

## **SEX EDUCATION/PUBERTY RESOURCES FOR INDIVIDUALS WITH SPECIAL NEEDS/DISABILITIES AND FOR THEIR FAMILIES, PARTNERS, CAREGIVERS, AND EDUCATORS**

Compiled by University of Michigan Gynecology Clinic for Women with Disabilities

**\*\*Please note: The University of Michigan does not endorse any particular resources listed below and cannot guarantee accuracy of information provided. Availability of resources subject to change\*\***

Updated 4/2021

### **Brochures/Packets:**

Packets, available online free of charge:

“Healthy Bodies (for Girls): A Parent’s Guide on Puberty for Girls with Disabilities.” Vanderbilt Kennedy Center. <https://vkc.vumc.org/HealthyBodies/girls.html>

(Appendix available at <https://vkc.vumc.org/HealthyBodies/files/HealthyBodiesAppendix-Girls.pdf>)

“Healthy Bodies (for Boys): A Parent’s Guide on Puberty for Boys with Disabilities.” Vanderbilt Kennedy Center. <https://vkc.vumc.org/HealthyBodies/boys.html>

(Appendix available at <https://vkc.vumc.org/HealthyBodies/files/HealthyBodiesAppendix-Boys.pdf>)

Speak Up and Be Safe (communication boards and visual aids about abuse prevention and reporting)

[https://www.speakupandbesafe.com.au/sites/default/files/inline-files/Actions%20Communication%20boards%20%28PDF%20-%201%2C855KB%29\\_1.pdf](https://www.speakupandbesafe.com.au/sites/default/files/inline-files/Actions%20Communication%20boards%20%28PDF%20-%201%2C855KB%29_1.pdf)

### **Books:**

Sex Positive Reading List: <http://sexpositivefamilies.com/sex-positive-families-reading-list/>

Allen, John D. 2003. *Gay, Lesbian, Bisexual, and Transgender People With Developmental Disabilities and Mental Retardation: Stories of the Rainbow Support Group* (Hardcover). Routledge.

Anderson, Orieda & Luert, Jeniffer. 2000. *Doing What Comes Naturally? Dispelling Myths and Fallacies about Sexuality and People with Developmental Disabilities* High Tide Press.

Angelo, Fay, Anderson, Heather, & Stewart, Rose. 2011. *Secret Girls’ Business* (and other books the same publisher). SGB Publishing Pty Ltd. Published in Australia but takes orders from the US.  
<http://www.secretgb.com/>

Baker, J. 2006. *The Social Skills Picture Book for High School and Beyond*. Future Horizons.

Champagne, Marklyn & Walker-Hirsch, Leslie. 1993. *Circles: Intimacy & Relationship Building*. James Stanfield Publications.

- Couwenhoven, Terri. 2015. *Boyfriends & Girlfriends: A Guide to Dating for People with Disabilities*. Woodbine House.
- Couwenhoven, Terri. 2012. *The Boys' Guide to Growing Up*. Woodbine House.
- Couwenhoven, Terri. 2011. *The Girls' Guide to Growing Up*. Woodbine House.
- Couwenhoven, Terri. 2007. *Teaching Children with Down Syndrome about Their Bodies, Boundaries, and Sexuality (Topics in Down Syndrome)*. Woodbine Press. \*GOOD FOR MOST CHILDREN WITH DISABILITIES, NOT JUST THOSE WITH DOWN SYNDROME\*
- Drury, J., Hutchinson, L. & Wright, J. 2000. *Holding On, Letting Go: Sex, Sexuality, and People with Learning Disabilities*. Souvenir Press Ltd.
- Duke, Katherine. 2014. *Kissability: People with Disabilities Talk About Sex, Love, and Relationships*. Levellers Press.
- Fegan, Lydia & Rauch, Anne. 1995. *Sexuality and People with Intellectual Disability*. Paul H. Brookes Publishing. (difficult to find – may be on eBay or Amazon)
- Fenwick, Elizabeth & Walker, Ricard. 1994. *HOW SEX WORKS - Everything you need to know about growing up, starting relationships and becoming sexually active*. RD Press. (out of print)
- Harris, Robie & Emberley, Michael. 2008. *It's Not the Stork: A Book About Girls, Boys, Babies, Bodies, Families, and Friends*. Candlewick.
- Harris, Robie & Emberley, Michael. 2004. *It's So Amazing!: A Book About Eggs, Sperm, Birth, Babies, and Family*. Candlewick.
- Harris, Robie & Emberley, Michael. 2009. *It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health*. Candlewick.
- Henault, Isabelle. 2006. *Asperger's Syndrome And Sexuality: From Adolescence Through Adulthood*. Jessica Kingsley Publishers.
- Kaufman, Miriam, MD. 1995. *Easy For You To Say: Q & As For Teens Living With Chronic Illness or Disability*. Firefly Books.
- King, Kimberley & King, Zack. 2016. *I Said No! A kid-to-kid guide for keeping private parts private*. Boulden Publishing.
- Krasny Brown, Laurie & Brown, Marc. 1997 (reprint 2000). *What's the Big Secret? Talking About Sex with Girls and Boys*. Little Brown Books For Young Readers.
- Kroll, K. & Klein, E. 2001. *Enabling Romance: A Guide to Love, Sex, and Relationships for People with Disabilities (and the People who Care About Them)*. No Limits Communications.

Ludwig, S. & Hingsburger, D. 1993 Being Sexual: An Illustrated Series on Sexuality and Relationships – Teaching Manual. SIECCAN. <http://sieccan.org/pdf/being-sexual.pdf>

Marsh Media educational materials for those with special needs (includes guides about puberty and social skills). <http://marshmedia.com/collections/special-needs>

McKee, Lyn, Kempton, Winifred, & Stiggall-Muccigrosso, Lynne. 1997. *An Easy Guide To Loving Carefully For Men and Women, Third Edition*. Winifred Kempton Associates (difficult to find).

Meadours, J. 2006. *Healthy Relationships and Safe Sex*. Human Services Research Inst.

Newport, Jerry, Newport, Mary & Bolick, Teresa. 2002. *Autism - Asperger's and Sexuality: Puberty and Beyond*. Future Horizons.

Otley, Natalie, Otley, Nicolas, & Otley Nicholas. 2012. *The Disabled Mother's Guide to Pregnancy and Birth*. Available on Kindle.

Ramey, E. M. & Ramey, J.J. 2008. *Autistics' Guide to Dating*. Thomson-Shore.

Reynolds, Kate E. 2015. *Things Ellie Likes: A book about sexuality and masturbation for girls and young women with autism and related conditions*. Jessica Kingsley Publishers

Reynolds, Kate E. 2014. *Things Tom Likes: A book about sexuality and masturbation for boys and young men with autism and related conditions*. Jessica Kingsley Publishers

Reynolds, Kate E. 2015. *What's Happening to Ellie?: A book about puberty for girls and young women with autism and related conditions*. Jessica Kingsley Publishers

Reynolds, Kate E. 2014. *What's Happening to John?: A book about puberty for boys and young men with autism and related conditions*. Jessica Kingsley Publishers.

Sanders, Jayneen, 2014. *Body Safety Education: A parents' guide to protecting kids from sexual abuse*. Educate to Empower Publishing.

Sanders, Jayneen. 2016. *My Body! What I Say Goes!: A book to empower and teach children about personal body safety, feelings, safe and unsafe touch, private parts, secrets and surprises, consent, and respectful relationships*. Educate to Empower Publishing. (Video version here: <https://www.facebook.com/AnimatedChild/videos/vl.272060896755645/510775756104799>)

Sanders, Jayneen, 2015. *No Means No!: Teaching Children About Personal Boundaries, Respect, and Consent; Empowering Kids by Respecting Their Choices and Their Right to Say "No!"* Educate to Empower Publishing.

Sanders, Jayneen. 2015. *Some Secrets Should Never Be Kept*. Educate to Empower Publishing.

Schwier, Karin & Hingsburger, Dave. 2000. *Sexuality: Your Sons and Daughters with Intellectual Disabilities*. Paul H. Brookes Publishing.

Siegel, Peggy, 1991. *Changes in You: A Clearly Illustrated, Simply Worded Explanation of the Changes of Puberty for Boys*. Family Life Education Associates.

Siegel, Peggy, 1991. *Changes in You: A Clearly Illustrated, Simply Worded Explanation of the Changes of Puberty for Girls*. Family Life Education Associates.

Simone, Rudy. 2012. *22 Things a Woman with Asperger's Wants her Partner to Know*. Jessica Kingsley Pub.

Steward, Robyn. 2019. *The Autism-Friendly Guide to Periods*. Jessica Kingsley Publishers.

Walker-Hirsch, Leslie. 2007. *The Facts of Life... and More: Sexuality and Intimacy for People With Intellectual Disabilities* (Paperback). Paul Brooks Publishing Co.

Weston, Louise. 2010. *Connecting With Your Asperger Partner: Negotiating the Maze of Intimacy*. Jessica Kingsley Pub.

Wrobel, Mary. 2003. *Taking Care of Myself: A Hygiene, Puberty and Personal Curriculum for Young People with Autism* (Paperback). Future Horizons.

\*\*\*\*\*

## [From the Sexuality Education Resource Centre: Resources for those with intellectual disabilities](#)

### [Resources for Parents](#)

**I Openers: parents ask questions about sexuality and children with developmental disabilities**, David Hinsburger, 1993. SERC call No.: 3.13 HIN

### [Curricula](#)

**The Facts of Life and Living: A curriculum that promotes social and sexual awareness for persons with disabilities**, Linda Colley & Linda Howden, 1988. SERC call No.: 3.13 COL

**LifeFacts 1: Sexuality and LifeFacts 2: Sexual Abuse Prevention**, Nancy Cowardin and James Stanfield, 1989. Manuals, slides, and excellent teaching pictures. For use with adolescents and adults. SERC call No.:3.13.1 COW

**STARS: Skills Training for Assertiveness and Relationship-Building and Sexual Awareness**, Susan Heighway, Susan Kidd Webster, 1998. A program promoting positive sexuality and preventing sexual abuse for adults with developmental disabilities. SERC call No.: 3.13 SPD

**STARS 2 for Children: A Guidebook for Teaching Positive Sexuality and Preventing Sexual Abuse for People with Developmental Disabilities**, Susan Heighway, Susan Kidd Webster, 1993. A guidebook for teaching positive sexuality and the prevention of sexual abuse for children with developmental disabilities. SERC call No. 3.13 SPD

## Staff Training

**The Ethics of Touch**, David Hingsburger & Mary Harber, 1998. Establishing and maintaining appropriate boundaries with people with developmental disabilities. Two videos and manual. SERC call No. 3.13.1HAR

First Contact: Charting inner space with people who have significant disabilities, David Hingsburger, 2000. Ideas for establishing contact with people who have significant disabilities. SERC call No. 3.13.1HIN

**Just Say Know!**, David Hingsburger, 1995. Explores the victimization of people with disabilities and helps reduce the risk of sexual assault. SERC call No. 3.13.1HIN

**Sexuality Education Resource Manual for Support Workers of People with Developmental Disabilities**, Calgary Birth Control Association, 2000. Background reading on sexual health issues for service providers working with PWI/DD. SERC call No.: 3.13.1

**Socialization and Sexuality**, Winifred Kempton, 1998. A comprehensive training guide for professionals helping people with disabilities that hinder learning. SERC call No.: 3.13 SPD

**Talking Sex! Practical approaches and strategies for working with people who have developmental disabilities when the topic is sex**, Lisa T. Maurer, 1999. Rationale, overview, presentation notes and transparency masters. SERC call No.3.13.1MAU

## Additional Resources...

**F.L.A.S.H.: Family Life and Sexual Health curriculum for grades 5-10**, Jane Stangle, 1991. Lesson plans, guidelines, transparency masters and handouts. Seattle-King County Dept. of Public Health. (206) 296-4672.

**Janet's got her period**, Ricci Swart, 1990. Video with storybook, resource book; provides practical guidelines for dealing with menstruation; video gives demo of changing a pad. (Australian)

**Hygiene**, James Stanfield Co., 1996. Four good videos on personal hygiene, ie. shower, teeth, dress (20 mins. each).

**Life Horizons**, Winifred Kempton, 1988. Two boxed kits containing videos, guides, and slides.

#1 physiological and emotional aspects of being male and female

#2 moral, social and legal aspects of sexuality

TIPS: Telling it plain and simple, Mary Harber, 199--. Tips for parents and for the classroom. Sexuality Education Resource Centre 2004

## From the Sexuality Education Resource Centre: Resources for those with physical disabilities

**Spinabilities: A Young Person's Guide to Spina Bifida** *Marlene Lutkenhoff, R.N., M.S.N. and Sonya G. Oppenheimer, M.D. Editors* For teens who have Spina Bifida provides practical tips and suggestions for becoming independent and managing their health care. It addresses mobility and equipment, skin,

bowel, and bladder care, staying healthy and fit, self-esteem and body image, friendships, romantic relationships, sexuality, academic performance, and career skills. 1997; ISBN 0933149867; Woodbine House.

**The Illustrated Guide to Better Sex for People with Chronic Pain** Second Ed., Robert W. Rothrock, PA-C and Gabriella D'Amore, PA-C; Illustrated by Jonathan Belt. This self-help booklet provides information about frequent problems that interfere with sexual enjoyment for individuals who suffer from chronic pain and suggests simple, basic solutions. It includes six illustrations showing comfortable sexual positions for persons with various pain disorders, and stresses the importance of communication between partners. (may be difficult to find) 1992; ISBN 0963260219; R. Rothrock & G. D'Amore.

### **Let's Talk About Health: What Every Woman Should Know.**

A video and curriculum workbook that is designed to help women with developmental disabilities feel more prepared for pelvic and breast exams. The video takes the viewer through each exam step by step in a calm and informative manner. *Heaton, C, Roberts, BS, Murphy, L, Meagher, M, Randall, D.* , The Arc of New Jersey, Women's Health Project, 985 Livingston Ave., North Brunswick, NJ, 08902.

Phone: 732-246-2525, Ext. 28

**Mother-To-Be: A Guide to Pregnancy and Birth for Women with Disabilities** *Judith Rogers and Molleen Matsumura* Discusses all aspects of pregnancy in the context of disability, from making the decision to have a child to the problems that women with disabilities confront after giving birth. It begins with interviews of thirty-six women who have a range of disabilities, including cerebral palsy, lupus, ataxia, multiple sclerosis, spina bifida, and arthritis. Discusses nutrition, exercise, labor, and delivery. Appendices include dietary plans, a glossary, an extensive index, and lists of resource organizations and suggested readings. 1991; ISBN 0939957299; Demos Medical Publishing, Inc.

### **Intimacy and Sexuality in MS** *Rosalind C. Kalb*

<https://nmsscdn.azureedge.net/NationalMSSociety/media/MSNationalFiles/Brochures/Brochure-Intimacy-and-Sexuality.pdf>

This booklet is for people with MS and their partners, and addresses the importance of communication between partners. Discusses sexual problems associated with MS for both men and women. A list of resources is provided. 2000; National Multiple Sclerosis Society.

**The Sensuous Heart: Guidelines for Sex After a Heart Attack or Heart Surgery** *Susanne Cambre, R.N., B.S.H.A.* This cartoon-style booklet discusses the emotional and physical needs of people who have had a heart attack or heart surgery. It answers questions about sexual intercourse and discusses the effects of alcohol, prescribed drugs, stimulants, and illegal drugs. 1990; ISBN 0939838281; Pritchett & Hull Associates, Inc.

**Sex and Back Pain: Advice on Restoring Comfortable Sex Lost To Back Pain** *Lauren Andrew Hebert, PT.* A physical therapist describes various types of back pain and sexual positions for maximum comfort. Line drawings and photographs illustrate recommended exercises and sexual positions for people who experience back pain. All individuals in the photographs are clothed. In an accompanying video, a

partially clothed man and woman demonstrate the various sexual positions described in the book. 1997, book; 1993, video ISBN 1879864029; IMPACC USA.

**Sexual Concerns When Illness or Disability Strikes** *Carol L. Sandowski, M.S.W., A.C.S.W.* Discusses the possible effects of various medical conditions (arthritis, diabetes, spinal cord injury, alcoholism) on sexual functioning, relationships, self-esteem, and communication; explores treatments for sexual dysfunction. 1989; ISBN 039806413X; Charles C. Thomas Publisher, Ltd.

**The Sexual Politics of Disability: Untold Desires** *Tom Shakespeare, Dominic Davies, Kath Gillespie-Sells, Editors.* Based on firsthand accounts, this book examines identity, relationships, sexuality, love, parenting, and abuse and it relates to disability. It demonstrates the barriers to disabled people's sexual rights and sexual expression and the ways in which these obstacles are challenged. 1997; ISBN 0304333298X; Continuum International Publishing Group, Inc.

**Sexuality After Spinal Cord Injury: Answers to Your Questions** *Stanley H. Ducharme and Kathleen M. Gill* Provides practical, straightforward information and answers to questions about spinal cord injury; emotions, sexual behavior, sexual health, and parenting. 1997; ISBN 1557662657; Brookes Publishing. <http://www.brookespublishing.com>

**Sexuality & Cancer** American Cancer Society Two booklets on sexuality and cancer: one For the Woman Who Has Cancer and Her Partner and one For the Man Who Has Cancer and His Partner. 1999, Free

**Signs of Sexual Behavior: An Introduction to Some Sex-related Vocabulary in American Sign Language** James Woodward Presents sexuality-related vocabulary in ASL. Offers clear illustrations of more than 130 signs. Comprehensive explanations and notes on derivation are included. A video illustrating the signs is also available. 1979; book, video, ISBN 0932666027; T.J. Publishers.

**The Ultimate Guide to Sex and Disability: For All of Us Who Live With Disabilities, Chronic Pain, and Illness** *by Kaufman, Silverberg, and Odette.* *The Ultimate Guide to Sex and Disability* is the first complete sex guide for people who live with disabilities, pain, illness, or chronic conditions. Useful for absolutely everyone, regardless of age, gender, or sexual orientation, the book addresses a wide range of disabilities — from chronic fatigue, back pain, and asthma to spinal cord injury, hearing and visual impairment, multiple sclerosis, and more. Expertly written by a medical doctor, a sex educator, and a disability activist, *The Ultimate Guide* provides readers with encouragement, support, and all the information they need to create a sex life that works for them. The authors cover all aspects of sex and disability, including building a positive sexual self-image; positions to minimize stress and maximize pleasure; dealing with fatigue or pain during sex; finding partners and talking with partners about sex and disability; adapting sex toys; and more. 2007

### Books for Professionals

**Choices: A Guide to Sex Counseling with Physically Disabled Adults** *Maureen E. Neistadt, M.S., O.T.R./L.* and Maureen Freda, O.T.R./L.; Illustrated by Kerry Anne O'Reilly. Written for rehabilitation professionals who provide sexuality counseling, this book contains guidelines for limited sexuality counseling and

examines issues of intimacy and communication, and sexual response cycle. Discusses functional and sexual difficulties caused by disabilities and the impact on social issues such as privacy, dating, marriage, and childbearing. Reading and resource lists are included. 1987; ISBN 0894642014; Krieger Publishing Company.

**Providing Comprehensive Sexual Health Care in Spinal Cord Injury Rehabilitation: Continuing Education and Training for Health Care Professionals** *Mitchell S. Tepper*. This curriculum for health care professionals is intended to provide an opportunity for participants to gain knowledge, comfort, and skills to understand and manage the sexual health care of persons with spinal cord injury (SCI). By the end of this three-day program, participants should be able to recognize sexual concerns, demonstrate the communication skills necessary to provide a supportive environment, conduct sexuality assessment interviews with people who have SCI, relay relevant and unbiased sexual information, and provide specific suggestions about sexual options for people with SCI. 1997; ISBN 0965918505; The Sexual Health Network.

**Sexual Function in People with Disability and Chronic Illness: A Health Professional's Guide** *Marca L. Sipski and Craig J. Alexander*. Consists of 29 chapters written by over 30 contributors. It addresses general sexual function, specific disabilities and illnesses, and treatment concerns. 1997; ISBN 0834208865; Aspen Publishers Inc.

**Sexuality and Chronic Illness: A Comprehensive Approach** *Leslie R. Schover, Ph.D. and Søren Buus Jensen, M.D.* Using an integrative biopsychosocial approach, this volume reviews basic skills needed to comfortably discuss sexuality with chronically ill patients, assess sexual problems through both psychological and medical approaches, and create a systematic treatment plan. 1988; ISBN 089862715X; Guilford Publications.

**Sexuality Issues for Youth With Disabilities and Chronic Health Conditions** *Cecily Shapland*. This policy brief of The Institute For Child Health Policy addresses teen pregnancy prevention and risk factors for teen pregnancy as they relate to youth with disabilities. Discusses strategies to address the needs of youth with disabilities in such programs as sexuality education, community family planning services, community partnerships, and contraceptive needs. 1999; Free online; The Institute for Child Health Policy.

**Signs for Sexuality: A Resource Manual for Deaf and Hard of Hearing Individuals, Their Families, and Professionals** Second Edition *Marlyn Minkin and Laurie Rosen-Ritt*. Curriculum on sexual abuse, sexually transmitted diseases, and reproductive health, with more than 600 photographs to illustrate 250 vocabulary terms associated with sexuality. Appendices include contraception information and anatomical drawings. 1991, Bookstore, Planned Parenthood of Western Washington, 2211 East Madison, Seattle, WA 98122; Phone: 206/328-7715; Web site: <http://www.ppww.org>

\*\*\*\*\*



Mary Greenfield's (ACLD) Resources for Working with Persons with Intellectual Disabilities  
Mary Greenfield [greenfieldm@acld.org](mailto:greenfieldm@acld.org)

## Books

**A 5 Is Against the Law! Social Boundaries: Straight Up! An honest guide for teens and young adults.**

*Kari Dunn Buron.* Autism Asperger Publishing company. 2007

**A Very Touching Book.** Jan Hindman. This book is useful when you wish to teach children to recognize different kinds of touch. Great pictures with good humor.

**Face Your Feelings! A Book to Help Children Learn About Feelings.** Concept developed by *Lawrence E. Shapiro.* Childsworld Childsplay. 1993. Also available, a set of cards with the faces.

**Freaks, Geeks, and Asperger Syndrome: A User Guide to Adolescence.** Luke Jackson, Athenaeum Press. 2002

**Guide to Consent.** Eds. *Robert Dinerstein, Stanley Herr, Joan O'Sullivan.* AAIDD. 1999

**The Hidden Curriculum. Practical Solutions for Understanding Unstated Rules in social Situations.**

*Brenda Smith Myles, Melissa L. Trautman, Ronda L. Schelvan.* Autism Asperger Publishing Co. 2004

**Life Cycle: How We Grow and Change: a Human Development and Sexuality Education Curriculum.**

*Sherrie Vavrichet and R. Kay Tolle.* Available through [www.lifecycleeducation.com](http://www.lifecycleeducation.com). This is a curriculum for high school age individuals with cognitive, developmental or learning disabilities.

**The New Social Story Book: Illustrated Edition.** *Carol Gray.* [www.thegraycenter.org](http://www.thegraycenter.org). This is for use with children and adolescents with autism who need help with social situations.

**Sex, Sexuality and the Autism Spectrum.** *Wendy Lawson.* *Jessica Kinsley Publisher.* 2005. A book written by an adult on the autism spectrum. She explores sexuality from her vantage point.

**Shared Feelings. A Parent Guide to Sexuality Education for Children, Adolescents and Adults Who Have a Mental Handicap.** *Diane Maksym.* G. Allan Roehrer Institute. Ontario Canada. 1990

**The Social Skills Picture Book for High School and Beyond.** *Dr. Jed Baker.* Future Horizons. 2006. The book uses photos of students in a wide variety of social situations for visual learners.

**Three Kinds of Touches.** *Jane Buchanan.* Pennsylvania Coalition Against Rape. 1999. The vocabulary, pictures and concepts in this book are presented clearly for young children through middle school. There is also a preschool curriculum and other materials available.

**Unwritten Rules of Social Relationships. Decoding Social Mysteries Through the Unique Perspectives of Autism.** *Dr. Temple Grandin and Sean Barron.* Future Horizons. 2005. A guide on social relationships written by two individuals with autism for everyone.

## Curricula, Videos and Miscellaneous

Fingertips: Teaching Women with Disabilities about Masturbation Through Understanding and Video by Dave Hingsburger and Sandra Haar. Video. Diverse City Press (Video tape and book) <http://diverse-city.com/dvds/>

Hand Made Love: A Guide for Teaching About Male Masturbation Through Understanding and Video. Dave Hingsburger. Diverse City Press. 1995 (Video and book) <http://diverse-city.com/dvds/>

Lifefacts: Sexuality and Lifefacts: Abuse Prevention. James Stanfield (large pictures and slides) Also Lifefacts: AIDS (1995), Managing emotions (1990), Sexual Abuse Prevention(1990), SmartTrust (1990) Large laminated pictures

Navigating the Social World. McAfee. Future Horizons, 2002. An excellent curriculum that offers strategies that address social skills for persons with autism.

No! How. Teaching about Sexual Abuse Prevention. Diverse City Press. 1998 (DVD) <http://diverse-city.com/dvds/>

Sexuality Education for Persons With Severe Developmental Disabilities. (Seven Teaching slide programs) James Stanfield

Taking Care of Myself. A Healthy Hygiene, Puberty and Personal Curriculum for Young People With Autism. Mary Wrobel. Future Horizons. 2003. This is a combination of social stories and activities aimed specifically to address the health and safety needs of people on the autism spectrum. Can also be used with other individuals with disabilities.

We Can Stop Abuse. A Sexual Abuse Prevention Curriculum For Persons With Developmental Disabilities. Sandy Laesch and Shirley Paceley. Blue Tower Training Center, Decatur, IL 2004

### Websites of interest:

[www.bild.org.uk](http://www.bild.org.uk) The British Institute of Learning Disabilities.

[www.diverse-city.com](http://www.diverse-city.com) The website for Dave Hingsburger's books and other good resources including the video, Stop Abuse.

[www.do2learn.com](http://www.do2learn.com) A site with information, activities, and strategies for parents & professionals to use with children, adolescents, and adults. It has some wonderful interactive programs on facial expressions and good resources for visual communication.

<https://www.elevatustraining.com/workshops-and-products/communication-supports-boards-cards/> Elevatus Training – Communication Supports: Boards and Cards. “Designed by experts in the field of sexuality education and special education.”

[www.grasp.org](http://www.grasp.org) An educational and advocacy organization serving individuals on the autism spectrum. It has support groups that are both online and regional. The regional groups meet in person.

[www.jimjacksonanatomy.com](http://www.jimjacksonanatomy.com) This is the site if you are looking for realistic male/female pelvic models.

[http://www.speakingofspeech.info/Pragmatics/What\\_is\\_a\\_Bad\\_Touch\\_Board2.pdf](http://www.speakingofspeech.info/Pragmatics/What_is_a_Bad_Touch_Board2.pdf) Speaking of Speech social stories. This one is about “bad touch.” Many, many other social stories available at [http://www.speakingofspeech.com/Social\\_Skills\\_Pragmatics.html](http://www.speakingofspeech.com/Social_Skills_Pragmatics.html)

[www.stanfield.com](http://www.stanfield.com) The website for James Stanfield. Circles program available through them.

[www.teachabodies.com](http://www.teachabodies.com) Great for use with persons with intellectual disabilities. Anatomically detailed dolls for use by parents and professionals.

<http://www.thearc.org/page.aspx?pid=2457> The Arc. People With Disabilities and Sexual Violence

## Sexuality Resources Online

Sex and Disabilities: General Resources

New in 2015: “Take Charge! A Reproductive Health Guide for Women with Disabilities” from Access Living <https://www.accessliving.org/1410ga304>

Massachusetts Department of Public Health/Massachusetts Department of Developmental Services *Healthy Relationships, Sexuality, and Disability* <http://www.mass.gov/eohhs/docs/dph/health/prevention/hrhs-sexuality-and-disability-resource-guide.pdf>

Sex-Ed for Special Needs <https://www.pinterest.com/sexexpressions/sex-ed-%2B-special-needs/>

Information: Sex and Disability <http://www.comeasyouare.com/sex-information/sex-and-disability/>

Accessible Sex Toys <https://themighty.com/2018/10/accessible-sex-toys-disability-painful-sex/>

Sex Ed <http://www.med.umich.edu/yourchild/topics/disabsex.htm>

Sex Ed <http://www.sexsupport.org/SexEd.html>

Sex and Cancer – Resources from the University of Michigan

[http://www.cancer.med.umich.edu/files/sexuality\\_and\\_cancer\\_information\\_guide.pdf](http://www.cancer.med.umich.edu/files/sexuality_and_cancer_information_guide.pdf)

PleasurABLE: Sexual Device Manual for Persons With Disabilities

<https://docs.google.com/viewer?a=v&pid=sites&srcid=ZGVmYXVsdGRvbWFpbnxzczGluYWxjb3JkaW5qdXJ5YW5kc2V4dWFsaXR5fGd4OjEzZTFkZjg5ZTMwM2M3YmE>

No! How! – Film discussing disability, teaching boundaries, and body parts. Diverse City Press, Inc.

<http://diverse-city.com/product/no-how/>

American Academy of Pediatrics “Talking to Your Young Child About Sex”

<http://patiented.solutions.aap.org/handout.aspx?gbosid=156624>

“Beyond Disability” from Beyond Media and “The Empowered Fe Fes” – documentary by women with disabilities [http://beyondmedia.org/projects/GAM/beyond\\_disability.html](http://beyondmedia.org/projects/GAM/beyond_disability.html)

“Doin It: Sex, Disability, and Videotape” from “The Empowered Fe Fes” – documentary by advocacy group on sexuality and disabilities <https://vimeo.com/48557485>

Introduction to Sexuality Education for Individuals Who Are Deaf-Blind and Significantly Developmentally Delayed.” By Moss, K. and Blaha, R. DB-Link <http://asdforum.iu1.wikispaces.net/file/view/sex-ed-1.pdf> “

The Whole Truth: program for abuse prevention for people with intellectual disabilities <http://diverse-city.com/product/the-whole-truth/>

Parent Advocacy Coalition for Educational Rights: [www.pacer.org](http://www.pacer.org). Parent training and information center for families of children and youth with all disabilities from birth through 21 years old. Parents can find publications, workshops, and other resources about a number of topics, including sexuality and disabilities.

Center for Parent Information and

Resources: <http://www.parentcenterhub.org/repository/sexed/>. *Contains information about sexuality education for students with disabilities for use with parents and teachers. The site also contains information about specific disabilities and sexuality, such as autism spectrum disorders, cerebral palsy, and spina bifida.*

<http://www.ibelong.ca/index.php/young-adults/dating/> Canadian website with information on dating and other kinds of relationships

Disabled Parenting Project <https://disabledparenting.com/>

Sexuality Resources Online – Videos

AMAZE video series on sexual health <https://amaze.org/>

Teens and Sex Video Archive (some not specific to teens with disabilities)

[http://www.sexetc.org/page/video\\_archive/](http://www.sexetc.org/page/video_archive/)

Sex and Physical Disabilities (includes brief profanity)

<https://www.sexsmartfilms.com/premium/film/419/45/19/-sex-abled--disability-uncensored>

How to Use a Condom <http://www.sexsmartfilms.com/free-videos/how-to-put-on-a-condom/>

How to Insert a Tampon <http://www.youtube.com/watch?v=-P2nCzE2Bzg>

<https://www.youtube.com/watch?v=03G9H5H89mY>

How to Change a Pad, Step by Step <https://youtu.be/K77HJ4U5p0E>

Pre-teens/teens and Menstruation <http://www.beinggirl.com/my-period/period-protection/>  
[http://kidshealth.org/misc/movie/bodybasics/bodybasics\\_female\\_repro.html](http://kidshealth.org/misc/movie/bodybasics/bodybasics_female_repro.html)

Menstruation Information/Intellectual Disabilities Part 1:  
<http://www.youtube.com/watch?v=jHZEOWeeoaE> Part 2: [http://www.youtube.com/watch?v=RD-TG5\\_uF18](http://www.youtube.com/watch?v=RD-TG5_uF18)

“I am a Beautiful Person – Sexuality and Me” (PACER Center)  
<https://www.youtube.com/playlist?list=PL38BD0709A5D99552>

Sex After a Spinal Cord Injury <https://sci.washington.edu/info/forums/reports/sexability.asp>

From the Cerebral Palsy Foundation: Tips for Having a Successful OB/GYN Appointment  
<https://cpresource.org/topic/womens-health/tips-for-obgyn>

#### Other Resources

From the American Health Lawyers Association (AHLA) - A Handbook for Parents: The Individuals with Disabilities Education Act PDF (available for free) <https://www.healthlawyers.org/store/Pages/Product-Details.aspx?productid={18FB74CB-B287-E511-8B77-0050569E6195}>

<http://www.netSMARTz.org> Internet safety and children/teens, a program from the National Center for Missing and Exploited Children

<http://depts.washington.edu/healthtr/> Adolescent Health Transition Project from the Center on Human Development and Disability, University of Washington (information on transition from adolescence to young adulthood and beyond)