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**S.C. Department of Disabilities and Special Needs**

**STEPS: Family Planning & Pregnancy  
Resource Guide**

2<sup>nd</sup> edition prepared by: Margaret Holland, MSW and Suzanne McDermott, PhD  
USC Arnold School of Public Health, Department of Epidemiology &  
Biostatistics

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Prepared by: Suzanne McDermott, PhD  
USC School of Medicine, Department of Family & Preventive Medicine  
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## INTRODUCTION

This curriculum is written for individuals with intellectual disability who have a need for additional resources related to family planning and pregnancy.

This curriculum was developed to meet the needs of thousands of individuals with intellectual disability who have social lives but have different needs for information and support. In many instances, there are not resources available to people with disability in the areas of hygiene, decision-making, fitness and nutrition, and stress management. The lack of services can be due to difficulties with application procedures, eligibility criteria, transportation to the services and, most importantly, the level at which information is presented. This curriculum was written for people with disability who live in the community.

The central theme of the curriculum is that you need information to make good decisions. Learning about ways to have good social relationships, including romantic one should include discussion about these topics and the information should be presented using a learning style that best suits you.

We know that people with disability are more successful at their jobs, in their homes, and in the community if their social behaviors are consistent with community standards. This curriculum was written to help individuals and professionals develop positive behaviors related to socialization, sexuality and parenting.