



Sex Talk for Self-Advocates #1

Relationships



ASSOCIATION OF UNIVERSITY CENTERS ON DISABILITIES

RESEARCH, EDUCATION, SERVICE

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ELEVATUS TRAINING

LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

www.elevatustraining.com

Sex Educator - Erica Thomas





Setting the Stage

- Using person first language
- Using participants own words for questions
- Using medical terminology
- Using words “high functioning” and “low functioning”



Setting the Stage (Continued)

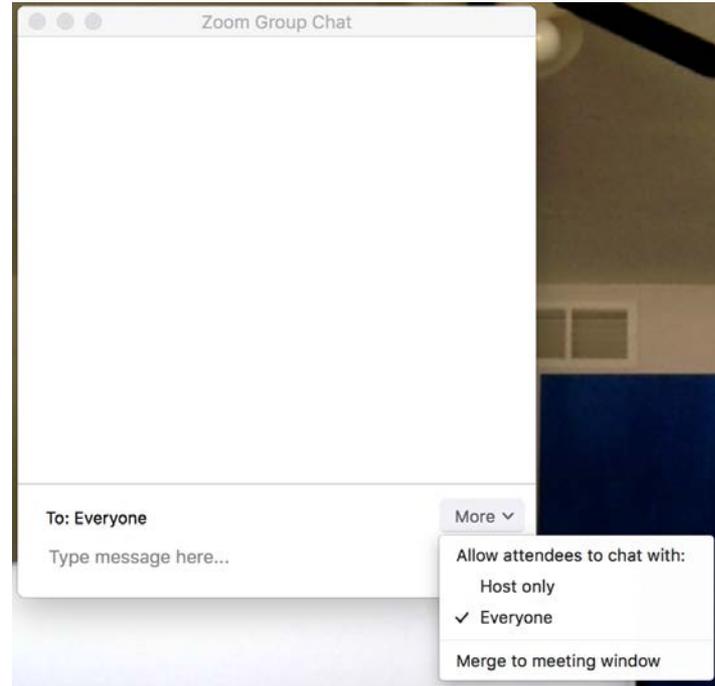
- Relationships and sexuality are very personal topics
- If you feel uncomfortable or are reminded of bad memories you can call the Crisis Call Center at (775) 784-8090

Chat Box for Comments and Questions

Step
1



Step
2





How the Webinar Will Work

- Questions from the Sex Talk Self-Advocate survey
- One educator will lead discussion and other will add to the discussion
- Time at end to answer questions

What is Sexual Self Advocacy?

According to Green Mountain Self Advocates:

"Speaking up for yourself, sexually"

"Getting information"

"Taking a stand"

"Saying to whomever - this is my choice"

"Stating your sexual limits and desires with your partner, respecting others limits and desires"

"Starting to do what you want with relationships"



Question 1. "How do I meet someone?"



STEP ONE: Go to places that you can find other people-
join a group, go to parties, social events.

Other ideas?

If you have a partner, how or where did you meet?

Question 1. "How do I meet someone?" (cont'd)



Self-Advocacy Conference



Trainings and fun activities

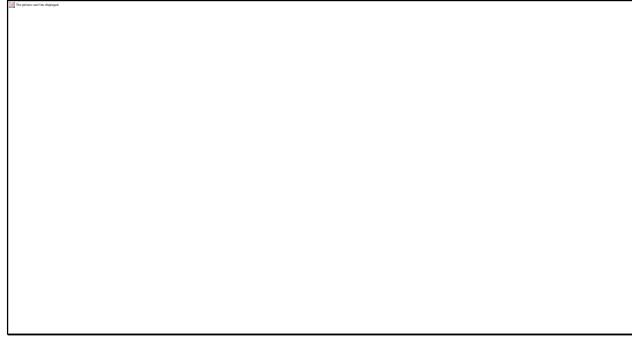


Local Peer Group and Events

Question 1. "How do I meet someone?" (cont'd)



Clubs in your town



At Pride events



At work,
taking a
college class
or
volunteering



Social Media...the New Way to Meet People



- Never post your SSN, DOB, address or phone number
- Be careful when clicking links
- Be careful with who you “friend”
- Everything you post is permanent
- Be nice; do not be a bully
- Be careful when using social media at work
- Do not post anything you wouldn't want a loved one to see (naked pictures, drunk/high pictures)
- Report people who are not nice to you online
- Keep your passwords a secret

Is This Appropriate Online Behavior?

- Posting naked pictures
- Posting a picture of your pet
- Posting a picture of you and your friends at an event
- Posting a picture of you exercising
- A post about a person you had sex with last night
- Posting a picture of you masturbating

Question 1. “How do I meet someone?”

If you are interested in someone, you think they are sexy, attractive, how do you decide whether to try to get to know them better?

Who can be a potential sexual partner?

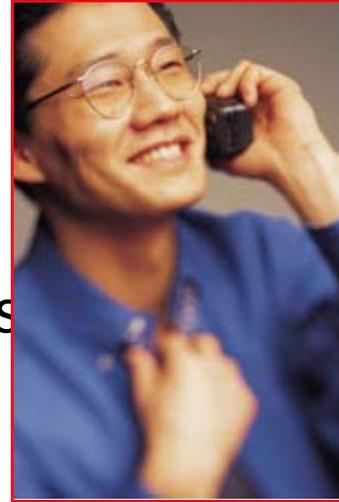
- Someone of the same gender?
- Someone in a relationship?
- Staff person?
- Someone who is underage?



Question 1. "How do I meet someone?"

STEP THREE: Getting to know someone

- Flirting-how do we do this? How do we know it is working? Not working?
- Talk to the person-ask questions, tell the person something about yourself, public conversations
- Talking on the phone, texting, facebook messaging
- Asking the person to join you in a group activity
- Asking the person out on a date





Question 2. “How do you know if someone is your boyfriend or girlfriend?”

Someone who has said they are interested in you

Both people willingly agree on what is okay and what is not okay in your relationship. For example:

- Is it okay to date other people.
- How often do you want to spend time together
- How often should we be texting each other

So often people say they are a girlfriend or boyfriend. But, they live such restricted lives that they only see each other a couple times a year and only in public places. Rarely having an opportunity to be alone.

Question 3. What exactly does consent mean?

- You must ask first
- Both people must say YES
- Sexual acts should feel good to both people
- You can say NO at any time
- Giving consent once does not mean the answer is always yes
- Remember: if you are not sure – ASK!

**CONSENT IS
EVERYTHING**

What if a Person Cannot Give Verbal Consent?

Positive Consent (YES)

- Positive body language
 - Leaning in
 - Smiling
 - Pulling you closer
- Sign language “yes”
- Nodding “yes”

Negative Consent (NO)

- Pulling away
- Crying
- Not responding to your touch
- Turning his/her face away
- Arms wrapped around body
- Sign language “no”
- Nodding “no”

Was Consent Given?

- Ella asked Leah if they could cuddle in bed. Leah turned her back to Ella.
- Mike told Ebony he wanted to kiss her and he did.
- Sarah asked George to hold hands. George said no.
- Todd asked Joe for oral sex. Joe smiled and unbuttoned Todd's pants.
- Marty asked Sandra for a hug. Sandra signed yes. They hugged.
- Sam forcefully held Joe's arms down and kissed him.
- Wil asked Mia if they could try anal sex. Mia rolled her eyes and looked away.
- Tyrone asked Lisa for a kiss. Lisa smiled and puckered her lips.
- Emily asked Ethan if they could have sex when they got home. Ethan ran away.
- Tiffany asked Veronica if they could use a sex toy together. Veronica said I don't know.

Question 3. What exactly does consent mean?

There are actually two steps or two questions to ask.

- Did the person say “yes”?
- Was it freely chosen?



There can be no pressure. No lies. No force. You need to ask for permission for everything you do. You can change your mind at any time.

Just because you agreed one time it does not mean you will do it every time.



Question 3. What exactly does consent mean? (continued)

- Was each person's "yes" freely chosen? The person had a choice to say no and wanted to say yes.
- No pressure, threats, lies, force.
- "If you don't have sex with me, I will break up with you"
- "If you don't have sex with me, I will tell everyone that you did"
- "I love you and will never leave you" (even though they don't love you and have plans to leave you)



Question 4. “How do I talk with my partner?”

Honest, open, kind, respectful, listen well,

How do you like to be talked to?

Question 4. "How do I talk with my partner?"

Being Assertive: Speaking up

Stand tall or sit up straight

Face the person you are talking to

Look right into the eyes of the person you're talking to (but don't stare)

Speak in a clear, firm voice that's loud enough to be heard, but not too loud

Are you good at speaking up? Or are you more likely to be bossy or shy?



Question 4. "How do I talk with my partner?"

"How do I communicate with someone who feels they are in a relationship further than I am?"

What is this person doing that makes you think they are further in the relationship than you?

Example, calls you 10 times each day, kisses you in public, wants to know where you are at every moment?

When you _____

I feel _____

Because _____

Make a request _____

Question 4. “How do I talk with my partner?”

Well, according to my peers:

- use words that everyone understands
- Pay attention when someone is telling you how they feel
- If you feel like you are going to explode, walk away, take a moment to calm down
- Avoid blaming
- Compliment them
- Ask them questions about their interests and their hobbies



Question 5. “Is a non-disabled partner at risk for having sex with a disabled partner?”

Dating a Person with a Disability:

- Treat the person like a person
- Advocate for your partner
- Do not date a person with a disability because you feel sorry for him or her
- People with disabilities live fulfilling lives and have active sex lives

Will I Get in Trouble if I Date a Person with a Disability?



- NO – if you:
 - Treat the person with dignity and respect
 - Are truly interested in a relationship
 - Get consent first
 - Communicate/ask questions about the person
 - Advocate for your partner

Will I Get in Trouble if I Date a Person with a Disability?



- YES - if you are:
 - Being manipulative
 - Forcing a relationship
 - Taking advantage of a person (emotionally, financially, etc.)
 - Sexually abusing a person
 - Physically abusing a person
 - Keeping a person away from family and friends
 - Threatening a person
 - Stealing or withholding medication and other necessities

Question 6. “How do you come out as LGBTQIA?”



- Connecting with peers, find out how they “came out”
- You decide who you want to tell
- Do not feel pressure to come out
- Don’t feel you have to label yourself

Question 6. “How to be gay?” (continued)



“LGBTQIA”

Lesbian, Gay, Bisexual, Transgender, Queer/Questioning,
Intersex, Asexual

*For more information, please see the LGBTQIA Resource
Center Glossary at the end of the presentation*



Questions and Answers

Questions related to today's topics

Resource List



- Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual Resource Center

<https://lgbtqia.ucdavis.edu/index.html>

- LGBTQIA Resource Center Glossary

<https://lgbtqia.ucdavis.edu/educated/glossary.html>



Next Webinar

When and how to participate in Sex Talk for Self-Advocates #2