Deep Dive Session B

There's No Place Like Home for Sexuality Education: Supporting Healthy Sexuality Throughout the Lifespan

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Parents are the primary sexuality educators of their children but research indicates parents often want and need considerable help and support in this role. This workshop is designed to help parents understand the critical role they play in helping their sons and daughters with Down syndrome become sexually healthy adults.

Learning Objectives:

1. Identify 5 altered scripts commonly experienced by individuals with I/DD
2. Describe how-to's for teaching sexuality education
3. Identify 5 foundational concepts for healthy sexuality and resources for teaching

About the Speaker:
Terri Couwenhoven, M.S. is an AASECT certified sexuality educator who specializes in developing programs and resources for people who have intellectual and developmental 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 for teens and young adults, 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.