



**The Moore Center**  
*Creating opportunities for a good life.™*

## **HEALTHY RELATIONSHIPS CURRICULUM**

### **GROUP MISSION AND GOALS**

The purpose of this group is to address areas of growth and build skills for individuals on the autism spectrum or with intellectual disabilities in the areas of self-care, healthy sexuality, relationship development and internet safety. This may include but is not limited to: knowing how to care for hygiene needs, knowing the name and function of various body parts (ex. sexual organs) and knowing how to engage in relationship building. Additionally, this group serves to help participants learn how to care for themselves, to understand their bodies and the biology of the bodies of the opposite sex, and to develop skills to address their many social needs such as: Differentiating between a friend and a bully; knowing when it is safe and appropriate to date another person; and how to engage with others in mutually giving relationships.

The group can extend, when appropriate to a second session that focusing on dating. The curriculum is adapted to incorporate skills that address dynamic risks specifically for individuals with a history of boundary violations or vulnerabilities related to relationships and online usage. The second session also seeks to address specific internet safety education based on the history and needs of the individuals attending.

This group follows an evidenced-based curriculum, with limited adaptations, and uses a trauma informed lens. Due to the timeframes for some groups, the group may cover certain modules based on client's needs. With a context of increasing personal safety, the group seeks to help individuals to increase understanding of themselves, their bodies, and to form healthy relationships within the community.

More information about the full curriculum is found at  
<https://healthyrelationshipscurriculum.org/>