

# SOAR



## ADULT SELF-ADVOCATE LESSON SERIES

at The Arc of Weld County

SAVA Center and The Arc of Weld County are excited to present SOAR, an educational, weekly program designed for adults with intellectual and developmental disabilities! Using engaging activities, tools, discussions, and presentations, SOAR aims to reduce rates of sexual violence among individuals with IDD. ***We will meet in person three times from 4:45pm - 6:00pm for three consecutive weeks*** and learn about a variety of important topics.

### Boundaries & Communication

5/9/23

- Different types of boundaries
- How to recognize & set your boundaries
- How to respect other people's boundaries

### Consent & Healthy Relationships

5/16/23

- The importance of asking for consent
- How to ask, say no, and hear no
- Aspects of healthy relationships

### Sexual Violence Prevention

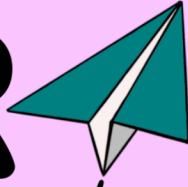
5/23/23

- Difference between sexual harassment & sexual assault
- What do do if you or someone you know ever experiences sexual violence
- It is never the victim's fault

Contact Leticia Arguello, Advocacy Manager for The Arc of Weld County, for more information and to register.  
(leticia@arcweldcounty.org, 970-353-5219 ext. 1)



# SOAR



## PARENT NIGHTS

with The Arc of Weld County

SAVA Center and The Arc of Weld County are excited to present SOAR parent nights, an opportunity for parents of individuals with intellectual and developmental disabilities to come together and learn about the SOAR curriculum and how to adapt the information for your own home! Using engaging activities, tools, discussions, and presentations, SOAR aims to reduce rates of sexual violence among individuals with IDD. **We will meet twice via Zoom from 5:00pm - 6:00pm for two consecutive weeks** and learn about the following topics.

### **Public vs. Private & The Touching Rule** 4/25/23

- How to discuss the difference between public & private body parts, places, and behaviors
- Importance of discussing public vs. private
- How to discuss when it is okay vs. not okay for someone to look at or touch private body parts.

### **Consent** 5/02/23

- The importance of asking for consent
- How to ask, say no, and hear no
- Aspects of healthy relationships

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