

Other  
Important  
Issues  
For  
Allies  
To  
Know

We need the community, parents and staff to let go of the idea that people with disabilities are not sexual; do not want to be in relationship.

It is important for us to get information from other people — other than support staff.

Make sure people can go to Planned Parenthood. They have good information about being in a relationship. Go with both people in the relationship.

There is a fine line between getting support when needed and people taking over for you.



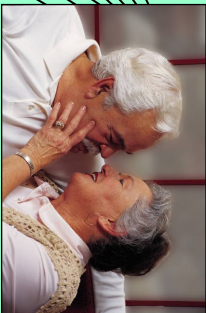
# Sexual Self-Advocacy



## What Sexual Self-Advocacy Means

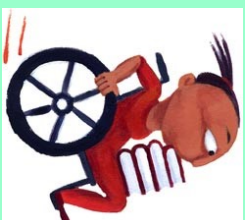


- ◆ Feeling good about yourself.
- ◆ Feeling comfortable meeting people, flirting and asking somebody to dance.
- ◆ Being free about your sexuality like if you are gay, straight or lesbian.



- ◆ Feeling free to speak to your partner and tell them what you want and don't want in a relationship.
- ◆ Knowing your rights and responsibilities when in a relationship.

- ◆ Not letting people use you in a relationship, take advantage of you.
- ◆ Knowing how to deal with someone pressuring you to do something sexually you don't want to do.
- ◆ Dealing with stalkers and harassment.

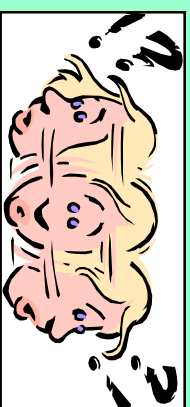


- ◆ Getting detailed information about sex that everyone can understand.
- ◆ Knowing about birth control and safe sex.
- ◆ Learn new things and decide what is right and safe for you.

- ◆ Telling your parents about your relationship when they don't agree.
- ◆ Dealing with your partner's parents being a barrier.
- ◆ Dealing with parents when they try to hitch you up with other people.
- ◆ Privacy is important – so speak up for it.



- ◆ Getting married.
- ◆ Breaking up with people by letting them down easy.
- ◆ Learning from your mistakes.



## Sexual Self-Advocacy is Harder than Self-Advocacy