



Wesley
Family
Services®

Healthy Relationships Outpatient Groups

WFS Bridgeville

100 Emerson Lane, Suite 1525
Bridgeville, PA 15017

WFS Monroeville

4250 Old William Penn Highway
Monroeville, PA 15146

WFS Wexford

16055 Perry Highway
Wexford, PA 15090

Wesley K-8 School

243 Johnston Road
Pittsburgh, PA 15241

Wesley High School

5250 Caste Drive
Pittsburgh, PA 15236

Supporting Independence, Safety, and Meaningful Connection

The **Healthy Relationships Curriculum** is a comprehensive, skills-based program designed for adolescents and young adults with Autism Spectrum Disorder (ASD) and/or other social, cognitive, or developmental challenges.

The curriculum focuses on three essential domains that directly support quality of life across adolescence and adulthood:

- Self-Care & Personal Responsibility
- Human Sexuality & Development
- Healthy Relationship Development

These skills are not optional extras. They are foundational life skills that many individuals need explicit, structured instruction to learn and maintain over time.

Why This Curriculum Matters

Over the years, we have witnessed the real pain and long-term consequences that can arise when these skills are not adequately supported: difficulties forming friendships, challenges with employment, social isolation, and avoidable legal involvement.

This curriculum was created to intervene early, teach proactively, and prevent harm to improve safety, promote independence, and nurture emotional well-being for both individuals and their families.

Flexible Delivery Settings

The Healthy Relationships Curriculum can be implemented across a range of environments, including:

- Behavioral health organizations
- Outpatient clinical settings
- Schools
- Juvenile justice programs

What Each Module Includes

Each module is fully developed and clinician-ready, including:

- Pre- and post-assessments to monitor progress
- Skill acquisition checklists and data-tracking tools
- Facilitator preparation guides
- Clear objectives and lesson purposes
- Structured lesson timing
- Required materials lists
- Step-by-step instructional guidance
- Group activities and discussions
- Scripted role-plays and demonstrations
- Parent/caregiver home supplements
- Visual supports



Curriculum Modules

Module 1 — Caring for Myself

- Personal hygiene (washing, bathing, dental care)
- Toileting and bathroom etiquette
- Bedroom organization
- Privacy and boundaries

Module 2 — Human Sexuality

- Puberty and physical development
- Anatomy and genitalia
- Sexual behavior and consent
- Pregnancy and childbirth

Module 3 — Relationship Development

- Types of relationships
- Bullying and peer conflict
- Social communication
- Affection and dating
- Social media use and safety

To learn more, contact our Centralized Admissions Department at **412-342-2270**.

wfspa.org