



S.T.A.R.S.: Skills Training for Assertiveness, Relationship-Building, and Sexual Awareness

Susan Heighway, Susan Webster

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Educate young adults and build their self-esteem so they can make informed choices!

Specially designed for teaching adolescents and adults with developmental disabilities, the STARS model focuses on four areas: Understanding Relationships, Social Skills Training, Sexual Awareness, and Assertiveness—with the goals of promoting positive sexuality and preventing sexual abuse. Assessment tools help identify the strengths and needs of each individual, and then the activities can be catered to address specific needs.

Goals and activities cover a variety of important skills:

- Building a Positive Self-Image
- Making Choices
- Learning Relationship-Appropriate Behaviors
- Engaging in Mature Relationships
- Identifying Body Parts and Understanding Their Functions
- Understanding Public and Private Behavior
- Understanding Sexual Feelings and Behaviors
- Understanding Reproduction
- Health Issues Related to Sexual Awareness
- Recognizing a Situation as Potentially Unsafe
- Learning to Say “No” and Using Basic Self-Protect

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From reader reviews:

Jeffery Fulmer:

Book is to be different for each and every grade. Book for children until adult are different content. We all know that that book is very important for people. The book S.T.A.R.S.: Skills Training for Assertiveness, Relationship-Building, and Sexual Awareness seemed to be making you to know about other information and of course you can take more information. It is extremely advantages for you. The guide S.T.A.R.S.: Skills Training for Assertiveness, Relationship-Building, and Sexual Awareness is not only giving you more new information but also being your friend when you experience bored. You can spend your personal spend time to read your publication. Try to make relationship while using book S.T.A.R.S.: Skills Training for Assertiveness, Relationship-Building, and Sexual Awareness. You never truly feel lose out for everything in the event you read some books.

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