

»» CLASSES OFFERED AT COR

COST: \$250.00/per course/per person

CLASS SCHEDULE: visit www.cornn.com

- Class availability determined by group needs and demand
- Consent required before class participation
- Learner Assessment
- Direct Support Professional (DSP)/aide/assistant required to attend with learner
- Safe Boundaries orientation is recommended for the DSP/aide/assistant
- All materials provided
- Payment required prior to first class session
- Fees are non-refundable

»» SAFE BOUNDARIES CURRICULUM

This four course curriculum includes the following material:

- Lesson Plans
- Worksheets
- Staff Concepts
- Power Points for each lesson
- Sample materials for education systems, providers, parents, guardians, and all those working with the learner
- \$499

Train the Trainer Workshops teaching instructors how to incorporate this program are offered separately.

Separate Curriculum also available:

Safe Boundaries for the Workplace for \$99



To purchase the curriculum, class schedules, registration or more information contact the Training Department at

www.SafeBoundaries.org
or 507-764-4612

“Turning Challenges into Opportunities”

»» ABOUT COR

Community Options & Resources is a private, non-profit organization serving individuals of all ages who have unique needs: physically, mentally, emotionally, and/or behaviorally. COR is committed to the care of the whole person, including: the mind, the body and the soul.



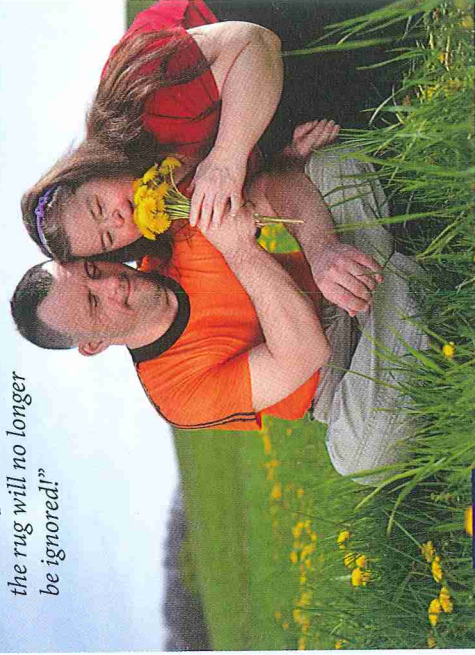
COR provides services in Minnesota.

For a visual tour of homes and availabilities, visit us at www.cornn.com.



SAFEboundaries personal living

“The elephant under the rug will no longer be ignored!”



Human development /
sexuality educational
program for individuals with
developmental disabilities.



www.SafeBoundaries.org

SAFEboundaries

Safe Boundaries is an educational program designed to teach people with disabilities social and sexuality skills.

»»» OUR BELIEFS

- All people need information and skills to keep themselves safe.
- Education in healthy self-concept, emotions, privacy, relationships, awareness, and assertiveness is information to help deter physical, emotional, and social harm.
- Safe Boundaries encourages individuals to make sound decisions while developing positive attitudes and respect towards themselves and others.

»»» SAFE BOUNDARIES PROVIDES

- Sensitive, meaningful curriculum
- Safe learning environment
- Honest answers to honest questions
- Respectful social interaction
- Activities/games encouraging practice and review
- A co-educational learning environment
- Training for instructors
- Class concepts for staff and family

»»» SCOPE & SEQUENCE

Courses taken in sequence is most beneficial.

Course #1

Understanding Yourself Concepts include:

- Classroom Orientation
- Communication
- Self-Esteem
- Individual Strengths & Needs

Course #2

Relationships Part I Concepts include:

- Teasing & Bullying
- Respectful Assertiveness
- Recognizing Feelings and Emotions
- Healthy Expression of Emotions
- Types of Relationships

»»» SCOPE & SEQUENCE

Each course focuses on self-esteem, personal rights/ rights of others and safe places and safe people.

Course #3

Relationships Part II Concepts include:

- Types of Relationships (continued)
- Relationship Roles
- Relationship Boundaries
- Trust and Relationships
- Relationship Emotions
- Introduction to male/female anatomy and intimacy
- Touch and Relationships
- Relationship Privacy
- Communication and Relationships

Course #4

Sexual Decision Making Concepts include:

- Gender Identification
- Parts of the Body
- Puberty and Body Changes
- Detailed anatomy regarding physical health and intercourse
- Health and Hygiene
- Sexual Behavior
- Sexual Values
- Reproduction
- Sexual Decision Making
- Birth Control
- Consent and Sexuality
- Sexuality and Privacy

**For more information, contact
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