

# RUA

RAISING UNDERSTANDING & AWARENESS



## 2010 Training Courses

### One Day Workshop

This workshop is designed to support staff and carers understand the key areas to think about when supporting a person with an intellectual disability to live as a sexual person and have friends and relationships.

Topics covered include:

- Identity, friendships, relationships for people with disability
- Introducing Hi 5 - a framework to work from
  - The Legal Context in Ireland
  - Declaration of Rights for People with Disabilities
  - Capacity and Consent
  - Health and Safety
  - Values and Faith
- The PLISSIT model
- Policies for Best Practice

Dates : May 13th , July 7th , November 10th

**External Organisation Participation: € 150 for first staff member, €125 for every subsequent staff member**

For further information call Adrienne on 01-2814139  
or e-mail [rua@sjog.ie](mailto:rua@sjog.ie) [www.ruasjog.ie](http://www.ruasjog.ie)



St John of God Community Services Ltd

*Hospitality – Compassion – Respect – Justice - Excellence*

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## 2010 Training Courses

### 10 day Facilitators Course

'Facilitating a Friendship, Relationship And Sexuality Educational Programme for Men and Women with an Intellectual Disability'

This training supports RUA educators to undertake a basic needs assessment with individuals and then design a programme to respond to the needs of a specific group of people with common interests and ability. The course is accredited by Dublin Institute of Technology and takes place over a period of six months in three modules with a follow up day.

#### Course Content includes:

- Models of best practice in relationship and sex education
- Sexual development through the lifecycle
- Content related to friendship, relationship and sex education
- Lesson plan development
- Styles of learning
- Needs assessment and evaluation
- Group facilitation
- Legal and human rights
- Consent and capacity
- Policy implementation
- Resources
- Values, attitudes and comfort levels

**FRSEP9:** Feb 17th—19th; March 22nd—24th ;April 21st—23rd; May 26th

**FRSEP10:**Sept 22nd—24th; Oct 27th—29th; Nov 29—Dec 1st; Jan 12th

**External Organisation Participation: € 1500 for first staff member, € 1250 for every subsequent staff member.**

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