



*The Highland Friendship Club* wants to provide a safe community for its members as they grow and explore their personal lives. We want members to make positive life enriching choices as it relates to friendships, relationship boundaries and sexuality.

Working with Dana Castonguay from Matrix Consulting Inc., an expert in disability services and sexuality for the disabled, we created a “school” of opportunity for both educating our members and supporting their choices.

*HFC* purchased the “Sending the Right Signal” program from Matrix Consulting Inc., as one tool to support our members as they learn new skills.

### ***Are you sending the right signal?***

Often social cues are misconstrued or lost. This can lead to frustration, anger or even vulnerability to sexual exploitation.

In order to make good choices, people need to know and understand the rules that govern their personal and social lives. We hope this program will be a platform for that learning. Through training and at events, members will be cued using the actions below.



**STOP** behaviors include: close hugs, touching private parts, kissing, hand holding, tickling and uninvited touches.

**GO** behaviors include: handshakes, high fives, fist bumps, side hugs, wave, and personal space.

*The Highland Friendship Club's* excellent staff has created classes to support positive relationship building. They include:

101-SAFE (Sexuality Around Families/Environments): This class offers participants a general introduction to personal safety and boundaries. The 5 Safety Rules are covered and a guide to choosing relationships that support positive rather than negative experiences.

102-SAFE part two explores in more detail areas of sexuality not covered in SAFE 101.

103-Dating: For members that have or want to have boyfriend/girlfriend relationships and want to learn how to create fun and safe environments while dating.

