

HEALTHY SEXUALITY WORKSHOPS
PROVIDED BY KIWANIS CLUB OF SOUTH MISSISSAUGA
SUMMARY 2022

March 2022 brings to close the provision of Healthy Sexuality Workshops afforded to individuals with a **developmental disability** through the generous donation provided by the Kiwanis Club of South Mississauga.

In 2017 the Kiwanis Club of South Mississauga partnered with Peel Behavioural Services (PBS), Trillium Health Partners, providing \$15,000 each year for 5 years to allow PBS to provide much needed education in the area of Healthy Sexuality.

In 2017 PBS developed the curriculum for the Healthy Sexuality Workshop, purchased resources and materials, and partnered with key school representatives to develop a plan as to how to provide and advertise the workshops. Additionally the PBS's waitlist was reviewed to determine who would benefit from such education.

PBS partnered with Applewood and TL Kennedy Secondary Schools in 2018. Fifty students were provided with the workshop which consisted of 10-12 sessions. Twenty school staff benefitted from participating in the workshop with their students, affording them the ability to reinforce and generalize the curriculum taught.

In 2019 PBS offered the workshops again to students at Applewood Secondary school and an additional 25 students were able to attend along with their school support staff. A workshop was provided to parents of the students who attended so that they too would be able to support their child with the curriculum taught.

At the end of 2019 and early 2020, PBS was working with Erindale Secondary School to provide the Healthy Sexuality workshop to its students and staff. In January 2020, a professional development day presentation was provided to the staff at Erindale SS regarding the importance of teaching Healthy Sexuality to individuals with developmental disabilities. PBS initiated the workshop and provided three sessions to a total of 16 students at the end of February and beginning of March 2020, at which time services were halted.

March 2020 saw the onset of a global pandemic and as such all direct services were ceased. As a result of the uncertainty due to the COVID pandemic, services through the Kiwanis Club of South Mississauga funding was halted until it was determined how best to provide the workshops.

The balance of the yearly funding for 2020 was approved to be rolled over into the 2021 year with the Kiwanis Club of South Mississauga, reducing their direct dollar donation for the 2021 year as a result of the pandemic.

As the COVID pandemic continued, 2021 allowed PBS to provide numerous Healthy Sexuality workshops virtually. An all adult female, one full week of daily workshops was offered in July, with 6 women in attendance. In August, an all adult male one full week of daily workshops was offered, with 9 men attending.

An 8 week, one session/week children's workshop was hosted from October-December 2021 with 7 individuals attending.

Again as a result of the pandemic, unused funding was approved to be carried over into 2022. This allowed PBS to offer a final 6 week workshop for children, which consisted of 6 participants.

During the duration of offering the online sessions, some of the participants had challenges either in attending due to health concerns or unplanned schedule conflicts. As a result these individuals were supported by a Behaviour Therapist and received 1-1 direct education.

Through the course of the Covid19 Pandemic, an additional 30 individuals were provided with the Healthy Sexuality education in 2021/22. Many of these participants had either family or support staff accompanying/assisting them throughout the workshop sessions, which again allowed for the reinforcement and generalization of skills taught.

As with the direct workshops offered at the Secondary Schools, all virtual workshop participants were sent a comprehensive information booklet which consisted of the curriculum presented - materials to enhance learning and resources for future learning.

The Kiwanis Club of South Mississauga were unable to provide the yearly dollar donation for the last year of the project, however they made a very generous donation via Staples gift cards. One of the ways that PBS utilized these gift cards was the purchase of supplies to make material/craft kits for client's future use to enhance learning.

The generous donation provided by the Kiwanis Club of South Mississauga to PBS has allowed over 100 individuals with **developmental disabilities** to obtain much needed education regarding healthy sexuality, which otherwise they may not have been able to receive. Additionally over 50 mediators attended these workshops and are now able to support these individuals by reinforcing and generalizing the skills taught.

Both Erindale and Applewood Schools have subsequently reached out to PBS and requested a continuation of these workshops to their students. Along with numerous other schools in Peel Region inquiring as to how to make these workshops available to their students.

Although 2 years of the 5 year funding occurred during the global pandemic, PBS was able to move from in person workshops to a virtual platform, which was very successful.

It has been an absolute pleasure to work with the Kiwanis Club of South Mississauga to make sure valuable and needed education is available to individuals with **developmental disabilities** in South Peel. On behalf of the individuals supported, their mediators, and the PBS staff, we would like to thank the Kiwanis Club of South Mississauga for their generosity and support as we delivered this invaluable education.

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