

Healthy Relationships Presentation: Understanding Friendship, Dating, and Safety

This interactive presentation is designed specifically for adults with intellectual and developmental disabilities who want to better understand how relationships work and how to build connections that are respectful, safe, and meaningful.

The session provides clear, practical education on what healthy relationships look like across different types of connections — from acquaintances and friendships to romantic relationships — while reinforcing that all individuals deserve dignity, autonomy, and respect.

What Participants Learn

During the presentation, participants explore:

- The different types of relationships and how they develop over time
- The characteristics of healthy relationships, including kindness, honesty, mutual effort, and respect
- Common warning signs of unhealthy or unsafe interactions
- How boundaries protect personal comfort, safety, and independence
- The role of consent in both friendships and dating
- Practical ways to say “no” using words or body language
- How to identify trusted people when something does not feel safe

The curriculum emphasizes that healthy relationships grow gradually and require communication, shared effort, and respect for personal space and preferences.

Format and Teaching Approach

- Delivered as a 45–60 minute live session (virtual or in-person)
- Highly interactive, using discussion prompts and real-world scenarios
- Includes guided practice identifying healthy vs. unhealthy behaviors
- Designed to be accessible, concrete, and supportive of varied communication styles
- Includes two handouts: member quick-reference guide and a caregiver reinforcement summary

The presentation is appropriate for mixed-ability groups and can be delivered to members independently or with caregiver involvement.

Caregiver Participation

Caregivers, staff, and family members are strongly encouraged to attend. Their presence helps reinforce learning at home, supports consistent expectations, and allows trusted supporters to continue conversations about safety, communication, and relationship goals after the session.

Investment

- \$149 for virtual delivery
- \$299 for in-person delivery