


Understanding Self, Others, and Relationships

A workshop for autistic adults on sexual and relationship health

Are you an autistic adult interested in building confidence and skills for navigating dating, relationships, and sexual health? You are invited to a supportive workshop designed just for you!

Workshop Details: <ul style="list-style-type: none">• Dates: February – April 2026• Time: Weekly, 90-minute sessions• Location: Towson University, Dept. of Family Science• Cost: Free	
Topics Covered: <ul style="list-style-type: none">• Healthy Relationships• Communication Skills• Consent & Boundaries• Dating & Intimacy• Sexual Health & Safety	Workshop Activities: <ul style="list-style-type: none">• Role-play & group discussions• Interactive exercises• Educational Resources
Family Component: <ul style="list-style-type: none">• Family-only online sessions for family member• Joint family sessions with autistic adults	
Research Component: <ul style="list-style-type: none">• This workshop is part of a research study on sexual and relationship health for autistic adults.• Surveys & Interviews (Voluntary)• Educational Handouts and Resources	
For More Information: Dr. Pooja Brar pbrar@towson.edu 410-704-4871	
Towson University IRB Approval #3198	