training is for participants who want to train others regarding healthy sexuality and relationships. Participants will learn how to facilitate the Sexual Health and Relationships Education (S.H.A.R.E.) Curriculum.

Participants will prepare to present S.H.A.R.E. to other professionals, caregivers, and family members in local communities. It will offer deeper learning in specific concepts, teach important facilitation skills, and provide opportunities for participants to practice presenting the curriculum.

**Prerequisites:** Attendance at Tier 1 and a passing score of 80% of the Tier 1 assessment AND successful completion of Tier 2.

**Requirements:** Attendance and active participation; Presentation of pre-assigned curriculum material to a peer group; Participants must also have a gmail account to access files and activities, a stable internet connection, familiarity with the zoom meeting platform, and participate in zoom meetings with their camera.

**Outcomes:** Participants will receive a certificate of completion and will be Certified SHARE Instructors. They will also have on-going access to the curriculum files and updates in order to be able to deliver the most up-to-date materials.

**Need Continuing Education Credits?** This training is approved for **continuing education credits** in multiple states. And we can work with you to get it approved if your state is not yet on our list! For more details, contact [mel@among-friends.org](mailto:mel@among-friends.org).

### **Tier 3 Dates in 2024**

Mar 6-8, 2024

If you have successfully completed Tiers 1&2 and wish to register for Tier 3, contact [mel@among-friends.org](mailto:mel@among-friends.org).

### **What Participants of Tier 3 Have to Say:**

*"I have no way of expressing the positive impact this group of people has had on me. Grateful and humbled."*

*"I loved hearing about facilitation tips. I have been presenting for 20 years, and I still learned new things!"*

*"This is a great program to attend for more tools to put in your tool belt on Sexual Health."*

\*Please Note: At this time this program is available entirely online. When we are able to offer in-person sessions once again we will be sure to announce it through our various outreach methods.

For More Details, email Our Training Program Coordinator, Mel! [mel@Among-friends.org](mailto:mel@Among-friends.org)

## How This Program Started

Professionals, caregivers, and families told us they need professional training to better support sexual health and healthy relationships for people who experience intellectual and developmental diversity (disabilities), also known as ID/DD.

To meet this critical community need [Among Friends](#), [The Arc of Oregon / OTAC](#), and the [University Center for Excellence in Developmental Disabilities \(UCEDD\) at OHSU](#) partnered together to design this formal, three-tiered Sexual Self-determination certification program - each organization bringing different areas of specialty to the project.

## Program Goals

The objective of this program is to build capacity for communities to respond to issues of sexual health and development in positive, proactive and person-centered ways, and to promote healthy sexuality and relationships for people with disabilities.

The certification program provides participants with opportunities to:

- Learn about the basics of sexual health and development
- Communicate with ease and professionalism about sexuality
- Encourage healthy sexual expressions
- Feel confident when supporting people who are engaging in challenging sexual behaviors
- Provide specialized support for sexual health and healthy relationships to people with intellectual and/or developmental diversity (disabilities).

## Perks for Participants

### Not-So-Naughty Bits Newsletter and First Friday Roundtable!

#### Not-So-Naughty Bits

All participants of the Sexual Self-Determination Program receive an extra special newsletter from us!

We created a unique monthly newsletter just for participants of the program and we cheekily named it the Not-So-Naughty Bits! (because we want to do our part to end the shame and repression of our basic human needs) This is where we'll share ideas, program updates, resources, stories, fun photos, interviews, and much, much more!

Ultimately, our deeper goal is to build a community of parents and professionals dedicated to supporting each other and to the work of promoting and advocating for Healthy Sexual Development - especially for people who experience ID/DD.

If you have participated in any tier of the program and you are not receiving your copy, be sure to check your spam folder (and be sure to mark us as a safe sender!). If you still don't have it, contact [mel@among-friends.org](mailto:mel@among-friends.org) to be sure we have your current and correct email and contact info!

## First Friday Roundtable

Participants of the Sexual Self-Determination Training and Certification Program also have access to a special opportunity. We host a First Friday Roundtable exclusively for them!!!

**When?** First Friday of Every Month

**Time?** 1:00pm - 2:30pm PT

**Where?** Online via Zoom

During the roundtable, current and former participants of the Sexual Self-Determination Certification Program meet to share ideas, network, and talk about different topics that will help each other in this work.

The roundtable is also a great place to get support with any issues you may be dealing with in the area of sexual self-determination for the people you support!!!

If you have participated in any tier of the program and want to present or lead a breakout room, email us at: [trainings@among-friends.org](mailto:trainings@among-friends.org)

## About Our Training Team



**Shanya Luther, M.Div.  
Founder and Director  
Among Friends, LLC**



**Melanie Moseley, M.A.  
Training Program Coordinator  
Among Friends, LLC**

