



Relationship and Sexuality Education

Oak Hill's Center for Relationship & Sexuality Education (CRSE) broadens access to important sexual health information and addresses the vulnerability to sexual abuse experienced by people with intellectual and developmental disabilities. We provide learning materials and professional development to individuals, families, caregivers, medical professionals and educators.

Curriculum for Youth

Positive Choices is our comprehensive curriculum for youth with developmental and intellectual disabilities to learn about the life cycle, safe boundaries, healthy relationships, sexuality and more. Complete classroom materials include easy-to-understand lessons and a comprehensive teaching guide, which includes:

- instructional units based on national comprehensive school health standards
- best practices and further resources for educators
- scenarios for discussion, role-play and skill rehearsal
- differentiated chapter tests that assess knowledge and judgment
- student manuals with assignments to reinforce program concepts

An efficacy study of *Positive Choices* was completed by researchers at George Mason University in Virginia, indicate statistical significance for the intervention groups in acquiring sexual health knowledge.

Workbooks for Adults

Oak Hill offers a series of workbooks that provide detailed relationship and sexual health information for adults with intellectual and developmental disabilities. These materials - available online at no cost, in English and Spanish - aim to increase critical judgment about safe relationships and sexual health. Topics include: trust in relationships, consent, right touch/wrong touch, sexual health exams, prevention of pregnancy, sexual orientation, and so much more.

"I appreciate the structured guidance these lessons provide when teaching these important topics."

~ Educator

Professional Development

We provide in-depth customizable training for parents, caregivers, professionals, medical providers, clinicians, and social service administrators.

“One of the best Professional Development seminars I’ve been to in my 17-year career.”

~ Educator

Consider a Gift to Oak Hill!

Every gift Oak Hill receives makes a difference in the lives of people we serve throughout the state of Connecticut. Donors express their gratitude, honor a loved one, or share a part of themselves with others; the outcome of these gifts are extraordinary.

To donate visit: OakHillCT.org or mail your gift to **Oak Hill Attn: Development Dept.**
120 Holcomb Street, Hartford, CT 06112

#SevenTimes Awareness Campaign

People with intellectual and developmental disabilities face a rate of sexual assault that is SEVEN TIMES higher than those without disabilities. This is a staggering statistic made all the more concerning since sexual assault in general is an underreported crime, and individuals with disabilities face unique barriers to reporting, meaning that the rate is likely even higher. Oak Hill fights to end this epidemic. Join us by raising awareness of this epidemic by using the #SevenTimes tag in your social media posts, sharing this statistic with others, and always reporting suspected abuse.

“The workshop was well organized, presenters were very knowledgeable, and engaging. Our team is excited to implement this program to meet the needs of our students with developmental disabilities in a much needed area of health and safety instruction.”

~Educator



contact us

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