



ME AND YOU!

Healthy Relationships Series

A Program of We Care A Lot Foundation

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Me and You Course Description

The *Me and You* Educational Series is a four-week course teaching adults with developmental disabilities about healthy relationships. A firm knowledge of the boundaries surrounding different relationships in our lives is important not only in a social context, but also for personal health and safety reasons whether at home with staff, or with peers at day program, or while chatting with friends online. Movies, interactive class exercises, and entertaining role-plays help demonstrate how we can all have healthy and happy relationships, with everyone from strangers and staff, to TRUE friends and sweethearts.

Me and You is a highly effective abuse prevention tool, especially when taken just before the *Respect Yourself* series on healthy relationships and sexuality. Peer Instructors teach this information in an easy-to-understand format through speaking, visual presentations, picture-based handouts, games, role-plays, movies and more. The *Me and You* Educational Series offers a professional way to provide this necessary information for abuse prevention to any adult receiving services from Far Northern Regional Center, free of charge.

❖ **Getting to Know ME!**

- Signs of good and poor self-esteem
- How to improve our self-esteem
- Importance of having a good relationship with ourselves first
- Exploring why we may want different relationships, such as a friend or sweetheart

❖ **Different Relationships**

- Close and Personal relationships are the people closest to us that we love
- Public relationships can be with people we know and see while out during the day
- Working relationships are with people that help, such as staff or a service coordinator
- What a stranger REALLY is and why that includes people we have just met or met online

❖ **Privacy and Boundaries**

- ALWAYS private vs. SOMETIMES private vs. PUBLIC
- How privacy and boundaries keep us safer from abuse
- Boundaries we should have at work and online
- Learning our own talking and body boundaries
- Friendly or loving touches vs. public or helping touches

❖ **Healthy Relationships**

- Signs of a healthy relationship
- What good communication is
- Signs of an unhealthy relationship
- What abuse looks like in person and online and over the phone
- Safety Rules that can help prevent abuse

Please contact us for more information or to schedule a series. You can reach us online at www.wecarealot.org/respect or email us at respectyourself@wecarealot.org.

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