

The Importance of Sexual Health for People with IDD

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ASSOCIATION OF UNIVERSITY CENTERS ON DISABILITIES

RESEARCH, EDUCATION, SERVICE

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Setting the Stage

- Trauma warning
- If you feel uncomfortable or are reminded of bad memories and want to talk to someone you can call the Crisis Call Center at (775) 784-8090



Chat Box

- Please use the chat box for questions and comments
- Can be sent to everyone or to one individual
- Questions will be answered at the end of the presentation



Webinar Overview

- Defining sex vs. sexual health
- Importance of sexual health education for people with IDD
- Sexual assault and people with IDD
- Vulnerability
- Why don't we talk about this
- Sexual health topics
- Resources



Defining Sex vs. Sexual Health

- Sex is the physical act
- It is intimate only because of the body parts needed to have sex
- It does not connote intimacy



Defining Sex vs. Sexual Health

Sexuality on the other hand can be many things:

- Gender role
- Social role
- Family role
- Body Image
- Affection
- Love
- Intimacy
- Relationships
- Sexual identity and/or orientation
- Understanding your body and/or your partner's body



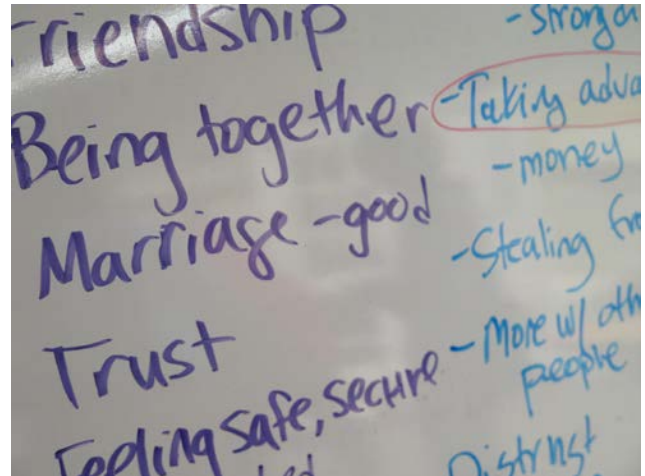
Importance of Sexual Health

- Introduce Rollins, Rose, and Andrew
- Why is sexual health important to you?

Self-Advocates Talk About Sex Education

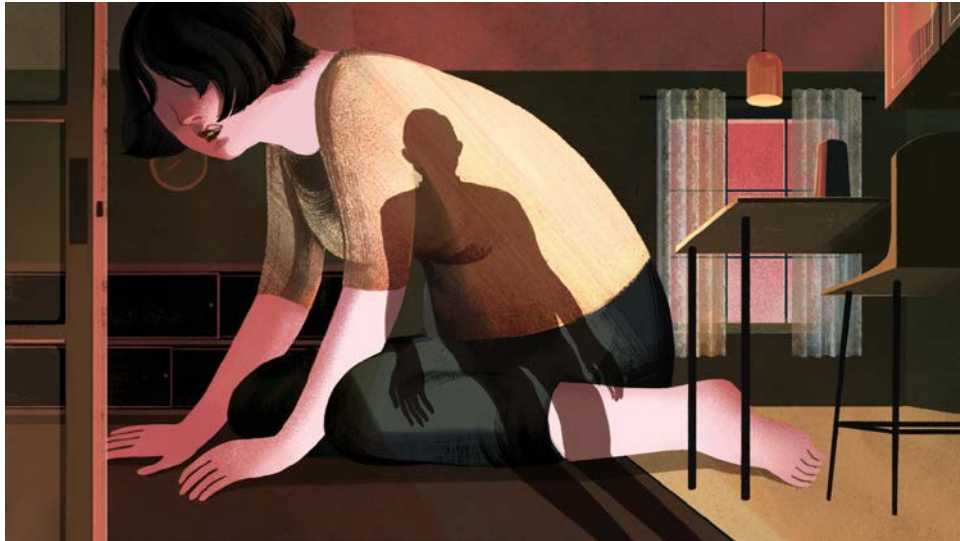


Brianna Soukup for NPR



Joe Shapiro for NPR

Sexual Assault Epidemic



Cornelia Li for NPR

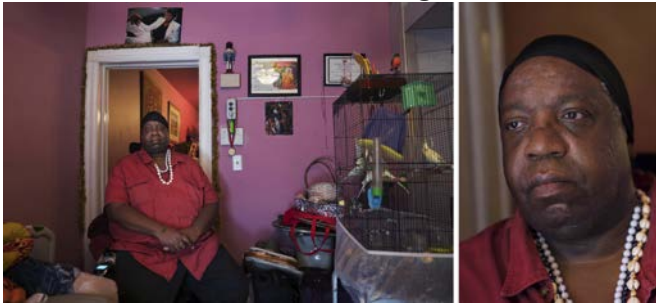


Sexual Assault and People with IDD

- Epidemic of sexual assault
- People with intellectual disabilities are sexually assaulted at a rate that's seven times that of people without disabilities

Vulnerability

Thomas Mangrum



Claire Harbage for NPR

Carolyn Morgan



Meg Anderson for NPR

Why Don't We Talk About This?

James Meadours



Lizzie Chen for NPR

Sexual Health Topics - Overview

- Self-image and self-reflection
- Comfort level with this topic
- Basic concepts of sexuality
- Public vs. private
- Realistic vs. unrealistic relationships
- Goals and dreams



Self-Image and Self-Reflection

- Who am I?
- What do you like about yourself and why?
- What do you dislike about yourself and why?



Comfort Level Instrument

- Tool edited (with permission) from Family Life Education: Resources for the Classroom
- This tool is used to explore and reflect on comfort level with your own body or your partner's body
 - Used with individuals with IDD
 - Used with professionals in the field

Basic Concepts of Sexuality

- S-E-X vs. Sexuality
- Comfort level instrument
- Communicating with individuals and parents/guardians/staff
 - Your opinion vs. the individual
 - Your opinion vs. the family member



Public vs. Private

- How do you know?
 - This is ever changing
- Body parts
- Places
- Activities
- Who can you talk to about this to help understanding?



Realistic vs. Unrealistic Relationships

- Self-portrait - how we see ourselves and how others see us
- Like and dislikes in relation to others
- Relationships with others



Goals and Dreams

- What is a realistic goal and dream for you?
- Short term
- Long term

GOAL SETTING

SPECIFIC
MEASURABLE
ACHIEVABLE
REALISTIC
TIMELY



Resources

- Abuse and Betrayed Series by Joe Shapiro:
<https://www.npr.org/series/575502633/abused-and-betrayed>
- TECS Education Center, Cincinnati OH: Barb Thomas,
bjthomas_tecs@yahoo.com, <https://www.tallinstitute.com/>

Questions & Answers

