

Slide 1

The Friends and Relationships Course

Paths to Adulthood – Coming of age with ASD

Jill Ryan, PhD
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Format for classes

- 3 Series of 8 two-hour classes each
 - *Series I: Strangers, Acquaintances, Friends*
 - *Series II: Romantic Partners*
 - *Series III: Intimate Relationships*
- Inclusive training – parents, guardians, staff, etc.
- Train-the-trainer model may include:
 - Licensed therapists, other professionals
 - Parents, guardians, staff
 - Self-Advocates

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Social Skills Teaching Objectives

Strangers - Safely getting to know someone new; awareness and safety

Being Your Own Friend – Developing positive self-identity

Communication – Having conversations; assertiveness and conflict resolution

Doing things – Learning self-reliance skills for choice and community participation

Doing things with friends – Arranging and carrying out activities with others

Being in Charge of Your Support – Having good working relationships with key, trusted support people for greater choice and independence

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Social Skills

- Rules of Friendship
- I Am Somebody
- Keeping a Conversation Going
- Self-Reliance Skills
- Making a Plan to do Something

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Rules of Friendship

- Do things together
- Talk about feelings and experiences
- Help each other
- Like each other for who they are, not what they have
- Have known each other for a long time and can trust each other

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I Am Somebody

Important things that I

- know about myself and
- want others to know about me.

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I Am Somebody

- Something I know a lot about
- Things I like to do and am good at
- Jobs I have had
- Family, pets, friends
- Favorite things to do on weekends
- Favorite movies and music

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Keeping a Conversation Going

- Ask *Questions*
 - "What kind of a dog is it?"
- Make *Comments*
 - "Wow. That must have been scary!"
- Give your *opinion*
 - "I prefer water to soda because it is healthier."
- Make *compliments*
 - "I like that you just say what you mean."

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Self-Reliance Skills

- Places you go on your own
- Transportation
- Phone/cell phone
- Tools (planner, calculator, calendar, watch, wallet)
- Time and money skills
- Media (newspapers, internet)
- Health (food, exercise, medical)
- Privacy
- Which of the skills listed above are your best?
Which of these skills would you like to work on?

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Making a Plan

Where to go and what to do:

- What day, what time?
- Where should we meet?
- How much money should I bring? Explain.
- How will I get there? Explain.
- Will I be using the phone? Explain.
- Who will support me about this plan? Explain.

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Sexuality Teaching Objectives

- **Birth** - The miracle of birth and his/her own birth
- **Reproductive anatomy** – The parts of the body involved in sexual pleasure and intercourse
- **Masturbation** – The concept of masturbation and body parts involved; privacy
- **Sexual acts** – Exposure to different sexual acts between same- and opposite-gender partners
- **Birth control** – Information that is male- and female-specific
- **STIs**– Infections that can be spread through sexual intercourse and how to prevent them
- **Health Care** – Maximize self-advocacy and decision-making in health care

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Sexuality – Birth

- Birth Process
- Body Image
- Reproductive Anatomy
- Menstrual Cycle
- Fetal Development
- Birth

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Birth Process

Birth process card game:

- Delivery
- Conception
- Labor
- Fetal Development
- Birth
- Breast Feeding
- Pregnancy

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Body Image

We all know that **EVERYBODY** is different and beautiful.

We can also say that **EVERY BODY** is different and beautiful.

We are often the last ones to love our bodies and find beauty in ourselves.

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Letter to a part of my body

Dear stomache

I hate looking at you everyday
– cause of you no one wants
to be my friend and no one
wants to be my boyfriend

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Responses of small groups

You're beautiful. Don't let your stomach get in the way of making friends or boyfriends. You attractive. You have a good personality.

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Reproductive Anatomy

<p><i>Male reproductive anatomy</i></p> <ul style="list-style-type: none">• Penis<ul style="list-style-type: none">• Erection• Circumcision• Scrotum• Testes• Anus• Pubic hair	<p><i>Female reproductive anatomy</i></p> <ul style="list-style-type: none">• Breasts• Three openings<ul style="list-style-type: none">• Urinary• Anus• Vagina• Vulva• Labia• Clitoris• Pubic hair
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Menstrual Cycle

- Menstruation
 - Natural part of being a woman
 - What does it mean to have a period?
 - How to manage a period?
- Fertilization and Implantation
 - How does the menstrual cycle relate to getting pregnant?
 - How does a woman get pregnant?

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Fetal Development

TRUE or FALSE?

If a person is going to have a disability, the disability is there before he or she is born.

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Birth

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GRADUATION

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Thanks for coming.

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