

# POSITIVE CHOICES

A Program on Healthy Relationships, Sexuality, and Safe Boundaries  
For Secondary Students with Intellectual and Developmental Disabilities



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The Center for Relationship & Sexuality Education  
A program of Oak Hill

Hartford, Connecticut

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*Positive Choices* is an innovative program designed to increase critical judgment about relationships and sexuality. It was piloted in the Greater Hartford area with guidance from an advisory board of self-advocates, parents, clinicians and administrators, who provided valuable insight based on their years of personal and professional experience. Decision-making and skill development are emphasized throughout the program.

This comprehensive curriculum includes:

- 31 instructional units based on State Department of Education Comprehensive School Health Standards
- A wealth of best practice information, suggested extension activities and resources
- Teaching strategies that clearly present desired results, assessment evidence, and a learning plan that includes both content and process
- Over 220 scenarios for discussion, role-play and skill rehearsal
- A CD-ROM with anatomical illustrations to support sexual health units
- Differentiated chapter tests that assess knowledge and judgment
- Rubrics to assess skill development and generalization to daily life
- A fully illustrated student manual with supplementary assignments and opportunity for parental reinforcement of program concepts



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Lucille Martin Duguay is a Licensed Clinical Social Worker and Certified School Social Worker in the State of Connecticut. She established the Oak Hill Center for Relationship & Sexuality Education and serves as the Program Director. Her commitment to therapeutic education that reduces vulnerability to sexual abuse and sexual mistakes for people with intellectual and developmental disabilities led her to develop this proactive program. She is also the author of *Breast Health for Women with Intellectual Disabilities* (2007).