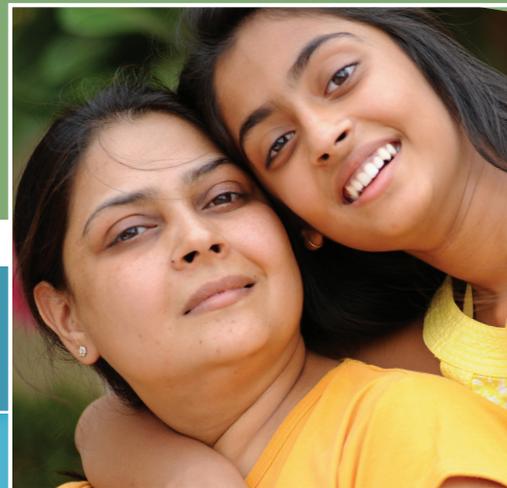


Healthy Relationships



The Parental Guide for Success

An overview of how this program works, the topics covered, the benefits of participating and how you can help your child

Part of the Healthy Relationships Curriculum Series

What makes this program successful?

The *Healthy Relationships Curriculum* was designed around evidence-based practices (EBPs) and interventions taught by trained educators. Research has shown that EBPs are effective when taught concretely and consistently. Examples of EBPs used in the program include:

- Comprehensive lesson plans
- Videos and visuals
- Demonstrations
- Role plays
- Repetition
- Parental involvement
- Modeling
- Small group instruction
- Outcome tools and data collection
- Aid in achieving mastery of IEP/transition goals

What topics are discussed?

- Washing and bathing
- Dental care
- Bathroom etiquette
- Privacy
- Health education
- Social media
- Types of relationships (friend, acquaintance and bully)
- Communication skills
- Physical affection
- Dating
- Personal boundaries

How will my child benefit from participating?

- Helps your child develop stronger relationships with family members
- Empowers your child to better understand the world around them
- Enables your child to become a productive member of society
- Provides real-life answers to questions your child has or may be curious about
- Educates your child on what is safe and unsafe in various real-life situations



What is the Healthy Relationships Curriculum?

The *Healthy Relationships Curriculum* is an extensive, one-of-a-kind program developed by special education teachers, mental health therapists and psychologists for schools and organizations that serve students and young adults with special education needs. The purpose of the program is to prepare young people for a successful transition into adulthood and help them develop positive relationships with family, friends, the community and anyone else they may encounter in life.

How can I best support my child and the program educators?

- Keep in contact with your child's educators on their progress
- Discuss the topics being taught with your child. They will have questions! Make sure to answer them honestly.
- Provide modeling with the hygiene and social skill lessons
- View and review the materials (videos, lessons and supplemental materials)
- Complete and return the data collection tools that are sent home. This will help the educators get a complete picture of your child's skills.
- Utilize teachable moments at home and in the community to help strengthen the appropriate skills
- Help your child understand when something doesn't make sense
- Celebrate any successes with your child, no matter how small!

Here's what parents (like you!) are saying.

“

Every student in high school should have access to this.

- Greg P.

“

Healthy Relationships is exactly what my daughter needed!

- Ebony W.

“

The program covers so many different aspects of adolescence.

- Michelle M.





PRODUCT OF



Healthy Relationships Curriculum
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