Connection through Friendship, Love, and Intimacy

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Social Connections

- Lower rates of stress, anxiety and depression
- Higher self-esteem and empathy
- Positive social, emotional, physical well-being
- Better emotion regulation skills
- Help you live longer
What are some of the relationships we have in our lives?
Finding One’s Voice,
Living my Adult Dream
Friends and Relationships Course
FRC

- Social Skills Practice and Development
- Learn about Sexuality, Values, and Self-Awareness/Expression
- Learn and Understand Sexual Health Topics
"Every human being is beautiful. Each has their own needs, wants, desires, and passions which serve to complement and influence their experiences."
-Yoni Jesner
Self-Care Activities: I Love Me!

Relaxation - Nature videos, music, guided imagery

Movement and Exercise Activities

Positive Thinking & Affirmation Statements

Breathing Exercises

Laughter and Jokes

Identify our Feelings and Emotions
I am Somebody because.....
FRC Encourages Social Connections: Quality and healthy relationships

- Conversations
- Planning Get-Togethers
- Phone/Virtual Conversations
- Texting/Social Media
- Communication Styles - Passive, Assertive, and Aggressive
- Asking for What You Want/Saying No
- Identifying the differences between friends, strangers, and acquaintances
- Working with a Support Person You Trust
Talking Topics
Write as much as you can in each box. The more details the better.

<table>
<thead>
<tr>
<th>Interests and Hobbies</th>
<th>Favorite Foods and Drink</th>
</tr>
</thead>
<tbody>
<tr>
<td>I like to read books</td>
<td>I like Chinese food</td>
</tr>
<tr>
<td>I like to sing</td>
<td>My favorite drink is coke</td>
</tr>
<tr>
<td>I like going places</td>
<td>I like Chinese food there is rice</td>
</tr>
<tr>
<td>I like to watch</td>
<td>I like pizza</td>
</tr>
<tr>
<td>I like to cook</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Jobs I have had</th>
<th>Family, pets, Growing Up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tesco</td>
<td>I have a dog</td>
</tr>
<tr>
<td>I wash pet at pan</td>
<td>I have two bothers</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Current Events</th>
<th>Places where I go or places where I want to go.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Special Olympics</td>
<td>I like going to the movies with my friends and looking around at the mall</td>
</tr>
<tr>
<td>Bowling</td>
<td></td>
</tr>
<tr>
<td>Movies</td>
<td></td>
</tr>
</tbody>
</table>

Passive Communication
Timid
unsure
looking away
not listening
not paying attention
not communicating
ignoring
sad
doesn't like what is going on

feelings - not sharing how you actually feel
When you don't share how you actually feel what happens?
-they can't read your mind, if you don't tell them how you feel they don't know.
-not going to get what you want
-letting people make decisions for you
-not standing up for yourself and what you want or need
FRC Encourages Social Connections: Meaningful Friendships

- Characteristics of a friend
- Difference between a friend, stranger, and acquaintance
- Healthy and Unhealthy friendships
- Finding things in common and planning a get-together
- Setting boundaries
- How to make friends
- Working with a Support Person You Trust
- Self-Awareness and Values
What is a friend?

Someone who...

Building new Friendships in FRC classes
FRC Encourages Social Connections: Stronger Interdependent Relationship

- Mutual Collaboration
- Learn, practice, and improve skill-building together
- Support guide
- Promotes informed decision making and autonomy
FRC Encourages Social Connections: Romantic Relationships

- Differences between friendships and romantic relationships
- Flirting/Attraction
- Sexuality
- Dating
- Healthy and Unhealthy Relationships
- Break-ups
- Working with a Support Person You Trust
- Setting Boundaries in a Relationship
- Asking what you want in a relationship
- Saying no in a relationship
Asking for What You Want: Break Up

**When you...**

call me all the time and I don't answer you get mad or upset

**I feel...**
sad, upset and not free

**Because...**
you don't want me to talk to my male friends at the recreation center.

**What I want is...**
to have freedom to talk to my friends and if you don't like that then I am going to have to just friends with you.

Let’s Talk About Dating!

**What do you do to get ready for a date?**
- shower
- get ready
- make sure you have transportation
- confirm plans
- nice and casual clothes
- skirt or dress
- deodorant
- perfume/cologne

**Where are some good places to go on a date?**
- movies
- eat - restaurants
- picnic at park
- sport event or concert
- hiking
- walking around the neighborhood
- dancing
- BINGO
- Flea Market
- Farmer's Market
- Bowling
- clubs/bars
- waterfall
- Pool/Billiards

**What should you not do on a date?**
- stay home and watch tv
- wear pajamas
- show up late
- don’t show up at all - GHOSTING
- Don't be on your cell phone
- Don't be distracted
- Don't talk about your ex's
FRC Encourages Social Connections: Intimate Relationships

- Menstruation, Conception, Birth Process and Fetal Development
- Sexual Desire
- Pleasure and Orgasm
- Working with a Support Person You Trust
- Different kinds of touch
- Barrier methods & Condom Usage
- STIs
- Consent - Asking for What you Want and Saying No
- Communication about sexual health
- Healthy and Unhealthy Relationships
- Sexting/Online Sexual Behavior
- Q&A about love and sex
Final FRC Thoughts & Experiences
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“The consciousness of loving and being loved brings a warmth and a richness to life that nothing else can bring.”

-- Oscar Wilde