

# All humans are hardwired for connection.



A lack of social connection can have the same impact on our health as smoking 15 cigarettes a day. Without close relationships, our risk of early death increases by 50%, and we are more likely to experience depression and anxiety.

Friendship is such a vital part of life. In fact, the more social connections we have the more likely we are to live a long and healthy life. For neuro diverse individuals, having friends is just as important - but can be hard to come by.

This loneliness not only reduces quality of life, but it can also set the stage for abuse as individuals reach out for connection.

## FACTS

**50%**

half of neuro diverse individuals experience social isolation.

**1/3**

a third report having had no contact with friends in over a year.

**7x**

Neuro diverse folks are sexually assaulted at a rate more than seven times that for people without disabilities.

Neuro diverse women are among the most sexually abused population in the world.

## The important role of caregivers

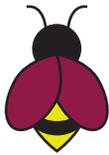
As parents, care workers, and front-line staff, we want to support those in our care to have happy and enriched lives while also keeping them safe.

By supporting them through education and open conversations around boundaries, consent, and healthy relationships, we can support them in building healthy relationships and important social skills while reducing their risk of abuse.

# The My Life My Body courses are here to support you.

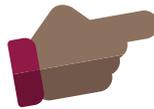
My Life My Body offers **comprehensive training** to provide parents, caregivers, and front-line workers with **practical advice and actionable tools**.

The training series offers eight modules that are full of learning, myth-busting, and practical tools you can start using right now:



**1**

*Human sexuality in everyday life*



**2**

*The Ethics of Touch*



**3**

*The role of the support worker in addressing sexuality issues and questions*



**4**

*Abuse prevention*



**5**

*Preparing clients and family members for puberty*



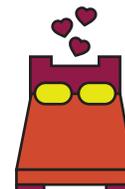
**6**

*Supporting clients and family to make friends*



**7**

*The language of sexual identity*



**8**

*Dating and Relationships*

**Take the My Life My Body courses today.  
Visit [mylifemybody.org](http://mylifemybody.org) for more information.**