



# HEALTH SERIES VIRTUAL COURSES

S E X U A L / B E H A V I O R A L H E A L T H S E R I E S

## Challenging Behaviors

- English [Register](#)
- 3 Weekly Sessions
- Tues, Jan 30-Feb 13, 2024
- 6-8pm



## Comportamientos Desafiantes

- Español [Registro](#)
- 3 Sesiones Semanales
- Martes, Abril 16-30, 2024
- 10am-12pm



## Pause Before You Respond

- English [Register](#)
- 3 Weekly Sessions
- Wed, Jan 31-Feb 14, 2024
- 6-8pm



## Pausa Antes de Responder

- Español [Registro](#)
- 3 Sesiones Semanales
- Miércoles, Abril 3-17, 2024
- 10am-12pm



## Bribery vs. Reinforcement

- English [Register](#)
- 3 Weekly Sessions
- Thursdays, Feb 1-15, 2024
- 6-8pm



## Soborno vs. Refuerzo

- Español [Registro](#)
- 3 Sesiones Semanales
- Miércoles, Marzo 6-20, 2024
- 10am-12pm



## Behavior Principles

- English [Register](#)
- 6 Weekly Sessions
- Wed, Mar 6-Apr 10, 2024
- 6-8pm



## Principios del Comportamiento

- Español [Registro](#)
- 6 Sesiones Semanales
- Martes, Mar 5-Abr 9, 2024
- 10am-12pm



## Positive Interactions

- English [Register](#)
- 3 Weekly Sessions
- Thursdays, Mar 7-21, 2024
- 10am-12pm



## Interacciones Positivas

- Español [Registro](#)
- 3 Sesiones Semanales
- Jueves, Abril 4-18, 2024
- 10am-12pm



## Consensual Adult Relationships

- English (Only) [Register](#)
- 7 Weekly Sessions
- Tues, Mar 5-Apr 16, 2024
- 4-6pm



## Having "The Talk"

- English (Only) [Register](#)
- 7 Weekly Sessions
- Tues, Mar 5 - Apr 16, 2024
- 6-8pm



## Teen Awareness

- English (Only) [Register](#)
- 7 Weekly Sessions
- Wed, Mar 6-Apr 17, 2024
- 4-6pm



## Puberty Awareness

- English (Only)
- 7 Weekly Sessions
- Coming May 2024



## Adult Sexual Health Education

- English (Only)
- 7 Weekly Sessions
- Coming May 2024



- New courses every 2 months | Nuevos cursos cada 2 meses
- Take courses in any order | Toma cursos en cualquier orden
- Registration closes on the first class day | La inscripción cierra el primer día de clase
- Interpretation available via Service Coordinator | Interpretación disponible a través de su coordinador



# BEHAVIORAL HEALTH SERIES

## ■ COURSE OVERVIEW

The **Behavioral Health Series** is founded on the principles of Applied Behavior Analysis. Caregivers will learn techniques to address challenging behaviors and routines by implementing positive behavioral strategies. This course is for caregivers of young children, adolescents, and adult individuals with varying diagnoses. All classes are **2hr weekly sessions** presented in a **3 or 6-week series** format via virtual participation.

## ■ COURSE CURRICULUM

### Class 1: Behavior Principles

- Week 1 | Explore Behavior ABCs
- Week 2 | Define Behavior Functions
- Week 3 | Identify Replacement Behaviors
- Week 4 | Understand Reinforcement & Punishment
- Week 5 | Apply Proactive & Reactive Strategies
- Week 6 | Develop Behavior Support Plan

### Class 2: Pause Before You Respond

- Week 1 | Pausing Before Responding
- Week 2 | Understanding Challenging Behavior Causes
- Week 3 | Reducing Challenging Behavior Responses

### Class 3: Bribery vs. Reinforcement

- Week 1 | Bribery vs. Reinforcement
- Week 2 | Identify Reinforcers
- Week 3 | Apply Positive Reinforcement

### Class 4: Displaying Challenging Behaviors

- Week 1 | Attention & Access-Maintained Behaviors
- Week 2 | Sensory & Escape-Maintained Behaviors
- Week 3 | Importance of Every Interaction

### Class 5: Increase Positive Interactions

- Week 1 | Reflecting on Interactions
- Week 2 | Setting a Goal with your Child
- Week 3 | Consistency among Caregivers

CAREGIVERS

Founder / Clinical Director  
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Lanterman RC Vendor # PT1717 (FREE for Clients)

**BEHAVRIUM**  
HEALTH SERVICES

# SEXUAL HEALTH SERIES

## ■ COURSE OVERVIEW

The **Sexual Health Series** follows California's Healthy Youth Act (CHYA) guidelines, providing thorough, age-appropriate, and inclusive sexuality education for caregivers and individuals with any diagnosis. Each course is designed for specific audiences and includes a mandatory orientation session where caregivers consent for their minor children to participate. All classes are **2hr weekly sessions** presented in a **7-week series** format via virtual participation.

## ■ COURSE CURRICULUM

### Class 1: Having "The Talk"

#### CAREGIVERS

- Week 1 | Orientation
- Week 2 | Defining Sexuality Education
- Week 3 | Proactivity & Trustworthy Adults
- Week 4 | Male Body Awareness
- Week 5 | Female Body Awareness
- Week 6 | Pregnancy, STIs & Protection
- Week 7 | Additional Resources & Classes

### Class 2: Puberty Awareness

(AGES 10-13)

#### CHILDREN

- Week 1 | Orientation
- Week 2 | Introduction to Puberty
- Week 3 | Anatomy & Identity
- Week 4 | Reproduction & Transformation
- Week 5 | Boundaries & Safety
- Week 6 | HIV & Student Wrap-up
- Week 7 | Caregiver Q&A

### Class 3: Teen Awareness

(AGES 14-17)

#### ADOLESCENTS

- Week 1 | Orientation
- Week 2 | Puberty, Values & Consent
- Week 3 | Anatomy & Conception
- Week 4 | Birth Control & Pregnancy
- Week 5 | STIs & Safety
- Week 6 | Identity & Body Image
- Week 7 | Relationships, Consent & Decision-Making



# SEXUAL HEALTH SERIES

## ▪ COURSE CURRICULUM

### Class 4: Adult Sexual Health Education

(AGES 18+)

**ADULTS**

- Week 1 | Orientation
- Week 2 | Sexuality Education
- Week 3 | Biological Sex & Gender Identity
- Week 4 | Human Body & Sexuality
- Week 5 | Sexual Behaviors, Pregnancy & STIs
- Week 6 | Safer Sex
- Week 7 | Consent, Values & Decision-Making

### Class 5: Consensual Adult Relationships

(AGES 18+)

**ADULTS**

- Week 1 | Orientation
- Week 2 | Importance of Consent
- Week 3 | Relationship Types
- Week 4 | Friendship Significance
- Week 5 | Romantic Relationships
- Week 6 | Partner Communication
- Week 7 | Abuse Prevention