

## Positive Choices seminar information:

Positive Choices © has become one of the most popular seminar choices for InclusiveU students. Over the last three semesters, we have learned a lot about the curriculum and the needs of the InclusiveU students.

While we feel that ALL adult students with intellectual and developmental disabilities have a need for and the right to information about sexuality and relationships, InclusiveU students are coming in with different levels of understanding on these topics. Some students have experience in dating, other students have no experience, but are interested in having romantic relationships, and others are still learning the basics of sexuality. In order to better accommodate the instructional levels and developmental needs of the students, beginning in the fall of 2017, we will be offering Positive Choices instruction in the following ways.

### **Positive Choices, Level one:** (Independent study with mentor or family)

Most appropriate for students still developing knowledge of sexuality and reproduction. Choice of individual book or workbook: *Boyfriends and Girlfriends* or *Men and Women and the Awesome Facts of Life*

Students are welcome to attend women's only or men's only sessions during the semester.

### **Positive Choices, Level two** (One day seminar, one day online)

This section will meet in room 320 HH on Thursdays from 1:00 PM to 1:50 PM.

Students will complete an online module independently to expand and to reinforce concepts discussed in seminar.

Topics include:

Review of human sexual anatomy and reproduction

What is consent?

Sexual orientation

Flirting and dating

Safe sexual touching

Healthy relationships and relationship red flags

### **Positive Choices, Level three** (One day seminar, one day online)

Mondays in room 320 HH from 11:00-11:50 AM

Students will complete an online module independently to expand and to reinforce concepts discussed in seminar.

[Students **must** complete Positive Choices Level two before registering for Level three]

Topics include:

Making good decisions about sexual behavior

Choosing birth control options

Pregnancy and childbirth

LGBT issues

Sexual health, including sexually transmitted infections and healthcare  
Avoiding sexual mistakes  
Sexual harassment and violence

**Please note the following in making your decisions:**

- Positive Choices Levels two and three involve frank discussion of sexual anatomy and practices. Students will be urged to consider their own values while discussing their personal decisions and will be expected to respect the decisions of others in the seminar, even if they disagree with them.
- Positive Choices level two is **mandatory** for students planning to live in the residence halls and level three is strongly suggested. If students have not taken Positive Choices, level two before moving in to the residence halls, they will be **required** to enroll in the seminar during their first semester on campus.
- In order to accommodate as many students as possible for this popular seminar, students may repeat level 2 or level 3 **only** if there are available seats. Students who have not already taken the seminar will be given priority in registration.
- Several InclusiveU students have expressed an interest in having a few sessions over the year that are “males only” and “females only” facilitated by male or female instructors. These sessions will be open to any students who have participated in any level of Positive Choices since we began offering the seminars. Pre-registration will be required! We will publish the dates sessions at the beginning of each semester.