

# Sexual Self-Advocacy

• • •  
**A group for youth with disabilities  
who want to take charge of their own sexual health!**

## Learn about:

- Keeping yourself safe
  - How your body works
  - Communicating your needs
  - Boundaries and consent
  - The do's and don'ts of dating
- • • •



Talking about sexuality doesn't mean that you need to have sex, it gives you the information and support to form healthy relationships and avoid dangerous situations.

----- **Space is limited!** -----

**In order to participate  
please contact:**

• •  
**Nelly Gomez**

Lead Youth and Information Coordinator

714-621-3300 ext. 316

ngomez@daylemc.org

