

Steps to Your Health (STYH) Curriculum Overview:

This is a fun physical activity and nutrition program specifically designed for people with I/DD. Participants will meet in small groups over video conferencing with a Health Educator. There will be about 6-8 participants per class and the classes will meet once a week for 1 hour for 6 consecutive weeks. All classes are interactive, and each session will include a group exercise such as stretching and walking or mindfulness activity. All activities will be modified to meet everyone's physical needs.

Lesson 1: Orientation

Objectives: 1) Get to know one another and the instructor 2) Learn how to use interactive aspects of video conferencing 3) Create community agreements/rules for the course 4) Learn about goal setting 5) Build a sense of community.

Lesson 2: Nutrition

Objectives: 1) Examine your typical diet 2) Identify bad food choices that can result in medical problems 3) Identify good food choices that will increase your quality of life 4) Identify high-risk situations 5) Develop ways of dealing with high-risk situations 6) Develop goals of the program 7) Develop weekly goals 8) Develop a two-week eating program

Lesson 3: Nutrition II

Objectives: 1) Identify healthy food choices for a healthier you 2) Understand a food label 3) Exercise at least 20 minutes per day and gradually work up to one hour per day 4) Do a relaxation activity for at least ten minutes and gradually work up to at least 20 minutes.

Lesson 4: Exercise

Objectives: 1) Do warm-up and cool-down stretching (flexibility) exercises 2) Exercise 30 minutes five days a week 3) Do a relaxation activity at least 10 minutes a day and gradually work up to 20 minutes a day 4) Drink a glass of water with each meal and before and after exercising 5) Wear comfortable shoes and clothes while exercising

Lesson 5: Stress and Pain Management

Objectives: 1) List three signs of stress 2) Do a stress management technique for at least 20 minutes per day 3) Understand the benefits of daily stress management 4) Exercise at least 30 minutes per day 5) Discuss ways to prevent/combat daily stress

Lesson 6: Behaviors to Stay Healthy

Objectives: 1) Determine what triggers eating and exercise patterns 2) Monitor behavior to determine which behaviors you are pleased with and which behaviors you need to work on changing 3) Identify one behavior you would like to change 4) State two positive ways to practice a desired behavior 5) Discuss the difference between relapse and lapse 6) Identify your own high-risk situations and plan for lapses 7) Discuss the difference between weight loss and weight maintenance 8) Prepare a healthy snack as a group

Socialization To Enhance Participation and Support Sexuality (STEPS2) Curriculum Overview:

Participants will meet one-on-one with a Health Educator to learn about social skills, sexual health, and how to access reproductive health care. The health education meetings will take place over video conferencing once a week for 1 hour, for 6 consecutive weeks. The classes will cover topics such as decision making, sexual health, healthy relationships, preparing to go to the doctor for reproductive health and self-advocacy. The sessions will be tailored to meet the needs and learning styles of the individual. The curriculum shares information based on facts and is not value-based, which allows participants to incorporate their own beliefs and values.

During the introduction and throughout the sessions the participant and educator will review the program goals together, determine the participant's current understanding of relationships and sexual health and then jointly identify topic areas of particular importance to the individual. The educator will also ask about the participant's learning styles and any accommodations.

Lesson 1: The Human Body

Objectives: 1) Identify and describe the parts of the body related to reproduction/sex and their functions 2) Discuss sex, gender and sexual orientation 3) Discuss personal hygiene 4) Learn about menstruation, masturbation, sex, and reproduction

Lesson 2: Decision Making

Objectives: 1) Discuss how to make informed life decisions 2) Learn how to consent to wanted touch/intimacy/sex and to ask for consent 3) Identify how alcohol and drugs can affect decisions and actions 4) Describe and identify your personal ideas about friendship and dating 5) Discuss respect for others' personal space 6) Know the differences between healthy and unhealthy relationships 7) Identify potential outcomes of having sex, both positive and negative 8) Learn ways to promote your own self-esteem 9) Understand what to consider when deciding to engage in sexual activity 10) Learn ways to identify and respond to victimization

Lesson 3: Sexually Transmitted Infections

Objectives: 1) Define Sexually Transmitted Infection (STI), also called a Sexually Transmitted Disease (STD) 2) Describe how you can get an STI 3) Discuss symptoms of STIs 4) Identify different STIs 5) Learn how to discuss symptoms of STIs with a doctor 6) Discuss how to avoid STIs 7) Identify the steps of how to use a condom

Lesson 4: Birth Control

Objectives: 1) Learn the importance of using birth control 2) Increase knowledge on different birth control options 3) Learn how to use several types of birth control 4) Identify a type of birth control that may be right for you 5) Learn how to talk about birth control with partners and health care providers

Lesson 5: Pregnancy & Parenting

Objectives: 1) Define pregnancy 2) Describe how someone becomes pregnant 3) Identify options people have once they become pregnant 4) Describe how babies are born 5) Learn ways people can become parents if they don't want to get pregnant 6) Identify what resources or support new parents need 7) Create a "ready to parent" checklist 8) Define postpartum care and what happens after giving birth.

Lesson 6: Going to the Doctor for Sexual Health

Objectives: 1) Identify reasons for going to the doctor related to sexual/reproductive health 2) Determine if you have a doctor with whom you can discuss sexual health, and if not, how to find a doctor, and prepare for doctor's appointments 3) Draft a list of sexual health-related topics and questions to discuss with your doctor 4) Know what to expect when visiting a doctor 5) Keep track of medical records and vaccinations