

# Sexuality Education Resources

## Updated October 9, 2023

**Note from DHS:** While the Illinois Department of the Human Services (IDHS) strives to make the information on this webpage as timely and accurate as possible, the IDHS makes no claims, promises, or guarantees about the accuracy, completeness, or adequacy of the contents of this webpage, and expressly disclaims liability for errors and omissions in the contents of this site. No warranty of any kind, implied, express, or statutory, including but not limited to the warranties of non-infringement of third party rights, title, merchantability, fitness for a particular purpose or freedom from computer virus, is given with respect to the contents of this webpage or its links to other Internet resources. Reference in this webpage or to the linked web pages or videos to any specific product, process, resource, or service, or the use of any trade, firm, or corporation name is for the information and convenience of the public, and does not constitute endorsement, recommendation, or favoring by IDHS.



**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](mailto:krescenebeck@gmail.com).**

## **Websites**



amaze

[www.amaze.org](http://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](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](http://www.d2l.org)



Date Safe Project  
[www.datesafeproject.org](http://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



Healthy Understanding of Our Bodies (HUB)  
<https://thearcofhr.org/sexual-health-resource-hub/>



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](http://www.icasa.org)

Illinois Imagines  
[www.illinoisimagines.org](http://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/>

RespectAbility

[Sexual Education Resources - RespectAbility](#)

Sex Education Collaborative

[Sex Education Collaborative Online Portal](#)

SexEd Library

[www.sexedlibrary.org](http://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/>

Sexuality in Transition

[Resource List — Sexuality In Transition](#)

Start By Believing

[www.startbybelieving.org](http://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/](http://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-functioning-autism-spectrum-disorders-and-other-social-challenges/>

Our Whole Lives (faith based)

[https://www.ucc.org/justice\\_sexuality-education\\_our-whole-lives](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](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-massachusetts/local-training-education/materials-resources>

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/>



Sexual Health and Wellness

<https://peatc.org/sexual-health-and-wellness/>

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

The Elephant in the Room

[Elephant in the Room part 1 of 4 \(arcsc.org\)](#)

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](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](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-create-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](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](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 Couwenhaven

[http://terrificouwenhoven.com/?page\\_id=35](http://terrificouwenhoven.com/?page_id=35)

## Videos/Webinars



Answering Questions: Dating A Disabled Lesbian...!  
#EndTheAwkward [CC]

[https://youtu.be/BDMrO8t\\_jyo](https://youtu.be/BDMrO8t_jyo)



Appropriate Touch Education from the Adult Down Syndrome Center

[https://www.youtube.com/watch?v=R0r9iveGWDY&feature=emb\\_logo](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](http://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](http://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 LEND 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.



## **Sexual Health and Wellness**

<https://peatc.org/sexual-health-and-wellness/>

Description: PEATC (Parent Educational Advocacy Training Center (Virginia)) has developed a toolkit to help guide parents through this process of discussing Sexual Health and Wellness with their child.

The toolkit covers topics such as sexuality, self-care, relationships, social skills, and boundaries.

The toolkit, factsheets and resource documents are available in English and in Spanish.

Descripción: El Centro de Capacitación y Defensa Educativa para Padres (del estado de Virginia) desarrolló un conjunto de herramientas para padres de hijos con discapacidades. "Hablemos del Sexo: Estudiantes con Discapacidades y su Salud Sexual" ofrece prácticas y estrategias que pueden usar para ayudar a su hijo a través de la pubertad y la adolescencia. Los temas incluyen: la sexualidad, los cuidados personales, habilidades sociales y relaciones, y los límites personales. El conjunto de herramientas, hojas informativas y otros recursos están disponibles en inglés y español.

**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](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 abuso sexual infantil
- Como proteger a su hijo de abuse sexual en programas extracurriculares
- Como hablar con su hijo para reducir vulnerabilidad al abuso sexual
- Algo estaba pasando en MI propio hogar, y yo no me había dado cuenta antes