




Teaching Sexual Health to Students with Disabilities



Welcome!

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TRIAD: *Treatment and Research Institute for Autism Spectrum Disorders*



FOR FAMILIES



**FOR EDUCATORS AND
SERVICE PROVIDERS**



**FOR COMMUNITY
ORGANIZATIONS**



FOR SELF ADVOCATES

<https://triad.vkclearning.org/en-us/>

▶ Agenda

- ▶ Why teach about sexual health?
- ▶ What topics should be covered?
- ▶ How should information be presented?
- ▶ TRIAD toolkits
- ▶ Other resources



Why Teach about Sexual Health?





Joint Position Statement of AAIDD, The Arc and TASH

People with disabilities, like all people, have inherent sexual rights. These rights and needs must be affirmed, defended, and respected.

▶ Safety Considerations

- ▶ The US Justice Department found that people with intellectual disabilities- women and men- are the victims of sexual assaults at rates more than seven times those for people without disabilities.
- ▶ People with intellectual disabilities are more likely to be assaulted by someone they know.

Tennessee Health Education and Lifetime Wellness Standards:



- ▶ Explain basic structures and functions
- ▶ Recognize abstinence as a positive choice
- ▶ Identify potential outcomes of engaging in sexual activity
- ▶ Research skills necessary for maintaining reproductive health
- ▶ Create short and long-term life plans

<https://www.tn.gov/content/dam/tn/education/standards/pe/Lifetime-Wellness-Standards.pdf>

Implications



- ▶ Students with disabilities may need explicit instruction
- ▶ Schools should collaborate with parents to determine needs and support learning
- ▶ Special education teachers should collaborate with school staff
- ▶ IEP teams should consider student needs in sexual health topics



What Topics Should be Covered?



Important Topics

- ▶ Anatomy
- ▶ Puberty
- ▶ Hygiene
- ▶ Self-care
- ▶ Reproductive process
- ▶ Sexual activity
- ▶ Sexually transmitted infections
- ▶ Contraception and protected sex
- ▶ Consent
- ▶ Different types of relationships

▶ Start at a Basic Level

**Anatomy
and
Gender**



**Puberty
and
Changes**



**Public
versus
Private**

Teaching Consent

- ▶ What is consent?
- ▶ How to you ask for consent?
- ▶ How do you give consent?
- ▶ How can you NOT give consent?
- ▶ What can you do in an uncomfortable situation?





How Should Information be Presented?



▶ Best Practices for Presenting Sex Education Topics

- ▶ Be concrete
- ▶ Adapt based on student needs
- ▶ Use multiple modalities
- ▶ Repeated teaching and conversations



TRIAD Resources



TRIAD Resources

Healthy Bodies Toolkit

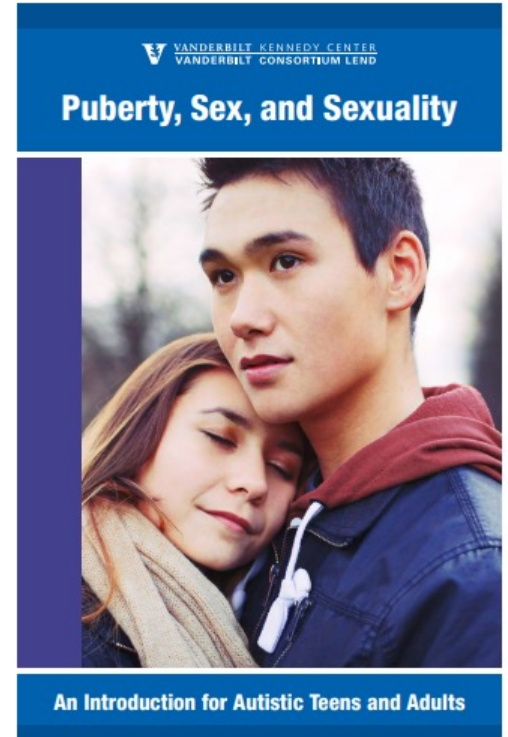
<https://vkc.vumc.org/healthybodies/>

Puberty, Sex, and Sexuality: An Introduction for Autistic Teens and Adults

<https://vkc.vumc.org/assets/files/resources/sexualitytoolkit.pdf>

Navigating Puberty, Sex, and Sexuality: A Guide for Supporting Autistic Teens and Adults

<https://vkc.vumc.org/assets/files/resources/sexuality.pdf>



TRIAD Resources

A more detailed review of this material and additional resources can be found in the interactive online version of this toolkit. Register for a free account at triad.vkclearning.org and access the information in either of the following folders:

Caregiver



School-Age Services





Other Suggested Resources



Online Resources

<p>ATN/AIR-P Puberty and Adolescence Resource</p>	<p>https://www.autismspeaks.org/tool-kit/atnair-p-puberty-and-adolescence-resource</p>
<p>National Council on Independent Living Sex Education for Individuals with I/DD</p>	<p>https://ncil.org/sex-ed-for-individuals-with-i-dd/</p>
<p>Sexuality across the Lifespan for Children and Adolescents with Developmental Disabilities <i>(English and Spanish)</i></p>	<p>https://www.uab.edu/civitanisparks/images/Sex_Lifespan_Prt._1.pdf</p>

Print Resources

- ▶ **Making Sense of Sex: A Forthright Guide to Puberty, Sex and Relationships for People with Asperger's Syndrome.** By Tony Attwood, 2008.
- ▶ **Intimate Relationships and Sexual Health: A Curriculum for Teaching Adolescents/Adults with High-Functioning Autism Spectrum Disorder and Other Social Challenges.** By Catherine Davies and Melissa Dubie, 2011.
- ▶ **Sexuality and Relationships Education for Children and Adolescents with Autism Spectrum Disorders.** By Davida Hartman, 2013.

Thank you!

Any questions?

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