

*Resources for*

## **HEALTHY RELATIONSHIPS, SEXUALITY, AND PREVENTION OF ABUSE**

### **POLICY STANDARDS**

*Approved by the FNRC Board of Directors and the Area II Board*

- Education and Training
- Privacy of Information
- Relationships
- Marriage
- Sexual Abuse
- Boundaries
- Privacy of Space & Personal Care
- Sexual Expression
- Parenting
- Sexual Misconduct
- Drug and Alcohol Abuse Prevention

### **TIPS AND INFORMATION**

*What can your agency do to implement the Policy Standards?*

**www/farnorthernrc.org/mylifemychoice or call Area II Board (530) 895-4027**

### **CONSUMERS AND STAFF TRAINING BY SELF-ADVOCATES**

*SAY (Same as You):* respect everyone, seeing the person behind the disability

*Abuse Prevention Team:* teaches consumers to stand up against abuse

*CAAT (Abuse Awareness):* teaches staff to identify and end the culture of abuse

*ME and YOU:* basic co-ed course on self-esteem, dating, and relationships

*Respect Yourself:* healthy relationships and sexuality course for adults

**To schedule a presentation call We Care A Lot (530) 223-7771**

### **PERSONAL CARE GUIDELINES (VIA IPP)**

*A booklet for people who need help with personal care*

- Privacy
- Safety
- Decreases Abuse
- Permission
- Same Way Every Time
- Increases Self-care

**Referral by FNRC Service Coordinators or for information call CLO (530) 877-7320**

### **PEOPLE WITH DEVELOPMENTAL DISABILITIES HAVE A RIGHT TO:**

- ... **GROW** into adulthood and adult relationships
- ... have a **SAFE** place to live and work
- ... be given **INFORMATION** in order to be able to form **HEALTHY** relationships

