

Association of University Centers of Disabilities  
Sex Talk for Self-Advocates Webinar  
February 13, 2019  
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>> Thank you everyone for joining us today. Lindsey Molace from the University of Kentucky and I, Julie Atkinson, from the UAA Center for Human Development are, that's University of Alaska Anchorage, are excited that we're able to host this webinar series. This is the fourth webinar in the series, an interest group is connecting people to sexual health resources and information, and this has been a fantastic series, and I'm very excited about our topic today and what we have in store.

So with that, I'm going to introduce our panel of sex educators who have been assisting us with this series. And we will jump right in. So wick go to the next slide, Anna. First I'd like to introduce Max Barrows. He is the director for Green mountain health advocates. He mentors youth and adults with developmental disabilities to speak up for themselves and become leaders. Max connects with people on all levels, advocating for true inclusion of people with developmental disabilities. In his work, he advances the message that when you need an individual with a disability, presume competence.

Next, we have Katharine McLaughlin, and Katharine is a national expert and she treats individuals, staff, and parents on sexuality and developmental disabilities. She teaches a sexuality -- she teaches sexuality education to people with intellectual and developmental disabilities as well as trains them to be peers sexuality educators themselves.

On the next slide, you can see that a great way to learn more about Kathryn's work would be to go to her website at [www dot elevatustraining.com](http://www.elevatustraining.com).

And our next panelist is Erica Thomas. Erica is a health educator at the Georgetown university center for human and -- excuse me, for child and human development in Washington, D.C. she serves as a liaison between family members, healthcare professionals and community providers that support people with disabilities. Erica develops and implements healthcare information curriculum and educations on a variety -- and education sessions on a variety of wellness topics, including sexuality for people with disabilities.

When she's not advocating for people with disabilities or promoting sexuality education in the community, she enjoys traveling the world and taking long baths. In terms of setting the stage for our webinar today, on the next slide you will see that our panelists will be using person first language. Some of these questions

that our panelists are going to be asking our guest speakers, we're going to be talking about relationships today, are questions that have been -- that we have collected from self advocates, and we're going to use their language, their words when they ask their questions. And we'll also be using medical terminology when we are talking about things related to sexuality and relationships. Opt next slide, you will see that there is a number on here. Given that relationships and sexuality are a very private and personal topic, at times, you might feel uncomfortable given the nature of some of the discussions. If for some reason that does happen, this is a crisis call center that you can call and they have staff and counselors there to help you work through the feelings that you might be having. We'll also, Lindsey will be manning our chat box today and Lindsey will be adding that number also to our chat box. So if you don't remember it from this slide, you can go back to the chat box and find that number. So take a quick minute and talk about our chat box and how to use that. On the next slide you will see that at the bottom of your screen, there is the little chat bubble, you can click on that to open your chat box. This is where you type in questions, comments, if you're having technical things, you can go ahead and put those in there and Anna will help us to address them.

We ask that throughout the webinar, if you do have questions for our panelists to please type those into the chat box. If you have a question for one of our guest speakers, please also include their names so that we can get that question to the right person to be addressed at the end during our question and answer session. If you have a comment that or a question that you don't to pose publically that everyone sees, you can send those directly to Lindsey Molace. So Lindsey, I'm going to check over here really quick, Lindsey will go ahead and put -- she'll do a note in the chat box, you guys can send a message directly to her and those won't be seen publically by everyone.

Just to go over how our webinar is going to work today on our next slide, we're going to first do a quick overview of common words in terms that we use when we talk about different types of relationships and relationships.

Next, we're going to really spend the vast majority of our time with our three educators interviewing self-advocates and asking them questions about their relationships and sharing some information with you. And, again, at the end, we'll do some time for question and answer.

This is our fourth webinar in this series. We've done three our webinars already. If you haven't had a chance to watch them or participate, I would encourage you to do that. Here are the links for those. They are also coming through in the chat box.

We've talked about relationships, we've talked about sex and intimacy, and we've also had one on sexually transmitted infections.

And oh, one last thing, if you guys could, if you are at a location where you are with more -- more than one person is at that location, in the chat box, if you guys could let us know how many people are in attendance with you, that just helps us with our records and participation. So with that being said, I'm going to wrap it up and I'm going to turn it over to Katharine McLaughlin and she's going to start by

reviewing some terms for us this morning and/or this afternoon, depending on where you're at, and we will start --

>> Sorry to interrupt really quickly, I just wanted to let everybody know, this is Lindsey, I'm logged in under Julie Atkinson, so if you're going to send those private questions for me to moderate for you, please send that to Julie Atkinson in the to line since my name won't be list there had.

>> Okay. Thank you so much. And I'll turn it over to Katharine.

>> Great. Thank you. Hi, everyone. So glad you're here. Happy week of Valentine's day. We decided to do this webinar about relationships for this week because it was Valentine's day, and I'm just going to go through a few definitions, and what we know is that a relationship is between two people, right, and it could be a man and a woman, it could be two woman, it could be two men, it could be someone who is transgender, we know that there are different sexual orientations and different couples. But what we're really focussed on here today is more about the different status, are you someone who is married, are you someone who is in a partnered relationship, so that's what we're really talking about, are these different types of relationships, are you someone that is single and enjoys being single? So let me just quickly review these definitions. So relationship, this defines where weather you're in a sexual romantic relationship or not. And if you're in a relationship, what type of relationship. There are some relationships that are called friends with benefits and some people are in a sexual relationship but they're just friends, he they don't have sort of a romantic long-term partnered relationship but they're really good friends, they don't do things with others like date or live together as a couple, so that's a type of relationship.

There are also people who are married when a couple decides to marry and it's a legal commitment, and it can be between a man and a woman, two women, two men. It's legal in all states to marry someone of the same sex as you.

And then a partnered relationship or dating might be the other term people use. It's a couple that has been together for awhile but they're not married. It could be a new relationship and they're just getting to know each other or they could be they could be together for a long while.

So the next slide, please. And dating, this is when two people are getting to know one another and enjoy being together, so similar to the partnered one, not married, not single but getting to know someone. They may not see themselves as a couple but going on dates with one another, like going to the movies or dinner dates or something.

Single, this is when a person is not in any of these other types of relationships, and some people who are single want to stay single and some people who are single are looking for someone with to date or become a couple with.

There's also, you might have heard of monogamy or monogamous relationships, and that's when two people have decided to only be sexual with one another, so it is called monogamy. And then some people are in relationships where they -- where it is called poly amorous or an open relationship where they might be in a relationship but they're also sexual with other people and they have that agreement as well. So there's lots of different ways that people are in relationships, and we're going to go through five different stories that people have

around their relationship status and some of the things they've learned as they've been in these relationships.

So we're going to start with Bonnie Gonzales, and I'm going to introduce her first. I met Bonnie when I was out in Michigan last June, and she was part of a three-day training that we did with self-advocates and professionals, and she became a sexuality educator. She was already a peer mentor in Michigan. And she is very thoughtful and has a lot of wisdom. And so when we were looking for people, she was someone that I thought of right away. So I asked her to be here, and she has agreed. Thank you, Bonnie, for being here.

>> Thank you for asking me.

>> Mm-hmm.

>> So can you, I'm going to do this in sort of a interview. Can you tell all of us what your relationship status is? What sort of a relationship are you in or not in?

>> Well, based on your definitions, I sort of feel like I'm in a partnered relationship because it's kind of half the dating, past the dating, we've been together for five years, so it's a little bit more committed than dating but we're not quite married and we don't live together.

>> Got it. Okay. Yeah. All right. So and how did your relationship start?

>> We met on-line.

>> You met on-line. What platform on-line?

>> Plenty of fish.

>> Plenty of fish. Okay. Great. And what do you like about dating or being in a partnered relationship? What are some of the positives?

>> I like having someone that knows me so well. And someone that I can share things with, but that I still get to be myself.

>> Mm-hmm.

>> That's important to me.

>> Mm-hmm. Yeah. So you like having someone but you like the independence as well of being yourself and not losing yourself in that relationship.

>> Yes.

>> What is one thing that you want people to know about being in a partnered relationship? Some wisdom of yours or something that's important?

>> That you don't have to lose yourself. When you -- when you get in a relationship, things change, part of each person changes as you get to know each other, but you don't have to give up all of you who are to be with someone else. And I think sometimes get lost in that idea and start -- and think that that is what has to happen to be with somebody else. But it isn't. It's much healthier for that not to happen.

>> Mm-hmm. Right. Yeah. So what would you say is going well in your relationship?

>> We have great communication. And I think it helps that we don't rush in to anything. So we take our time making decisions and we -- and we include each other in decisions that we make even though we don't live together, and we're independent from each other, we still communicate important decisions, like when I decided that I wanted to teach the sexual education and healthy relationship class, I still talked to him about it and I still explained why I felt it was

important. And I knew that I was going to do it anyway, but I still wanted his feedback and his feelings about it. It's important to have communication.

>> Mm-hmm. And it sounds like you kind of rely on each other to bounce things off of one another and talk about topics and?

>> Yes.

>> I'm so sorry to interrupt, but Bonnie, it is difficult for us to hear you. Is there any way you might be able to speak up or maybe be a little closer to the mic? But we're getting quite a few comments that it's hard to hear you.

>> Sure.

>> So maybe talk a little louder. Thank you so much.

>> Uh-huh.

>> We. We were just talking about relying on each other and getting, you know, getting each other's input. What do you struggle with in your relationship?

>> So we have a lot of distance between us. So we don't see each other often, and sometimes that's a good thing and sometimes it's a bad thing. So I think that probably complicates things a little bit. But that also helps us to keep the independence and helps keep the relationship so good.

>> Right. So there's sort of a natural barrier between you. What do you do to stay connected when you are far apart?

>> A lot of e-mail.

>> Mm-hmm.

>> A lot of e-mailing, yeah.

>> Yeah.

>> So --

>> Great.

>> Communication.

>> Yes, exactly.

>> Yeah. You

>> You got it. What are some things that you can work on in your relationship?

>> So things that we both have to work on are things that we do work on not necessarily that we have to but things that we do work on are being honest and open about our feelings. So when one of us has, like, an issue, we don't just bottle it up, we talk about it. We don't just let it stew and build and get resentful, we say, hey, I don't -- I don't necessarily agree with this or I didn't like this or, you know, you have to talk about it, especially with the distance because you can't -- you can't read someone's mind, and the distance makes it more difficult to hash things out. So you have to, again, communicate. To keep things good.

>> Yeah. Great. And what are some barriers or challenges that you've overcome to make this relationship successful? And I know you shared with me about past relationships as well. What has changed for you as far as comparing past relationships to this one?

>> Well, I think the thing that I had to learn was that I deserved, just like anyone else, to have a relationship, that my disability only played a factor in having a relationship if I allowed it to. And that it was up to me to accept myself, and that if I portrayed confidence in a relationship, then I would get confidence back. And that it's more important for me to accept myself and then other people can

accept me. And that is really where a healthy relationship starts. It starts with me, it doesn't really start with somebody else.

>> Right. Yeah. And it sounds like you finally came to that conclusion that you, you know, deserved a relationship and that it didn't matter if you had a disability and then you just projected that out there and met this person.

>> Mm-hmm. Yes.

>> Great. All right. So I think our time is up, Bonnie. Thank you so much for taking the time to tell us your story. Now I'm --

>> Thank you.

>> I'm sorry. Go ahead. You were going to say something.

>> No. Thank you. That's all.

>> Oh. Sure. And I'm going to pass it over to Erica and she is going to -- or, is that right, Erica?

>> Yes.

>> Hi, everybody. My name is Erica Thomas, I'm one of the educators. So for my interview, I did them over a video. So you're going to see a video of Mr. Lindsey Wilkes, and lipped see could not be here with us today. So if you have any specific questions for him, you can type them in the chat box and then I'll get with him and we'll answer them for you.

>> This is Julie. I'm also going to see, we'll put the link to the YouTube video in the chat box. Because we all have different bandwidth and internet connection, if the video does come across on your end where the caption may not line up with what he's saying or it might be hard to hear, please use the link to watch this later on. So I apologize if it doesn't work perfectly. We're doing our best.

(Video with captions played.)

>> All right. And, again if you guys have any questions for Lindsey, you can put those in the chat box and then I will get with him to answer your questions. And Max, you are next. Thank you, everyone.

>> All right. And thank you for that video. So I am Max, for those who don't know me, and I will be interviewing my first guest, and that is his name is Thomas Caswell. And Thomas, would you like to injure and just say a little bit about yourself?

>> I think Thomas is still muted. Anna, could we get Thomas unmuted, please?

>> Is that better?

>> Yes. Thank you.

>> Okay. Perfect. I had to unmute myself. Thank you, Max. So first of all, I am not able to talk very loud because I was not able to find a quiet -- private space here at the University of Vermont campus to be able to talk to you guys, so my speech is going to be limited. I apologize for any background noise that's going to end up around me here because there are other people around. So yeah, my name is Thomas Caswell. I'm 23 years old. I'm from Vermont and I am a person with autism who is openly gay. And I am a, and just like Max mentioned, I am a student at the University of Vermont in a program, I have a fellowship with, (Speaking away from microphone) I'm lines with disability within the LGBTQIA community and mainly in something -- something I like to do for phone is I like to

ride my bike around most of the year. It's winter here in Vermont so we have a lot of snow on the ground so I'm not able to do so.

>> All right. Thank you, Thomas. Thank you, Thomas.

>> No problem.

>> So Thomas, what is your relationship status?

>> So I am so currently I am single. I don't have -- currently I'm not -- I don't have a boyfriend. I did have one for a short time last year but then it just didn't end up working out so. I'm

>> All right. And so, you know, how do you meet people, Thomas around, you know, your community or wherever you go?

>> That's a very good question point. So there are main different places you can meet people, like people like in just like in person, social media apps like Facebook, Instagram, Snapchat, whatever, but for me, there's more dating apps like grinder, Hornet, and other apps such as those where you can meet other gay or bisexual or LGBTQIA identified men. But, you know, it very, very difficult overall to find a person just for you because there are so many guys to choose from that are in the sea, and you'd be surprised at how many LGBTQ men are around. But it is it is very (speaking away from microphone). There's a lot of, especially when you have intellectual disability, it can make it harder for some people because there are some obstacles that a person might face, and you have to be accepting -- who would have to be accepting of if you were to really know that person, it's either compatible.

>> Yeah.

>> So plus we talked about the situations like dating of relationships and friends with benefits, etc.

>> So Thomas, I'm curious, do you belong to any groups at all?

>> Yeah, I actually should have mentioned that in my introductions. So here in Vermont we have the LGBTQIA disability group which is basically those people who are LGBTQIA, people with disabilities, get together, form a group, share their stories, do some events together, etc. I also play a part in a group, also a social group for gay bisexual and transgender of ages 13 to 35, and we do things together as well.

>> Yeah, so that's really good, Thomas. So going back to meeting people, how do you talk to a new person when you first meet them?

>> So trying to meet people is interesting. It is no different than when you're a person in a hetero normative world. So not only do you have to meet some people you that think are, but have you to know if they're gay, bisexual or if they identify or a are attracted or they're identified person that is attracted. Because you never know, nonbinary, intersection, there is lots (Speaking away from microphone)

>> Those are good answers, Thomas.

>> We also don't have, can I finish?

>> Yeah, just.

>> We don't have much of a hetero of people because, because, you know, LGBTQI identities are still in the minority. You if you know what I mean. So it

becomes a two step process, you know, apps, you're looking for other people that are just like you and that's

>> All right. Cool.

>> And how I feel about disclosing my disability, if it naturally disclose it is or they open up and somebody is accepting, to give it out to people with disability out to them, then that is perfectly acceptable, that definitely opens the for me to disclose them. But I don't do it for everybody because I feel like sometimes I don't need to because they like me anyway.

>> Is so I'm just curious to know, Thomas, if there's like any, like, I guess like struggles with being single that you're currently going through now?

>> Yeah, struggles is, and this can happen with heterosexual relationships as well is that trying to find someone who you are -- you get really nervous to talk to them, and that's perfectly, perfectly useful. So you have to try to force yourself, you feel like you may have anxiety about being rejected, and, you know, when you're meeting someone in person, they think you're cute, but are they gay or bi, is that the question.

>> All right. And then, of course, is there anything you like about being single?

>> Yeah, I think it can actually be better when you're gay us because have you more freedom to flirt, flirt with people, and explore what you like. You don't have to restrict yourself so much. It is a lot easier to meet people on-line, of course, but yet, they are all over the, they're from all over the country that you meet on these dating apps.

>> All right.

>> There are very few people that I have met on dating apps that actually live in Vermont. So it's not very easy. In fact, there are even some people I've met out of the country on the dating apps.

>> All right, Thomas. Thank you so much. That was all really good. And so thank you so much for your answers. They're all really good answers. All right, I think next is Katharine. Are you next?

>> I believe.

>> Erica is next.

>> Erica is next.

>> I think that's me, Max. Thank you. So, again, we're going to have another video, so do you want to introduce yourself?

>> Yeah.

>> So you're going to hear from Kara Jones who is back here with me. And she is a part of project action and she is the sergeant at arms. And, again, if you questions for Kara, you can put them in the chat box. And then with Kara being here Wight now, we can answer your questions for you. So if you have any questions, type them in the chat box. Thanks. Enjoy.

(Video with captions played.)

>> Is it okay to be single?

>> Tell me why it's okay to be single

>> Thank you, guys, for checking Kara out, and I think, Max, I think you have one more person.

>> I most certainly do. Thank you, Erica.

>> You're welcome.

>> So my next guess who is with me today is Randy Lazat. Randy, would you like to just quickly introduce yourself?

>> Hi, I'm Randy Lazat. Sorry, I'm having some technical difficulties.

>> That's no problem, Randy. We can see and hear you loud and clear.

>> Okay. Thanks, Max.

>> All right. So with that said, so Randy, just if you don't mind just telling us, what is your relationship status?

>> Well, I have been married for four years and four months.

>> Nice. And how did you meet your spouse, Randy?

>> Well, I met her at a self advocacy meeting actually.

>> And you know what do you like about being married or what is one thing you want people to know about being married? Well, being married I think is great because I, for the longest time, I thought I was always going to be single. And/or just dating somebody here and there. I actually, I actually feel really good about being married because I know there's somebody here

>> Nice. So you're married, and I'm just curious to know, like, what is going well in your marriage?

>> Well, when there are big decisions to be made, we both talk about them and figure out if it's something we both want. And I mean, the communication is getting better.

>> Nice. So I am just wanting to know here, Randy, you know, how did you know with when you were in love?

>>

>> Well, I made that decision, I'm going to tell you a little bit of a story. When me and my wife first met, we lived almost two hours away from each other. And it was a long distance relationship for about two and a half years. And then I made the decision that I was going to move closer to her, and I think that that was the point where I'm like, yep, she's the one. And because everybody else around me was like, are you sure this is what you want? Even my parents were like, you may be what -- she may be what you want but you're not what she wants. And I actually proved them wrong so.

>> Interesting. So are there any struggles that, you know, you that files while currently married?

>> Well, people think being married is oh, it's a bed of roses and everything. Well, that's not true. You're always going to be having to work on things, you're not always going to get along. But at the end of the day, as long as you still love the person and you can talk about things, then you'll be all right.

>> Yeah. And what are some of those things that you can work on when you're married?

>> Communication actually. Being able to understand what your partner is trying to tell you, what you're trying to tell them, because the way somebody perceives what you're saying and then what you perceive they're saying could be two totally different things.

>> Yeah. Yeah, I got you on that one. So, you know, what would be -- you know, what would be your advice oh, just, you know, to people that are looking to get married?

>> Well, it takes time and it takes getting to know somebody and there are going to be points where you are going to want some separation from them and then there's the whole, their family and your family kind of think, you may not always get along with their family and vice versa. But as long as you kind of take your time to get to know people, then you'll have a better relationship with them.

>> All right. And what barriers or challenges have you overcome to be successful in your relationship?

>> Well, like I said, my wife's family and I didn't always see eye to eye and we were constantly we'll call them having debates and then having the biggest one I think for me other than the whole family thing was just having to move so far away from all the people I knew and the town I lived in and then having to adjust from seeing my best friends every day so seeing them maybe a couple of times a year.

>> Yeah. I got you. And the last question I have for you, Randy, is what advice do you have for people who kind of struggling with their parent who don't agree with them getting married?

>> Well, just have conversations, you're not always going to agree and just state it when you don't agree with them. And just be patient.

>> All right. Randy, thank you very much. Thank you. Those are all really good answers.

>> All right. Thank you, Max, Erica, and Katharine, and a special thank you to Bonnie, Kara, Lindsey, Randy, and Thomas for joining us today. I'm going to turn it over to Lindsey. I know we've had a few questions come in to our chat box. So I will -- I'll let Lindsey address those.

>> Thank you, Julie, and again, thank you to all of our panelists today for sharing your stories with us. So one of our questions was would any of the presenters tell us how they learned about developing relationships and including sexual relationships, so talking about what kind of experience in school parents, what kind of experience you have in developing those relationships and what was most helpful for you in learning how to do that?

>> Well, I can say that I kind of learned as I went along, like different pieces of it, and it wasn't easy.

>> Randy, this is Julie. I'm just going to follow-up, did you have anyone along the way that maybe, like, you could turn to for advice or help?

>> Yeah. I actually had a couple of friends that I used to live on the straight street and so if I had any questions, I could go to their house and talk to them or pick up the phone or something.

>> Thank you. Association I mutes myself. I'm having a hard time getting about a being to my mute button.

Lindsey do, we have any other questions?

>> We have one if I can question asking about introduce prevention and STI and HIV reduction, and so I responded in the comment referring back to our webinar No. 3 in the series that talks specifically about that topic. So I wanted to mention

that, again, and share that link as well. And then I do want to go back to Karen's link following up with Thomas and his story, there's a link there about his growing up with autism and growing into his life as a gay man, so sharing that with everyone as well.

Does anyone else that can unmute themselves want to ask a question to our panelist today or you can type that into the chat box?

>> Okay. Loud but I'll try to lower it the best I can.

Oh, you're fine. Hi.

>> Well, one other question that we received was asking about if we have a communication course or any kind of mentoring for developing relationships. So I'd like to maybe let Julie talk about friendships and dating and, Katharine, you talk about the things you that do, as well as you, Erica, maybe just for a quick synopsis of the things that are offered. The question came in privately so I'm not sure where in the country this individual is from so maybe just talking about some of the resources that we know about. We can address that question. Oh, she's from Alaska. So Julie, I'll let you start.

>> I'm going to put my e-mail into the chat box, follow-up with me afterwards, but we do have a training program in Alaska where we are working with community agencies to help individuals to develop healthy and meaningful relationships. Katharine does this work a lot across the country as well. So Katharine, there are resources out there. There are getting to be more and more which is fantastic. Katharine, what would you add?

>> I would add that I have a curriculum that I wrote with Green mountain self-advocate and it has 22 lessons and it is designed for self-advocates to be on a team with a professional and be the teachers. And I know Randy has taught classes, Bonnie is doing that as well, so if you're a self-advocate and you want to get involved, that's a way to be one of the teachers. As well.

>> I would 100% second that. I think that's important.

>> Have you taught classes, Max, or?

>> I believe I have.

>> Yeah.

>> And Randy, are you teaching one right now? We're actually getting ready to. We're going to be going over the curriculum in the next couple of weeks anyway.

>> Great. Erica?

>> Hi, everyone. I was trying to, like, quickly type stuff. But I do a lot of one-on-one visits, so like I'll go to a person's home, I'll work with families and support teams around sexuality and intimacy, so whatever questions come up, we talk about healthy relationships, being safe in the community, birth control options, like anything, any questions that people have, we try to address those in a one-to-one on a comfortable setting. I also teach classes for, like, support staff, nursing staff, anyone, the joke is, whoever will listen to me, I will talk to 'em this. So just to 'em power folks to make sure that people are expressing themselves sexually but in a healthy way.

>> So thank you, everyone, for joining us today. On our last slide, with he do have our next sex talk coming up in May, and we will be talking about birth control is will be our topic. If folks do have follow-up questions from today's

webinar, you can reply to the link that you received at registration, you can reach out to me, Tanisha, who works at AUCD, will help to get those questions to us and we will get them to the appropriate person. So if you guys do have additional questions, please feel free to reach out. Thank you for taking the time to joining us. I think it was a wonderful conversation, and I loved hearing about the experiences that individuals have, where they are single, in a partnered or dating relationship or being married. We all have different experiences, and it's good to hear that, I don't know, I loved everyone's talk about the importance of communication and getting to know other people and it's -- it's such an important topic, and so I really appreciate your time. For those who presented and those who attended. Thank you. Anna, any last word? I know had you sent out the survey. Anything else?

>> Well, I'd just like to thank again our presenters. It was an awesome presentation. I put the survey link in the chat box. You'll also probably get it again in a day or two if you don't have a chance to fill it out right now, but we encourage you to fill it out, give us feedback. And have a great rest of the week. And stay warm.

>> Thank you very much, everybody. I -- I really like -- I enjoyed doing this.