

POSITIVE | BEHAVIOR | SUPPORT | CONSULTING

& PSYCHOLOGICAL RESOURCES, P.C.

PBS Adult Continuing Education
at
the Charles B. Wang Center
on the campus of **Stony Brook University**

Fall 2019:
Healthy Relationships
And Human Sexuality

Wednesdays, 1:30 - 3 PM

Class dates are

Sept. 11, 18, 25; Oct. 2, 9, 23, 30; Nov. 6, 13, 20; Dec. 4, 11

Class size maximum is 12 students

REGISTER TODAY!

Tuition for the course is \$425.00 for the semester. PBS can receive payment directly from an approved 3rd party payer (FI).

See reverse side for course description.

Visit our website for schedule of classes and detailed registration instructions.

Registration: <http://www.positivebehavior.org/adult-education.html>

Healthy Relationships and Human Sexuality

Sexual feelings and needs are a healthy and normal part of life. The primary focus of this course will be self-advocacy in human relationships and sexuality. Sexual self-advocacy empowers people to have healthy romantic relationships, to make informed choices, to be safe, and to express their desires and needs.

Topics covered will include:

- Sexual Orientation and Gender Identity,
- Changes in Puberty
- How Our Bodies Work
- Caring for Your Body
- Healthy Body Image
- Reproductive Safety
- Consent

This course will provide resources and tools to make healthy sexual choices. Students will learn and use medically accurate, and age appropriate, correct terms that prepare them to talk about their body and their experiences. Lessons will consist of a variety of lectures, small group work and engaging activities to learn complex material in a fun and memorable way.

Meet the Instructor



Laura H. Pace, M.S, LMT is a Health Educator, Wellness Specialist, and Licensed Massage Therapist. She has worked in the field of Massage Therapy for over 23 years and has a Master of Science in Health Education. Over the last decade she has taught several college courses in NH, MA, and NY, and currently teaches courses in Healthy Relationships and Human Sexuality. Laura is the owner of All Ability Wellness, LLC in East Setauket, NY where she provides individual and small group health education community classes. As the parent of a child with special needs, Laura is devoted to health promotion and disease prevention by educating and supporting all of the families she works with.

PBS Adult Continuing Education classes are taught using various instructional methods tailored to the specific needs of adult learners. Students will be encouraged to develop critical thinking, research and study skills, and utilize technology for learning and collaboration. All students inherently benefit from being engaged in an active college environment.



Space for class made possible through a grant from
Positive Behavior Support Community Foundation

