

A large, diagonal yellow brushstroke graphic that starts from the bottom left and extends towards the top right, partially overlapping the text.

# The Arc of PA Sexual Violence Prevention

*ISAC June 13, 2018*

Maureen Cronin

# The Arc of PA Include Me and ADEPT Project



# ADEPT

*Achieve with us.*



# *The Arc of PA Partners with Dr. Mary Jo Podgurski*

- The Arc of PA partnered with Mary Jo Podgurski to train 21 staff and consultants for 5 days on the Me Too curriculum
- Additional training on the Inside Out program; an innovative approach to child abuse prevention that is body-positive, affirming and empowering



# *The Arc of PA Partners with Dr. Mary Jo Podgurski*

- All staff became Master Facilitators of the Inside Out Curriculum



# Me Too™: Proactive Education for Sexual Health

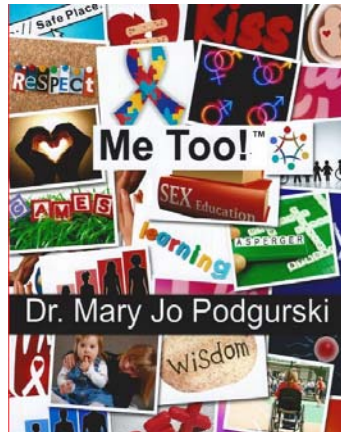
*Achieve with us.*



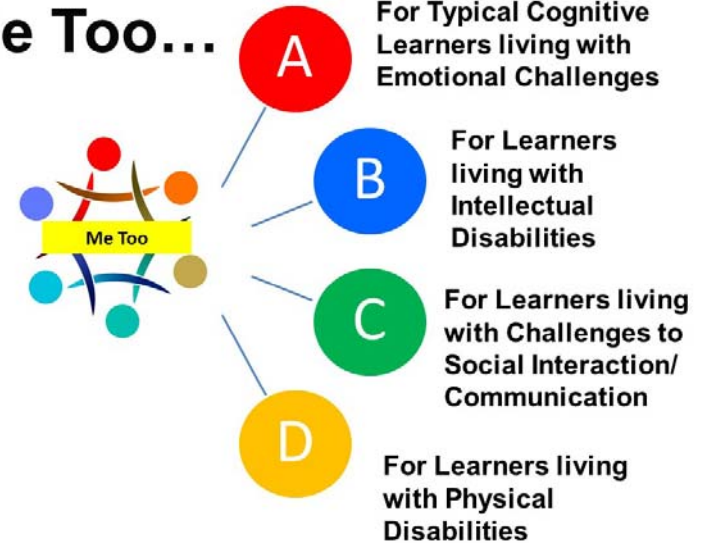
# What is Me Too™?

Created and Tested with Self-Advocates

Me Too™ is a Resource Manual accompanied by **Reproducible PDFs** of Activities for Adults



Me Too...

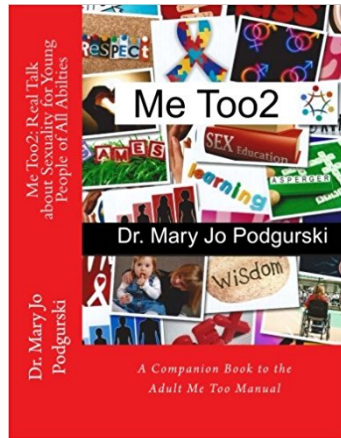


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# *What about Teens, Children and Parents?*



Me Too2 Focuses on  
Adolescent Needs

Created and tested with teens

Coming Soon:

Me Too™ for **Preschoolers**  
– **8<sup>th</sup> Graders**, with a  
**Parent/Caregiver Guide**

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# Topics From Me Too™

- Informed consent
- Me too philosophy and concept
- Myths and Information
- Relationships
- Sex and Sexual Health
- Body Image
- Gender and Gender Identity
- STI's and HIV/AIDS
- Legal issues.... Rights





# Me Too™ Philosophy

1. Each Person is a Person of Worth
2. All People are Sexual Beings
3. Sexual Feelings and Needs are Healthy and Normal
4. Questions and Curiosity are OK
5. It is a Person's Right to have a Relationship
6. All People have the Right to Ask for What they Need



# Me Too™: Real Talk

## Me Too™: Real Talk about Sexuality for People of All Abilities

- Past training history with The Arc of Greene County and The Arc of Washington County
- Dr. Podgurski presented at the National Arc Conventions in New Orleans and in Orlando

*Previous efforts by The Arc of PA  
to address safety and trauma  
concerns*



- The Arc of PA program staff were trained in:
  - Trauma informed care models; Dr. Karyn Harvey, The Arc of Baltimore MD
  - Safety Plans to prevent sexual abuse; Theresa White-Walston, WOAR

# **The Arc of PA Advocacy and Policy Conference**

**Session: Unpacking the Dynamics of Sexual Violence**  
presented by Kayla Houser, Outreach Coordinator for PA Coalition Against Rape and Carolyn Morgan, Board President of SAU1. Received nothing but positive feedback!

# **The Arc of PA Advocacy and Policy Conference**

**Session: Me Too: Every Person is A  
Person of Worth**

**Speaker: Jim Settembrino & Christy Lewis**  
There was standing room only!



# **Pennsylvania Message**

**Newsletter topic will be dedicated to the prevention of sexual violence**

Questions?