SEXUALITY IN EDUCATION SETTINGS FOR STUDENTS WITH INTELLECTUAL & DEVELOPMENTAL DISABILITIES

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TRAINING OVERVIEW

• Centering and check In
• Background on sexual education for people with I/DD
• Equitable sex education for people with I/DD
• Sexual health education strategies and conversations
• Close
QUESTIONS OR COMMENTS?

- Type your question/comment into the chat box.
- Raise your hand in the participant box.
- Send an anonymous question/comment through private chat to Lindsey Mullis.
AGREEMENTS

• This is a non-judgmental and safe space.
• Participate at your own comfort level.
• All questions, comments, ideas are welcome.
• Take care of yourself – bathroom breaks, kiddo check-ins, etc.
CENTERING
WHO WE ARE & WHAT WE DO

- Mad Hatter Wellness, founded by Katie Thune, provides learning opportunities to empower people of all abilities with knowledge and skills to make safe and healthy choices.

- We focus on educating about healthy relationships, with ourselves and others, as well as safety, consent...and lots more. All of this is a part of comprehensive sexual education.

- Two main programs;
  Sexuality for All Abilities and The Power of Me
THINGS TO THINK ABOUT

• Humans are sexual beings.
• Sexual health conversations can bring up a range of emotions.
• Sexual education is a lifelong process.
• None of us are perfect.
WHAT ARE WE TALKING ABOUT WHEN WE USE THE TERM SEXUALITY?

- Reproductive Health and Genitals
- Gender Role and Identity
- Sexual Orientation
- Relationship
- Body Image
- Love and Affection

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OUR HOPE FOR THIS TRAINING

• You will leave this training feeling a little more comfortable talking about this topic.

• You will leave with 1-2 tools or strategies to use with yourself, your students, or the people in your life.
SEXUAL ASSAULT STATISTICS FOR PEOPLE WITH DISABILITIES

• 83% of women and 32% of men with developmental disabilities are victims of sexual assault at some point in their lifetime (Johnson & Sigler, 2000).

• 49% of people with developmental disabilities who are victims of sexual violence, will experience 10 or more abusive incidents (Valenti-Heim & Schwartz, 1995).

• People with intellectual disabilities are sexually assaulted at a rate seven times higher than those without disabilities (Data run for NPR by the Justice Department, 2017).
WHY ARE PEOPLE WITH DISABILITIES MORE VULNERABLE TO ASSAULT?

1. Societal attitudes and beliefs about people with disabilities
2. Aspects of the disability
3. Lack of sexual education
4. Dependency and learned compliance
5. Isolation
FOCUS QUESTION

What was your experience with sex ed growing up? School, family, friends, etc.

Write your responses/stories in the chat box.
HOW HAS SEXUAL EDUCATION FAILED PEOPLE WITH DISABILITIES?

- Lack of education
- Stranger Danger principle
- Sex ed as abuse prevention
- Reactive education
- Hidden curriculum
- Informal curriculum
OUR HOPE FOR SEXUALITY EDUCATION

- Comprehensive
- Non-reactive
- Non-judgmental
- Non-shaming
- Inclusive (age, gender, disability, race, sexual orientation, etc.)
- Accessible to ALL
Sexuality is not just about sex. It’s also about life and relationships - relationships with others, ourselves, and our bodies.

Comprehensive sex education (CSE) is a sex education instruction method based on curriculum that aims to empower students with knowledge, attitudes, skills and values to make appropriate, healthy, and safe choices in their sexual lives. CSE includes learning about and practicing self-determination and self-advocacy.
HELPFUL STRATEGIES FOR EQUITY – SEXUAL HEALTH & STUDENTS WITH DEVELOPMENTAL DISABILITIES

• Teach accurate terms for private body parts
• Talk about body rights – “my body belongs to me”
• Use teachable moments
• Encourage assertiveness and appropriate noncompliance
• Repetition (pre-teach, re-teach, review)
• Teach the rules
• Role-play
• Teach consent!!!
SELF-ADVOCACY & SELF-DETERMINATION

• Self-advocacy is the extent to which a person has the ability to speak up for one’s self.

• Self-determination requires an individual to make decisions about their own life. This includes skills such as: choice-making, decision-making, problem solving, goal setting, self-monitoring, leadership, resiliency and so much more.
SEXUAL HEALTH
STRATEGIES, LESSONS,
AND CONVERSATIONS

Sexuality for all Abilities
Write down the names of the different people in your life in all 5 categories.

Note: in the Romantic Partner category it is important that BOTH people have knowledge and want that relationship.
RELATIONSHIP CIRCLE

Write the names of the people in your life in the relationship circle.

Note: If a person is in my hug circle, it does not mean I have to give them a hug every time I see them.
HEALTHY AND UNHEALTHY BEHAVIORS IN A RELATIONSHIP

Healthy Behaviors

Unhealthy Behaviors
## Behaviors at School

<table>
<thead>
<tr>
<th>Healthy Behaviors</th>
<th>Unhealthy Behaviors</th>
</tr>
</thead>
<tbody>
<tr>
<td>- High five</td>
<td>- Hugs</td>
</tr>
<tr>
<td>- Handshake</td>
<td>- Touch private body parts</td>
</tr>
<tr>
<td>- Wave</td>
<td>- Show private body parts</td>
</tr>
<tr>
<td>- Hello</td>
<td>- Hitting, kicking, spitting, etc.</td>
</tr>
<tr>
<td>- Compliments</td>
<td>- Gossip</td>
</tr>
</tbody>
</table>

Example of how to talk about healthy behaviors at school, work or home.
THE HEART OF RELATIONSHIPS

In my relationships I get to be myself.

We take time to get to know each other.

There is compromise in my relationships — we take turns making decisions.

We get along and have fun together.

Boundaries are respected — I can say no in my relationships.
FLIP BOOKS ABOUT BOUNDARIES
RED/GREEN CARDS

GREEN CARD
- Healthy
- Okay
- Appropriate
- Safe
- Expected
- Comfortable
- Go

DO NOT USE: yes, good

RED CARD
- Unhealthy
- Not okay
- Inappropriate
- Unsafe
- Unexpected
- Uncomfortable
- Stop

DO NOT USE: no, bad
PRIVATE AND PUBLIC

- A private place is a place that **belongs to you, when you are alone, and when others cannot see you.**
- A private behavior is something that you do when you are by yourself and it should occur in an appropriate private place.

- A public place is a place where there is more than 1 person, places where you are likely to see other people.
- A public behavior is something that you can do when you are with or around other people.
PRIVATE VS. PUBLIC

Private Places/Behaviors

Public Places/Behaviors
SAFETY

Your body belongs to you. You get to say who touches it when and where.

1. Say No.
2. Get away.
3. Tell someone.
COMMON CONCERNS WHEN WORKING WITH STUDENTS WITH I/DD

• Confusion with private/public behaviors
• Trouble discerning facts vs. myths
• Can be easily pressured by peers
• Can get in trouble for behaviors they don’t know are inappropriate for school or the workplace
• Confusion about caregiver relationships
• Lack support in developing autonomy and independence
• Nonconsensual hugging/touching
• Misreading social cues
SOCIAL STORIES

HEALTHY RELATIONSHIPS

A relationship is a connection between 2 or more people.

A healthy relationship is a connection with another person that you feel good about.

You can have healthy relationships with many different people in your life.

BOUNDARIES

A boundary is a line that people cannot cross.

People can’t cross your boundary without your permission.

You can’t cross another person’s boundary without their permission.

In healthy relationships, you get to be yourself.

You take turns and compromise in healthy relationships.

Boundaries are respected in healthy relationships.

An example of a physical boundary is only hugging people who want to be hugged.

An example of an emotional boundary is that you get to decide how much you share about yourself with other people.

Boundaries can change with different people or in different places. They can change with your mood.
HOW SFAA CAN SUPPORT YOU!

- SFAA Newsletter – tips, tools, resources
- Calls to support distance/hybrid learning (monthly Sept 2020-May 2021)
- Monthly parent/caregiver calls
- Empower Me Card Deck
- Family Discussion Guide
- Sexuality for All Abilities Book
- Consulting
- Virtual Curriculum Training
- MHW YouTube Videos

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RESOURCES

- **Sexualityforallabilities.com** – sign up for our email list here
- **Mad Hatter Wellness YouTube channel** - videos on sexual education
- **Amaze.org** – videos on puberty, sexual orientation, gender, safety, healthy relationships and more
- **NCIL Videos** – sex ed videos for and by people with I/DD
- **Scarleteen** – sex ed resource for teens
- **Homeschool Sex Ed Resources** through SIECUS
QUESTIONS????
MAD HATTER WELLNESS ENVISIONS A WORLD THAT PROVIDES AND PROMOTES EQUITABLE HEALTH AND WELLNESS EDUCATION FOR ALL PEOPLE.
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