

Sexuality Education Resources

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If you see the icon of a green thumbs up in a circle next to a resource, it means the resource is accessible, user-friendly, and contains plain language.



If you see an icon of a black and white circle with a teacher pointing to a blackboard, it means these additional resources were talked about during the [Train-The-Trainer](#) series for providers. The series also referenced many other resources that are included on this Sexuality Education Resources list.

If you need support in locating resources, please email Krescene Beck at krescenebeck@gmail.com.

Websites



amaze

www.amaze.org

AUCD (Association of University Centers on Disabilities)
Sexual Health

<https://www.aucd.org/template/page.cfm?id=975>

Autism Speaks

https://www.autismspeaks.org/search?search_api_fulltext=healthy%20relationships&f%5B0%5D=topic%3Arelationships%20and%20dating

Center for Parent Information & Resources

<https://www.parentcenterhub.org/sexed/>

Darkness To Light

www.d2l.org



Date Safe Project

www.datesafeproject.org

Elevatus Training

<https://www.elevatustraining.com/resources-2/>



GLSEN: A website founded by a group of teachers to advise, advocate and research policies to protect LGBTQ students, as well as students of marginalized identities.

<https://www.glsen.org/>

From Train-the-Trainer Module 4: How to be Sexual Educator Part 2



I Can Be Safe Online

<https://www.communitylivingbc.ca/resources/safeguards-resources/i-can-be-safe-online/>

Illinois Coalition Against Sexual Assault

www.icasa.org

Illinois Imagines

www.illinoisimagines.org



InterACT Advocates for Intersex Youth

<https://interactadvocates.org/>

From Train-the-Trainer Module 7: Creating an Inclusive Sex Education Program



InterConnect support – a community of intersex individuals, family members and allies working together to promote a better quality of life through connection, support and education.

<https://interconnect.support/>

From Train-the-Trainer Module 7: Creating an Inclusive Sex Education Program



National Guardianship Association Standards of Practice, especially Standard 10 on The Guardian's Duties Regarding Diversity and Personal Preferences of the Person, 2013

<https://www.guardianship.org/wp-content/uploads/2017/07/NGA-Standards-with-Summit-Revisions-2017.pdf>

From Train-the-Trainer Module 2: Sexual Rights

Oak Hill Relationships and Sexuality

<https://relationshipandsexuality.oakhillct.org/>

Planned Parenthood

<https://www.plannedparenthood.org/learn/for-educators>



Real Talk

<http://real-talk.org/>

SexEd Library

www.sexedlibrary.org

Sexual and Reproductive Health Resources for Individuals
with Disabilities

<http://www.uwyo.edu/wind/srh/resources/individuals-with-disabilities.html>

Sexuality for All Abilities

<https://www.sexualityforallabilities.com/>

Start By Believing

www.startbybelieving.org

The Arc of New Jersey

<https://www.arcnj.org/information/sexual-offenses.html>

Curriculum/Teaching Tools



Arc of Spokane (Washington) Healthy Relationships Workbook

<https://www.dropbox.com/s/npjeoxcly23g0jb/Arc%20of%20Spokane%20Healthy%20Relationships%20Workbook%20-%202019-2020.pdf?dl=0>

NOTE: The Arc of Spokane Healthy Relationships program is no longer being offered. You are welcome to use the Healthy Relationships materials as long as they are referenced and the materials not changed.

Arc of Spokane (Washington)

“Safety, Sexuality and Relationships That Work: Real Talk About Current Issues Facing People with Intellectual and Developmental Disabilities” PowerPoint

<https://thearc.org/wp-content/uploads/forchapters/Fears%20-%20Safety%20and%20Sexuality.pdf>



A Peer to Peer Guide About Domestic and Sexual Violence

<https://selfadvocacyinfo.org/wp-content/uploads/2017/04/GMSA-A-Peer-to-Peer-Guide-About-DV-and-SV.pdf>

Chicago Children’s Advocacy Center

www.chicagocac.org/resources/sexual-abuse-resources/for-children-with-disabilities/



CQL (The Council on Quality and Leadership) Sex & Relationships Conversation Cards

<https://c-q-l.org/resource-library/sex--relationships-conversation-cards>

Healthy Bodies: A Parent's Guide on Puberty for Adolescents With Disabilities (includes a version for parents of boys and parents of girls; also available in Spanish)

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



Healthy Relationships Wheel: Family, Partners, Friends (Picture Version)

Healthy Relationships Wheel: Family, Partners, Friends (Plain Language Version)

<https://www.endabusepwd.org/publications/project-peer-healthy-relationships-wheel/>

Intimate Relationships and Sexual Health: A Curriculum for Teaching Adolescents/Adults with High-Functioning Autism Spectrum Disorders and Other Social Challenges

<https://autismawarenesscentre.com/shop/life-skills/sexuality-and-hygiene/intimate-relationships-and-sexual-health-a-curriculum-for-teaching-adolescents-adults-with-high-funct>

[ioning-autism-spectrum-disorders-and-other-social-challenges/](#)

Our Whole Lives (faith based)

https://www.ucc.org/justice_sexuality-education_our-whole-lives

Parent Manual: Sexuality Across the Lifespan – Florida Developmental Disabilities Council (English Version)

http://flfcic.fmhi.usf.edu/docs/Educator_LowRes_English.pdf



Peer to Peer: Bridging the Gap Through Self-Advocacy Curriculum

<https://www.endabusepwd.org/resource/peer-to-peer/>



Planned Parenthood League of Massachusetts Protection Methods Kit

[https://www.plannedparenthood.org/planned-parenthood-northern-new-england/population-health-and-education/materials-resources](https://www.plannedparenthood.org/planned-parenthood-northern-new-england/population-health-and-education/contraception-kits1)

From Train-the-Trainer Module 4: How to be a Sexual Educator Part 2



Planned Parenthood of Northern New England Contraception Kits

<https://www.plannedparenthood.org/planned-parenthood-northern-new-england/population-health-and-education/contraception-kits1>

From Train-the-Trainer Module 4: How to be a Sexual Educator Part 2

SexEd Store for Contraceptive Education Kit



<https://www.sexedstore.com/contraceptive-education-kit/>

From Train-the-Trainer Module 4: How to be a Sexual Educator Part 2

Sex Ed Mart

<https://sexedmart.com/>

Sexuality for All Abilities

<https://www.sexualityforallabilities.com/>

SkillFlix for Parents

<https://www.skillflix.org/user/login?destination=node/19>



Starting the Conversation A toolkit for self-advocates to talk about sexual violence in their community

<https://selfadvocacyinfo.org/wp-content/uploads/2019/03/Talking-about-Sexual-Violence-Toolkit.pdf>



Teach-a-Bodies anatomical dolls for purchase

<https://teach-a-bodies.com/>

From Train-the-Trainer Module 4: How to be a Sexual Educator Part 2

Tool Kit: Sexual Assault Awareness for People with Developmental Disabilities

<https://www.elevatustraining.com/toolkit-sexual-assault-awareness/>

Books/Periodicals/Articles/Etc.



A Guide to Adult Guardianship in Illinois Handbook
<https://www2.illinois.gov/sites/gac/OSG/Pages/Guide-to-adult-guardianship-in-Illinois.aspx>

From Train-the-Trainer Module 8: Partnering with Parents, Families, and Guardians to Support Sex Education



Abuse Assessment Screen – Disability, 2011
<http://nhcva.org/files/2011/11/abuse-assessment-screen-disability.pdf>

From Train-the-Trainer Module 5: Trauma-Informed Sexuality Education

Boyfriends and Girlfriends by Teri Couwenhoven
http://terricouwenhoven.com/?page_id=35



Consent = Empowerment: Making Sure Everyone Can Exercise Their Right to Choose or Refuse Sex
<https://medium.com/sexual-assault-awareness-month-2020/consent-empowerment-making-sure-everyone-can-exercise-their-right-to-choose-or-refuse-sex-8d48abde8836>

Crime Against Persons with Disabilities, 2009 - 2015
<https://www.bjs.gov/index.cfm?ty=pbdetail&iid=5986>

Diverse City Press, Inc.

<http://diverse-city.com/online-store-2/>



Envision Illinois – Guide to Understanding Mandatory Reporting in Illinois for Adults with Disabilities, 2021

<https://cm20-s3-ilcadv1.s3.amazonaws.com/ResourceFiles/acac2facfaff4959a4d1ec44b86e1ecdEnvisionIL.MandatoryReportingPictureGuide.pdf>

From Train-the-Trainer Module 5: Trauma-Informed Sexuality Education



Fact Sheet and FAQ on Sex Education (Illinois)

https://www2.illinois.gov/sites/gac/Pages/Sex-Education-for-Adults-with-ID_DD-Public-Act-101-0506.aspx

From Train-the-Trainer Module 8: Partnering with Parents, Families, and Guardians to Support Sex Education

Healthy Relationships, Sexuality and Disability Resource Guide, 2014 Edition

<https://archives.lib.state.ma.us/bitstream/handle/2452/616345/ocn968212892.pdf?sequence=1&isAllowed=y>



How Caregivers can create a Culture of Gentleness,
updated 2015

<https://healthcareassociates.net/how-caregivers-can-creat-e-a-culture-of-gentleness/>

From Train-the-Trainer Module 5: Trauma-Informed
Sexuality Education



Joint position statement on Sexuality from AAIDD and Arc,
2013

<https://www.aaid.org/news-policy/policy/position-statements/sexuality>

From Train-the-Trainer Module 2: Sexual Rights



LGBT People with Disabilities, Arcus Foundation, 2019

<https://www.arcusfoundation.org/publications/lgbt-people-with-disabilities/>

From Train-the-Trainer Module 7: Creating an Inclusive Sex
Education Program

'May We Please Have Sex Tonight?' – People with Learning
Difficulties Pursuing Privacy in Residential Group Settings
(article)

https://www.hsri.org/files/NCRI/Privacy_in_Residential_Group_Settings.pdf

National Down Syndrome Society

<https://www.ndss.org/resources/sexuality/>

Practitioners Guide to Adult Guardianship in Illinois

<https://www2.illinois.gov/sites/gac/OSG/Documents/PRAGUIDE2007.pdf>



SAMHSA's Concept of Trauma and Guidance for a Trauma-informed Approach, 2014

https://ncsacw.samhsa.gov/userfiles/files/SAMHSA_Trauma.pdf

From Train-the-Trainer Module 5: Trauma-Informed Sexuality Education



SIECUS – Comprehensive sex ed for youth with disabilities: A Call to Action, 2021

<https://siecus.org/wp-content/uploads/2021/03/SIECUS-2021-Youth-with-Disabilities-CTA-1.pdf>

From Train-the-Trainer Module 3: How to be a Sexual Educator Part 1



Speaking OUT: Understanding Sexuality and Diversity in LGBTQ+ Individuals with Developmental Disabilities, *International Journal for Direct Support Professionals*, 2017

<https://nadsp.org/wp-content/uploads/2017/06/sss-vol-6-issue-6-ENGLISH-1.pdf>

From Train-the-Trainer Module 7: Creating an Inclusive Sex Education Program



Supported Decision-Making (Illinois)

<https://www2.illinois.gov/sites/gac/Pages/Supported%20Decision%20Making.aspx>

From Train-the-Trainer Module 8: Partnering with Parents, Families, and Guardians to Support Sex Education

Sutter Health Relationships and Social Skills Articles

<https://www.sutterhealth.org/pamf/health/teens-health-relationships-social-skills-articles>

Teaching Children with Down Syndrome About Their Bodies, Boundaries and Sexuality, by Terri Couwenhoven

http://terrificouwenhoven.com/?page_id=35

Videos/Webinars



Answering Questions: Dating A Disabled Lesbian...!

#EndTheAwkward [CC]

https://youtu.be/BDMrO8t_jyo



Appropriate Touch Education from the Adult Down Syndrome Center

https://www.youtube.com/watch?v=R0r9iveGWDY&feature=emb_logo



Disability and Sexuality

<https://mashable.com/video/sex-ed-teens-disabilities-sexuality/?fbclid=IwAR0yKkrETUQIoyqazTpr2lvpkZXDBbY3m5YLGB55kO-xGdEwGZsHr0xmnCk#k2p2zG5CsZqi>



Disability, Sex, Relationships and Dating Roundtable

Hannah Witton

<https://youtu.be/AvGNiwR57iI>



Every body: glamour, dateability, sexuality & disability

Dr. Danielle Sheypuk, TEDxBarnardCollege

<https://youtu.be/7PwvGfs6Pok>



Sexual Bill of Rights, spoken by People First of San Luis

Obispo www.youtube.com/watch?v=zX8z_5kXLGo



Sex Ed for People with I/DD (intellectual/developmental

disabilities) Youtube Playlist: (10 videos) by National

Council for Independent Living (NCIL)

<https://www.youtube.com/watch?v=wZ6T8wrqjAE&list=PLuEvYNNQ-dHeVhbyeJHx9s8oqsvBk621v>



Sex Ed Made Simple, Teaching Trauma-Informed Sex Ed,
Oregon Department of Education, 2019

<https://www.youtube.com/watch?v=hMMn2J5eAi4>

From Train-the-Trainer Module 5: Trauma-Informed
Sexuality Education



Sex Ed Made Simple, Webinar 7: Sex Ed for Students with
Differing Abilities, from the Oregon Department of
Education, 2019

<https://www.youtube.com/watch?v=tv9oLZJWmYY>

From Train-the-Trainer Module 4: How to be a Sexual
Educator Part 2



In My Voice: Sexual Self Advocacy

<https://www.youtube.com/watch?v=M5Q5hW62M4Y&t=55s>

Sexuality and Disability in India

Rupsa Mallik, TEDxBangalore

<https://youtu.be/6Qk95L0AkPI>



Tea Consent (version without adult language)

www.youtube.com/watch?v=fGoWLWS4-kU

YouTube Channels that Address Disability and Sexuality (for self advocates and general community information)



Jessica Kellgren-Fozard

From YouTube channel: Adding vintage fabulousness to a life with disabilities and chronic illnesses, aided by my beautiful wife Claudia and our adorable pups. I'm a deaf YouTuber who makes videos about my life with disabilities and chronic illness in a positive uplifting way, LGBTQ+ awareness and vintage fashion.

<https://www.youtube.com/user/MissJessicaKH>



Real Talk

Real Talk is a conversation on dating, love, relationships and sex. It's an affirmation that all people have sexualities. It's a celebration of the sexualities of people with cognitive disabilities. Real Talk is a catalog of videos featuring conversations on sexual health topics.

<https://www.youtube.com/channel/UCIe-bIsMtTNveQVsNUUfHSA>



Sexplanations

From YouTube channel: Sexplanations is sexedutainment for the universe hosted by Dr. Lindsey Doe. The show is designed around the 4 minutes model of YouTube EDU to share incredible knowledge while inspiring the audience to stay curious. The most viewed episode is Vagina Toys, followed Pelvic Exam, Anal Sex, Masturbation, and Consent. The channel has covered over 365 topics and has reached over 190 nations. It's in its seventh year and continuing shame-free, comprehensive efforts to educate on everything sex.

<https://www.youtube.com/user/sexplanations/featured>



Hannah Witton

From youtube channel: Hi I'm Hannah Witton, I make content about sex, relationships and disability & my stoma! Subscribe for new videos every Tuesday!

<https://www.youtube.com/user/hannahgirasol/featured>

Sexuality and Disability Resources for Parents in Spanish

Recursos en español para los Padres sobre la Sexualidad y la Discapacidad

Healthy Bodies Toolkit by Vanderbilt Kennedy Center LEI Program **(2013) Manual de Cuerpos Sanos**
<https://vkc.vumc.org/healthybodies/Sp-index.html>

Description: A parent's Guide on puberty for boys and girls with disabilities. Includes a separate booklet and appendix for girls and boys. Also available in Spanish. Cost: Free.

Descripción: una Guía sobre la pubertad para padres de niños con discapacidades. Incluye un folleto y un apéndice separados para niños varones y niñas. Costo: Gratis.

Illinois Imagines Guide for Parents/Guardians (2013)

Illinois Imagines Guía para los padres y familiares

<http://icasa.org/resources/illinois-imagines/materials-toolkit-and-other-material>

Description: A Guide to help parents and guardians learn basic information about people with disabilities and healthy sexuality, as well as the risks and needs of people with disabilities in relation to sexual violence.

Descripción: una Guía para ayudar a los padres y tutores aprender información básica sobre las personas con discapacidades y la sexualidad sana, tanto como conocer los riesgos y las necesidades de personas con discapacidades en relación a la violencia sexual.

Sexuality Across the Lifespan by Florida DD Council
La Sexualidad a lo largo del transcurso de la vida (2005)

http://flfcic.fmhi.usf.edu/docs/Parent_LowRes_Spanish.pdf

Description: An instructional guide for parents and caregivers of individuals with developmental disabilities.

Descripción: Manual de instrucciones para personas con discapacidades del desarrollo y para los padres de familia o cuidadores de dichas personas.

Stop It Now! prevention tools for parents of children with disabilities **¡Detenlo Ahora!** Hojas de consejos para prevenir el abuse de niños con discapacidades.

<https://www.stopitnow.org/help-guidance/prevention-tools>

Description: A series of tip sheets on the prevention of sexual abuse for parents of children with disabilities.

Topics include:

- Age appropriate sexual behavior
- Behaviors to watch out for when Adults are with children and Signs that a Child or Teen might be at-risk to Harm a Child
- Create a Family Safety Plan

- How to Protect your Child from sexual abuse in a Program setting
- How to Talk to your Child to Reduce Vulnerability to sexual abuse
- Something was going on in my own home and I didn't realize it

Descripción: Hojas de consejos para padres de niños con discapacidades sobre el tema de cómo prevenir el abuso sexual. Los temas incluyen:

- Comportamientos sexuales adecuados de acuerdo al desarrollo del niño
- Comportamientos para observar cuando los adultos están con los niños y las señales que un niño o un adolescente pueden estar en riesgo de lastimar a otro niño
- Planificar la seguridad familiar para prevenir el abuse sexual infantil
- Como proteger a su hijo de abuse sexual en programas extracurriculares
- Como hablar con su hijo para reducir vulnerabilidad al abuse sexual
- Algo estaba pasando en MI propio hogar, y yo no me había dado cuenta antes