





Why Do People With Disabilities Need and Want To Learn About Sexuality

Self advocates say....

- ▶ "So we can learn to have healthy relationships"
- ▶ "So we aren't lonely!"
- ▶ "So we are able to make informed choices!"
- ▶ "So we can pick the right person!"
- ▶ "For help with the toughest part of the relationship, making it last!"
- ▶ "So we can be safe!"
- ▶ "Because we all have desires/needs and that's okay!"
- ▶ "So that people know their rights!"
- ▶ "So we can be sexual self advocates, not just self advocates!"

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Sexual Self Advocacy



- ▶ "Speaking up for yourself, sexually"
- ▶ "Getting information"
- ▶ "Taking a stand"
- ▶ "Saying to whomever: this is my choice"
- ▶ "Stating your sexual limits and desires with your partner, respecting others limits and desires"
- ▶ "Starting to do what you want with relationships"

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Talking about Sexuality with Individuals with Disabilities: Learning Objectives

- Examine why this topic can be difficult to approach
- Explore our own values and how to manage our values
- List tips and tools for addressing sexuality one-on-one with our interns



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I Got This

RESPECT	SKILLS
Is respectful of all people no matter what their skin color is, how much money they have, what religion they believe, who they are sexual with, and what kind of disability they have.	Is able to communicate with others in a warm and kind way and knows how to help people feel comfortable talking about sexuality.
	Is non-judgmental and open when talking about this topic.
ATTITUDES	
Believes that everyone is a sexual being, deserves to get information about sexuality, and that it is okay to talk about this topic and ask questions.	Uses teachable moments and other tools to be a more effective communicator.
VALUES	INFORMATION
Understands that people have different values and beliefs and respects those differences.	Knows lots of information about sexuality and relationships and knows where to get information if he or she doesn't have the answers.




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What is Sexuality?




- ▶ Sexuality means more than intercourse or sex.
- ▶ It's about intimacy, connection, and belonging.
- ▶ It's about relationships. Both friendships and sexual.
- ▶ It's about how we feel about being the gender we are and our sexual orientation.
- ▶ It's about how we feel about others and ourselves.
- ▶ It's about sexual expression and behavior.
- ▶ It's the total of who we are, what we believe, what we feel, and how we respond.


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Messages We Received

- ▶ In the chat box, list the primary message that you received growing up about sexuality?
- ▶ These can be verbal or non-verbal messages

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Messages People with Disabilities receive...

- ▶ What messages do people with intellectual and developmental disabilities get about sexuality?

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Messages People With Developmental Disabilities:

- ▶ Are not sexual beings
- ▶ Should not have sex
- ▶ Are innocent and childlike and need protection from sexuality
- ▶ Are not responsible
- ▶ Can not solve problems
- ▶ Are unable to make good decisions about sexuality
- ▶ Always make mistakes
- ▶ Would not make good parents so should not have children
- ▶ Are different than their non-disabled siblings



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Values And Attitudes



- Next slide has many situations.
- Write down the ones you are not okay with or are hardest for you.
- Be honest, you don't have to share what you wrote.
- Your job is to get clearer about your values.


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Values And Attitudes



1. It is okay for a 16-year-old to have sexual intercourse.
2. It is okay for a woman to have many partners.
3. It is okay for a man to have many partners.
4. It is okay for a woman to have three abortions.
5. It is okay for two men to be in a romantic relationship and have sex.
6. It is okay for two women to be in a romantic relationship and have sex.
7. It is okay when two people who are not in love decide to have sex.
8. It is okay for two people with disabilities to have a child.

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Questions to Consider

- ▶ Which was were hardest for you and why?
- ▶ If the person did have a disability would you feel different? Same? Why?

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Chatbox Discussion

- ▶ What could happen if you told someone one of your values?
"You shouldn't have sex until you are older"
- ▶ How can you managed your values, "hot buttons" so they don't come out?
- ▶ Parent's role in giving values



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Facts V. Values



<ul style="list-style-type: none"> ▶ What is... ▶ True, proven ▶ Establish through observation and measurement 	<ul style="list-style-type: none"> ▶ What ought to be, should, or are supposed to be ▶ Statement of one's personal beliefs
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Common Values

Common values that we can all agree upon are OKAY to express:




- ▶ It is important to respect others by treating them well and listening to them
- ▶ It is important to get consent from a sweetheart for being sexual
- ▶ Relationships should be equal and positive without violence or abuse

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Tips And Tools For Answering Questions

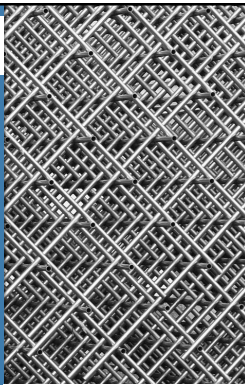
- ▶ Tips for discussing
- ▶ Types of questions
- ▶ Teachable Moments Format
- ▶ Scarborough Method
- ▶ How to respond to values/opinion and personal questions
- ▶ Practice



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Tips

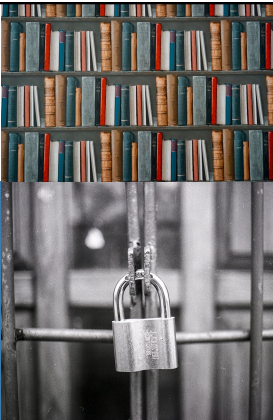
- ▶ Give positive messages, use inclusive language
- ▶ Don't have to know all the answers
- ▶ OK to feel embarrassed
- ▶ OK to answer later
- ▶ Give facts and a range of opinions
- ▶ Be concrete, graphic
- ▶ Use repetition
- ▶ Use the media, soap opera support group



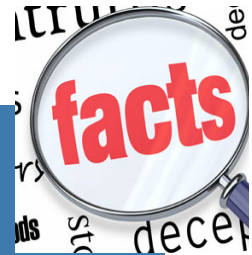
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Types Of Questions

- ▶ **Factual, How-to**
 - ▶ What is a condom?
 - ▶ How are babies made?
 - ▶ How do I meet people?
- ▶ **Values, Opinions**
 - ▶ Should I have sex?
 - ▶ What contraception should I use?
- ▶ **Personal**
 - ▶ When did you start having sex?
 - ▶ Did you have sex last night?



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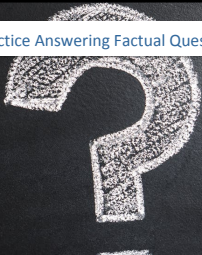
Factual: Teachable Moments

- 1. Reassure the person that it is good to ask questions.
- 2. Find out what the person thinks/is really asking.
- 3. Decide what message you want to give.
- 4. Answer the question simply, using correct vocabulary.
- 5. Encourage the person to give feedback.

The Center for Sex Education, www.SexEdCenter.org

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Practice Answering Factual Questions



“What is a boner?”

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Scarborough Method – Winifred Kempton



Physical-what it is, physical aspects

Social-private, responsibility, laws

Emotional-feelings connected to it

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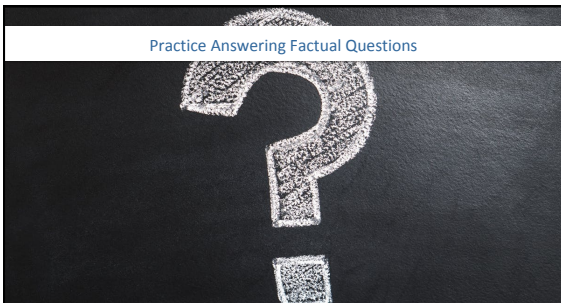
What Is A Condom?



Physical: a rubber sock that covers a penis.	Social: using a condom is private; it protects you and your partner.	Emotional: Many people feel good when they use them because they are being responsible and don't have to worry.
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Practice Answering Factual Questions




"the word 'boner' is a nickname for the word erection. An erection is when the penis gets hard. Having an erection is something that you do in private. If it happens in public sometimes the man feels embarrassed. What could you do if it happens in public so you don't feel embarrassed?"

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Practice Answering Factual Questions


"How are babies made?"



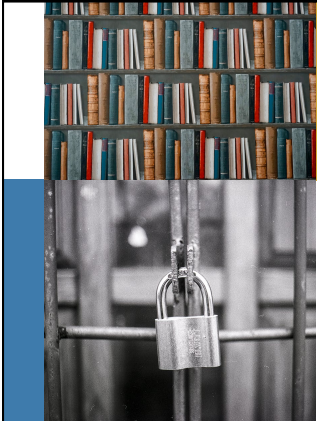
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Practice Answering Factual Questions

When a sperm and egg meet. Sperm comes from the testicles or a person with testicles and the eggs come from the ovaries or a person with ovaries. There are many ways to get the sperm and egg together, but usually it is from vaginal sex, the penis goes into the vagina



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Types Of Questions

- » **Factual, How-to**
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 - » How do I meet people?
- » **Values, Opinions**
 - » Should I have sex?
 - » What contraception should I use?
- » **Personal**
 - » When did you start having sex?
 - » Did you have sex last night?


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Values/Opinions Questions

» "Should I have sex with my boyfriend?"

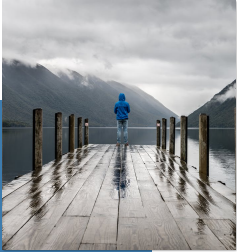


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Personal Questions

- » "Did you have sex last night?"



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Responding To Behaviors

- ▶ 1. Decide first if it is better to ignore the situation. If ignoring the situation is inappropriate, then continue with the next steps.
- ▶ 2. Name the behavior/comment to the person(s) as you see or hear it; praise if appropriate.
- ▶ 3. Find out the meaning of the behavior/comment to the person(s).
- ▶ 4. Decide what "messages" you want to give.
- ▶ 5. Give the messages by responding simply.
- ▶ 6. Encourage the person(s) to give you feedback.

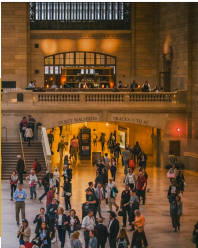
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Person with a disability masturbates in the public restroom at your organization

In the Chatbox,
List some reasons that this behavior is happening

What is the meaning behind the behavior?



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What Is Your Hypothesis? Dave Hingsburger

1. Structural: Is it something in the structure?	2. Modeling: Is it being modeled by anyone?	3. Partner Selection: Is it because they have NO options for partners?	4. Inappropriate Courtships: Is it because have they not been taught how to "court" someone?
5. Sexual Knowledge: Is it because they lack education?	6. Learning History: Is it because of what they learned growing up?	7. Perpetual Arousal: Is it because they don't complete?	8. Medical: Is it because of a medical issue?
9. Medications: Is it because of a change in medications?		10. Moral Vacuum: Is it because no one has told them this isn't okay?	

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Q & A

What questions do you have?

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