

❤️ Are you passionate about helping your community and sharing about relationships and our rights 📜? Do you want to learn more ways to be a great advocate 🗣️ for yourself and others? 🌍 If you said yes, check out the new . . .

🎓 PEER EDUCATOR TRAINING ON SEXUAL HEALTH

For adult self-advocates who are clients of Redwood Coast Regional Center.

💻 WHAT IS IT?

This is an online sex education class 💻. You'll learn about sexuality 🌈.

You'll learn how to share what you know with friends and peers 👤 and help them 🙌.

The class is about the rights 📜 of people with disabilities ♿ and neurodivergent 🧠 people. It covers safety 🗝️, health 🩺, laws ⚖️, and social issues 👥.

Number of classes: 20 classes on Zoom ⓘ

Length: Each class will be 1 hour & 30 min long, with a break. 🕒

Time: Thursdays, 5-6:30pm. 📅

Dates: February 1 through June 13, 2024. 📅

Participants will receive: A binder with resources 📚, condoms 🏠, an educator kit 🧳, and a stipend of \$20 for each class attended. 💵

👤 WHAT WILL IT TEACH?


The class will teach some sexual health topics that are important to everyone. The students will choose what the rest of the topics will be. Here are examples of the topics:





How to teach someone to put on a condom 🏠

How to go to a doctor/clinic to access sexual healthcare 🏥

How to support someone who is "coming out" as LGBTQ+ 🏳️‍🌈

How to help someone in an unhealthy relationship 🚫💔


How to help someone who has been sexually assaulted 


How to advocate for the sexual health of yourself   and your peers  




YOU CAN JOIN, IF...

You are an RCRC client.

You are an adult (18 years or older). 

You advocate for yourself. 

You want to help others. 

You want to learn more about sexuality & sexual health.  

You can use Zoom, with or without support. (Support people are welcome!) 

You can be available on Thursdays from 5-6:30 pm, in the spring of 2024. 



HOW TO JOIN

(1) Contact Kate

Email Kate at KateJ-A@KJAHealthEducation.com or call at (707) 633-3818.

You can get help to do this, or other parts of the class.

(2) Sign an ROI with Kate & RCRC

Sign a Release of Information (ROI) with your RCRC Service Coordinator. They will send your last IPP to Kate, so Kate can learn how to be a good teacher for you.

(3) Schedule a “Get To Know You” Meeting

Before Kate can invite you to join class, you'll have a one-on-one meeting on Zoom. After this, Kate will put you on a waitlist for other education OR invite you to join!



TEACHER

Kate Jamison-Alward, MSW (pronouns: they or she)

Kate is a Sexuality Educator with 12 years of experience. They led the Sex Ed Social Group & workshops with Trajectory's theater group. Visit Kate's website for more info: [KJAHealthEducation.com](https://www.kjahealtheducation.com)