

A Support Guide for Navigating a Sensitive Conversation

Dear Advisory Board members,

Our upcoming discussion will focus on how health care providers address sexual violence with their patients with IDD.

We know this topic can bring up a wide range of emotions and reactions. This guide is offered as a supportive tool to help you engage in the conversation in a way that feels grounded and respectful of your own needs.

Before You Begin

- Move at your own pace when reviewing the materials.
- It's okay to pause, step away, or come back later if something feels overwhelming.
- You are not expected to share personal experiences.

During the Conversation

- Listen with care and curiosity, both to others and to yourself.
- Share only what feels comfortable. Silence and reflection are welcome.
- If emotions come up, know that this is a normal response to a difficult topic.

Grounding Tool: Box Breathing

If you notice stress, tension, or emotional overwhelm, this simple breathing exercise can help regulate your nervous system.

1. Inhale slowly through your nose for **4 seconds**
2. Hold your breath for **4 seconds**
3. Exhale slowly through your mouth for **4 seconds**
4. Hold again for **4 seconds**

Repeat this cycle 3–5 times, or as long as needed.

You can do this quietly during the meeting or while reviewing the materials.

Support and Care

- Supportive resources are included if you would like additional context or care.
- If you have questions or would prefer to connect outside of the group discussion, please reach out directly to Tori Glaude at glaude@thearc.org.
- Your wellbeing matters and it is important to take care of yourself.