

Teen Friendships & Dating Program

The Teen Friendships & Dating Program (TFDP) is a new program designed by the UAA Center for Human Development to teach adolescents with Fetal Alcohol Spectrum Disorder and/or Autism Spectrum Disorder how to develop and maintain healthy relationships and prevent interpersonal violence. TFDP sessions are held twice a week over a 10-week period in groups of 6-8 co-ed participants. Each session is approximately 1.5 hours for a total of 30 hours over 20 sessions. Session topics include: feelings, types of relationships, personal boundaries, communication, meeting people and first impressions, planning social activities, the dating process, personal safety, sexual health, and gender differences. To help reinforce learning in other settings, care providers are invited to attend an initial orientation and receive weekly guidance. We are recruiting teens to participate in these groups. We are looking for teens who:

- are between the ages of 16 to 21, if still in high school,
- experience Fetal Alcohol Spectrum Disorder (FASD) and/or Autism Spectrum Disorder (ASD),
- reside in the Anchorage area, and
- not have a history of perpetrating violent and/or sexual crimes.



If you are interested in participating or if you have more questions please contact Julie Atkinson at:
264-6250 or juliea@alaskachd.org



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