
Sexuality Education *Dating & Relationships*

SARTAC will share a list of all the videos and trainings self-advocates have made to teach about dating and relationships. We want to hear from you about the trainings you are doing!



We will
describe
a few
Sexuality
training
programs
created by
people with
IDD



Sex Ed for Individuals with I/DD

Made by the National Council on Independent Living



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SEX & CONSENT

A purple background with a repeating pattern of white and light blue icons related to health, biology, and medicine, including a DNA helix, a microscope, a pill, a person, a heart, and a brain.

SEX & RISKS: STDs AND STIs

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SEX & RISKS: PREGNANCY

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HOW TO USE A CONDOM



<https://www.youtube.com/playlist?list=PLuEvYNNQ-dHeVhb yeJHx9s8oqsvBk621v>

or just google - NCIL Sex Ed

A Self-Advocate's Guide to Safer Sex

Talks about things like:

- Why people have sex.
- How to have safer sex.
- What pregnancy is and how to prevent it.
- What STIs (including HIV) are and how to prevent them.
- What sexual and reproductive health care is, and how to get it.



This toolkit is available in Easy Read and plain language.

You can find these materials

<https://autisticadvocacy.org/resources/proud/>

Sexuality Education for People with Developmental Disabilities



1

Getting Started.....



2

Gender Identity & Expression



3

Different Types of Relationships.....



4

Public and Private



5

Friendship



6

Communication



7

Decision Making



8

Moving From Friend to Partner/Sweetheart...



9

Internet, Social Media & Communication.....



10

Many Roads to Relationships



11

Being in a Relationship.....



12

Has Your Relationship Gone Bad?



13

Body Parts.....



14

Caring for Your Body



15

Sexual Feelings, Attraction and Acts



16

Communicating About Sex.....



17

Decision Making About Sex



18

Challenges or Things That Can Go Wrong



19

Do You Want to Have a Child?



20

Avoiding Pregnancy.....



21

Getting a Sexually Transmitted Infection



22

Final Class

Sexuality Education for People with Developmental Disabilities

<https://www.elevatustraining.com/>

A curriculum by Katherine McLaughlin that is suitable for high school students and adults. It has 22 lessons with handouts and teaching tools, and is designed for co-teaching teams or sexuality and health educators. This **one-of-a-kind** curriculum has been field-tested and praised by experts and laypeople alike. It's cognitively accessible and designed for teams of self-advocates, staff, and teachers to co-lead an inspiring and engaging sexuality class.

It comes with an **Instructor Manual** that provides tips on how to establish a sexuality education class and how to be an effective, engaging sexuality educator. It also talks about common challenges when teaching this topic and help to overcome them.

SANYS - Self Advocacy Association of NY State



Sexual Feelings and Relationships

<https://www.youtube.com/watch?v=iCg3OJ-O9jA&t=6s>

https://www.youtube.com/watch?v=cRzVfz_ZvpQ&t=1s



Sexuality and People with Developmental Disabilities

SANYS - Self Advocacy Association of NY State



Sexual Self Advocacy

<https://www.youtube.com/watch?v=Tc9VdCemhoM>



Consent and Sexual Relationships

<https://www.youtube.com/watch?v=UDn1NNWHptQ>

Sex Talk for Self-Advocates Webinar Series

<https://www.elevatustraining.com/resources-2/sex-talk-for-self-advocates-series/>



Sex Talk for Self-Advocates - 8 Webinars

Relationships:

<https://www.youtube.com/watch?v=4MiVcMz5xFg&t=31s>

Sex and Intimacy:

<https://www.youtube.com/watch?v=DkLjonX-KGo&t=13s>

Safe Sex Practices - Sexually Transmitted Infections (STIs):

<https://www.youtube.com/watch?v=WS4pNw2dwCo&t=9s>

Relationship Experiences:

<https://www.youtube.com/watch?v=QEI4czVpPAg&t=191s>

Maintaining Relationship

Status: An Open Discussion:

https://www.youtube.com/watch?v=4isUkCW_NNQ

LGBTQ+ Relationships:

<https://www.youtube.com/watch?v=Pd2gE2IBx78&t=430s>

Marriage:

<https://www.youtube.com/watch?v=GSATIKHguQE>

Parenting:

<https://www.youtube.com/watch?v=Yq477mLJRz4>