Sexuality & Disability Resources

Websites/Links

http://www.bluetowertraining.com
Resources on sexual abuse and sexuality, self-advocacy, spirituality and self-esteem.

http://www.cancer.org/docroot/MIT/MIT_7_1x_SexualityforMenandTheirPartners.asp
http://www.cancer.org/docroot/MIT/MIT_7_1x_SexualityforWomenandTheirPartners.asp
The American Cancer Society publishes two booklets on sexuality and cancer: one For the Woman Who Has Cancer, and Her Partner and one For the Man Who Has Cancer, and His Partner. These can be ordered by telephone or can be viewed on their web site.

http://disability-abuse.com
This online resource is administered by ARC of Riverside CA. The project is currently pursuing objectives to identify and disseminate best practices in abuse prevention and treatment for people with developmental disabilities. The project also sponsors an Annual National Conference on The Abuse of Children and Adults with Disabilities. Now offering an online (via video streaming) Professional Training Conference on Abuse and Disabilities through August 2005.

http://www.diverse-city.com/display.htm
A small publishing company which aims to provide educational materials for people with disabilities and their care providers. The company is informed by the disability rights movement, and is closely linked with organizations and individuals fighting for the rights of all people with disabilities to take control of their own lives and control their own fate.

http://education.guardian.co.uk/further/story/0,,2186123,00.html

http://www.nichcy.org/resources/sexualityeducation.asp
The National Information Center for Children and Youth with Disabilities still remains relevant despite its age. Sections include information on defining sexuality and how it develops, social skills, teaching children about sexuality, affects of disability on sexuality, and relationship issues for young adults.

http://www.pdassoc.com/ddse.html
This website includes resources for sexual education for individuals with intellectual and developmental disabilities. The video All of Us Talking Together (http://www.pdassoc.com/aoud.html) is a 38-minute video of parents, their young adult sons and daughters with developmental disabilities, and educators, who highlight the critical need for sex education for this population and demonstrate practical models for delivering this service. A detailed sex education segment covers reproductive anatomy, pregnancy, contraception and disease prevention. Social skill development and the desires for friendship, companionship and romance are all considered. Public vs. private behaviors are explored and steps for reporting sexual abuse are included.
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http://www.siecus.org/

A good starting point for sexuality resources in general are the websites for the Sexuality Information Education Council of the United States. From the SEICUS homepage, users can link to a listing of informative and annotated bibliographies including sexuality and disability.

http://www.springerlink.com/content/104972/?p=3b4cb61e82a4b3daec139e93693269f&pi=0

This link gives access to all issues of the *Sexuality and Disability* journal, published by Springer Netherlands. This journal began to be published in 1978, and continues today.

http://www.stanfield.com/sexed.html

This publisher has many curriculum resources for individuals with intellectual and developmental disabilities.

Books


**Description:** *Being Sexual: An Illustrated Series on Sexuality and Relationships* is a unique 17 booklet series published by SIECCAN in 1993 to meet the educational needs of people with developmental disabilities or problems with language, learning and communication. With over 500 pages of easy-to-understand drawings and text, the Being Sexual booklets have been used by learners independently and with the support of parents, teachers, counselors, and caregivers.

**Link:** [http://www.sieccan.org/pdf/be-sex-no-pg.pdf](http://www.sieccan.org/pdf/be-sex-no-pg.pdf)


**Description:** A handbook for people with developmental disabilities on sexuality.


**Description:** This book first challenges the beliefs and attitudes of family members, educators, and DD professionals concerning the sexuality of people with developmental disabilities. It then guides them in meeting the social-sexual needs of the people they love and serve. Overflowing with passion and filled with wisdom, this book provides a philosophical, yet practical, definition of sexuality

**Links:** [http://bluetowertraining.com/online-store/](http://bluetowertraining.com/online-store/)
Sexuality & Disability Resources


**Description:** This book provides straightforward answers to questions that teens have relating to chronic illness or disability. Chapters include “Sexuality,” “Family Relationships,” “Doctors and Medical Issues,” “Friends and Dating,” “School and Work,” “Alcohol, Drugs, and Medication,” “Recreation,” and “Transitions.”

**Link:** [http://www.fireflybooks.com/advance/bookdetail.asp?id=8556](http://www.fireflybooks.com/advance/bookdetail.asp?id=8556)


**Description:** A guide to policy for individuals with intellectual disabilities and their residential service providers.


**Description:** This anthology represents the voices of lesbians experiencing a diverse range of disabilities. Essays include “Autoimmune Disease: A Personal Perspective,” “Complications: The Deaf Community, Disability and Being a Lesbian Mom—A Conversation with Myself,” “Flirting with You: Some Notes on Isolation and Connection,” and “Hidden Disability: A Coming Out Story.”

**Link:** [http://www.amazon.com/Restricted-Access-Disability-Victoria-Brownworth/dp/158005028X/ref=sr_1_1?ie=UTF8&s=books&qid=1195056765&sr=1-1](http://www.amazon.com/Restricted-Access-Disability-Victoria-Brownworth/dp/158005028X/ref=sr_1_1?ie=UTF8&s=books&qid=1195056765&sr=1-1)


**Description:** This cartoon-style booklet discusses the emotional and physical needs of people who have had a heart attack or heart surgery. It answers questions about sexual intercourse and discusses the effects of alcohol, prescribed drugs, stimulants, and illegal drugs.


**Description:** This book provides practical, straightforward information and answers to questions about spinal cord injury. Topics include emotions, sexual behavior, sexual health, and parenting.


**Description:** This book addresses sexuality and people with learning disabilities. It explores the rights that individuals have to be informed about sexuality issues, to form relationships, and to express themselves sexually. Chapters include “Ethics, Learning Disabilities and Sexuality,” “Sweet Little Mystery: The Person With Learning Difficulties As A Sexual Being,” “Exploitation, Abuse and Assault: The Sexual Misuse
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of People With Learning Disabilities,” and “Being and Becoming: Sex Education, Responsibility, and the Limits of Inclusion.”


[Link: http://www.amazon.ca/Sexuality-People-Intellectual-Disability-Lydia/dp/1557661405]


[Description: This workbook is intended to increase knowledge about sexual consent and decision making for those who work with people with disabilities. Although it focuses on the state of Wisconsin, the topic areas are relevant to all professionals.]


[Description: Two videos and a training manual about establishing and maintaining appropriate boundaries in service to people with developmental disabilities.]

[Link: http://www.diverse-city.com/video.htm]


[Description: A physical therapist describes various types of back pain and sexual positions for maximum comfort. Line drawings and photographs illustrate recommended exercises and sexual positions for people who experience back pain. All individuals in the photographs are clothed. In an accompanying video, a partially clothed man and woman demonstrate the various sexual positions described in the book.]


[Description: This book and video set provides clear direction regarding condom use. The video discusses disease transmission as well as demonstrates how to wear a condom, plus the book includes photographs of each step involved.]

[Link: http://www.diverse-city.com/display.htm]


[Description: This book and video set is aimed at teaching women with developmental disabilities about masturbation. It also confronts typical myths about female sexuality. A gentle, positive film that is clear, graphic and dignified.]

[Link: http://www.diverse-city.com/display.htm]
Sexuality & Disability Resources

The book includes a step by step photographic essay about masturbation, and the joy of private time.

**Link:** [http://www.diverse-city.com/video.htm](http://www.diverse-city.com/video.htm)


**Description:** This book and video set discusses privacy, pleasure and the realities of sharing living spaces with others. The narrator of the video talks about myths and suggests that masturbation can be a way of learning about sex, while the book discusses masturbation from the point of view of both health and pleasure.

**Link:** [http://www.diverse-city.com/display.htm](http://www.diverse-city.com/display.htm)


**Description:** Parents ask questions about sexuality and children with developmental disabilities.

**Link:** [http://www.amazon.com/Contact-Sexuality-People-Developmental-Disabilities/dp/1884442013/ref=sr_1_1/002-8139237-0393646?ie=UTF8&s=books&qid=1194466460&sr=1-1](http://www.amazon.com/Contact-Sexuality-People-Developmental-Disabilities/dp/1884442013/ref=sr_1_1/002-8139237-0393646?ie=UTF8&s=books&qid=1194466460&sr=1-1)


**Description:** *The Ultimate Guide to Sex and Disability* is a complete sex guide for people who live with disabilities, pain, illness, or chronic conditions. The authors cover all aspects of sex and disability, including building a positive sexual self-image; positions to minimize stress and maximize pleasure; dealing with fatigue or pain during sex; finding partners and talking with partners about sex and disability; adapting sex toys; and more.


**Description:** Originally published in 1973, Winifred Kempton’s training guide was completely revised in 1998 with the publication of “Socialization and Sexuality, A Comprehensive Training Guide for Professionals Helping People With Disabilities That Hinder Learning” One handbook provides a breadth of information from setting up “train the trainer” sessions to identifying key content areas for sexuality education to evaluating outcomes. In addition to the resources identified at the end of each of the 14 chapters, a 28 page bibliography makes the Guide a treasure for anyone planning for or already providing sexuality education.


**Description:** This collection of eight articles is intended to provide a better understanding of issues related to sexuality, intimacy, and disability. Titles include “Mental Retardation and Sexual Expression: An Historical Perspective,” “Responding To
Sexuality & Disability Resources

The Sexual Concerns of Persons with Disabilities,” “A Holistic Social Work Approach to Providing Sexuality Education and Counseling for Persons with Severe Disabilities,” and “Sexual Assault and People with Disabilities.”

**Link:** [http://www.amazon.com/Sexuality-Disabilities-Practitioners-Monograph-Simultaneously/dp/078900092X/ref=sr_1_1?ie=UTF8&s=books&qid=1195059066&sr=1-1](http://www.amazon.com/Sexuality-Disabilities-Practitioners-Monograph-Simultaneously/dp/078900092X/ref=sr_1_1?ie=UTF8&s=books&qid=1195059066&sr=1-1)


**Description:** This training manual for groups that provide services to teenagers with physical or sensory disabilities examines some important issues that young women with such disabilities face, including career exploration, independent living, and sexuality.

**Link:** [http://www.eric.ed.gov/ERICDocs/data/ericdocs2sql/content_storage_01/0000019b/80/23/0a/9d.pdf](http://www.eric.ed.gov/ERICDocs/data/ericdocs2sql/content_storage_01/0000019b/80/23/0a/9d.pdf)


**Description:** A well-illustrated book which explains birth control and sexual health in very simple language. Requires reading skills.


**Description:** A common sense book and personal account of her daughter's growth into an adult relationship.

**Link:** [http://www.amazon.com/As-Up-We-Grew-Barbara/dp/0875181945/ref=sr_1_1/002-8139237-0393646?ie=UTF8&s=books&qid=1194466757&sr=1-1](http://www.amazon.com/As-Up-We-Grew-Barbara/dp/0875181945/ref=sr_1_1/002-8139237-0393646?ie=UTF8&s=books&qid=1194466757&sr=1-1)


**Description:** Living fully with a disability is the theme of this mother's book about her daughter growing up. It is the sequel to *As We Grew Up With Barbara.*


**Description:** This book tackles dating, relationships, and sexuality issues for individuals
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with Asperger's Syndrome and autism. The book emphasizes the importance of self-confidence and practice.

**Link:** [http://www.amazon.com/Autism-Aspergers-Sexuality-Puberty-Beyond/dp/1885477880/ref=sr_1_1/002-8139237-0393646?ie=UTF8&s=books&qid=1194463237&sr=1-1](http://www.amazon.com/Autism-Aspergers-Sexuality-Puberty-Beyond/dp/1885477880/ref=sr_1_1/002-8139237-0393646?ie=UTF8&s=books&qid=1194463237&sr=1-1)


**Description:** Examines the views both of younger people who become disabled after marriage and of their partners who care and support them.

**Link:** [http://www.amazon.com/This-Body-Caring-Disability-Marriage/dp/0335099467/ref=sr_1_1/002-8139237-0393646?ie=UTF8&s=books&qid=1194467621&sr=8-1](http://www.amazon.com/This-Body-Caring-Disability-Marriage/dp/0335099467/ref=sr_1_1/002-8139237-0393646?ie=UTF8&s=books&qid=1194467621&sr=8-1)


**Description:** This booklet is for people with MS and their partners. It addresses the importance of communication between partners. It also discusses sexual problems associated with MS for both men and women. A list of resources is provided.

**Link:** [http://www.nationalmssociety.org/site/PageServer?pagename=HOM_LIVE_spotlight_intimacy](http://www.nationalmssociety.org/site/PageServer?pagename=HOM_LIVE_spotlight_intimacy)


**Description:** A guide to pregnancy and birth for women with physical disabilities.


**Description:** This self-help booklet provides information about frequent problems that interfere with sexual enjoyment for individuals who suffer from chronic pain and suggests simple, basic solutions. It includes six illustrations showing comfortable sexual positions for persons with various pain disorders, and stresses the importance of communication between partners.


**Description:** This book discusses the possible effects of various medical conditions (arthritis, diabetes, spinal cord injury, alcoholism) on sexual functioning, relationships, self-esteem, and communication. The author explores treatments for sexual dysfunction.

**Link:** [http://www.amazon.com/Sexual-Concerns-Illness-Disability-Strikes/dp/0398056129/ref=sr_1_1?ie=UTF8&s=books&qid=1195057327&sr=1-1](http://www.amazon.com/Sexual-Concerns-Illness-Disability-Strikes/dp/0398056129/ref=sr_1_1?ie=UTF8&s=books&qid=1195057327&sr=1-1)
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**Description:** Using an integrative biopsychosocial approach, this volume reviews basic skills needed to comfortably discuss sexuality with chronically ill patients, assess sexual problems through both psychological and medical approaches, and create a systematic treatment plan.

**Link:** [http://www.amazon.com/Sexuality-Chronic-Illness-Comprehensive-Approach/dp/089862715X/ref=sr_1_1?ie=UTF8&s=books&qid=1195058897&sr=1-1](http://www.amazon.com/Sexuality-Chronic-Illness-Comprehensive-Approach/dp/089862715X/ref=sr_1_1?ie=UTF8&s=books&qid=1195058897&sr=1-1)


**Description:** This book is designed for parents, helping them to make sure their child develops healthy sexuality, that sense of self and confidence that helps make us all well-adjusted and strong individuals. It focuses on interacting with your children - no matter their age or ability - in a way that increases self-esteem, encourages appropriate behavior, empowers them to recognize and respond to abuse, and enables them to develop life long relationships. Both parents of people with intellectual disabilities and people with intellectual disabilities themselves are referenced.


**Description:** This book provides information to parents and caregivers on interacting with their children (regardless of age or ability), in a way that increases their self esteem, encourages appropriate behavior, empowers them to recognize and respond to abuse, and enables them to develop lifelong relationships. Throughout the book, parents share the joys and challenges of raising a child with an intellectual disability as they offer advice and practical strategies, while individuals with disabilities share information about what is important to them.


**Description:** This book, based on first-hand accounts, takes a close look at questions of identity, relationships, sex, love, parenting and abuse and demolishes the taboo around disability and sex. It shows both the barriers to disabled people's sexual rights and sexual expression, and also the ways in which these obstacles are being challenged.

**Link:** [http://www.amazon.com/Sexual-Politics-Disability-Utold-Desires/dp/0304333298Contents](http://www.amazon.com/Sexual-Politics-Disability-Utold-Desires/dp/0304333298Contents)

**Entire Book is free online:** [here](http://www.amazon.com/Sexual-Politics-Disability-Utold-Desires/dp/0304333298Contents)

Chapter 1, Chapter 2, Chapter 3, Chapter 4, Chapter 5, Chapter 6, Chapter 7, Chapter 8, Appendices and Bibliography

**Description:** This policy brief of The Institute for Child Health Policy addresses teen pregnancy prevention and risk factors for teen pregnancy as they relate to youth with disabilities. It also discusses strategies to address the needs of youth with disabilities in such programs as sexuality education, community family planning services, community partnerships, and contraceptive needs.

**Link:** http://www.eric.ed.gov/ERICDocs/data/ericdocs2sql/content_storage_01/0000019b/80/16/92/c1.pdf


**Description:** A clearly illustrated, simply worded explanation of the changes of puberty for girls and boys. Includes a Parents’ Guide.

**Link:** For boys: http://www.amazon.com/Changes-You-Boys-Parents-Guide/dp/096286871X/ref=sr_1_1/002-8139237-0393646?ie=UTF8&s=books&qid=1194463473&sr=1-1


**Description:** This curriculum for health care professionals is intended to provide an opportunity for participants to gain knowledge, comfort, and skills to understand and manage the sexual health care of persons with spinal cord injury (SCI). By the end of this three-day program, participants should be able to recognize sexual concerns, demonstrate the communication skills necessary to provide a supportive environment, conduct sexuality assessment interviews with people who have SCI, relay relevant and unbiased sexual information, and provide specific suggestions about sexual options for people with SCI.

**Link:** http://www.amazon.com/Providing-Comprehensive-Sexual-Health-Rehabilitation/dp/0965918505/ref=sr_1_1?ie=UTF8&s=books&qid=1195058744&sr=1-1


**Description:** This book gives social workers, teachers, and direct support professionals comprehensive instruction on how to educate people with disabilities about sexuality.

**Link:** http://brookespublishing.com/store/books/walkerhirsch-67144/index.htm


**Description:** The first interdisciplinary book taking a contextual approach to the developing health needs of women with intellectual disabilities. It considers the social, economic and political contexts of health promotion. Its concise but comprehensive evidence base makes it a unique, reliable source for a wide readership.
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**Description:** This book presents sexuality-related vocabulary in American Sign Language. It offers clear illustrations of more than 130 signs. Comprehensive explanations and notes on derivation are included. A video illustrating the signs is also available.


**Articles**


**Description:** Using qualitative data, this paper discusses notions of sexual identity among urban Indian youth through four case studies of college students in Delhi. Gender emerges as a key analytical category in perceptions of sexuality among young men and women with visual and loco-motor disabilities. The author’s analysis carries added value, since she herself has low vision; thus conferring a reflexive angle to the research.

**Link:** [http://www.springerlink.com/content/w4828032427x2n75/fulltext.pdf](http://www.springerlink.com/content/w4828032427x2n75/fulltext.pdf)


**Description:** The use of surrogate sex therapists for survivors after Traumatic Brain Injury (TBI) who have Very Limited Functional Ability (VLFA) is discussed. It includes the rationale of using surrogate therapy with this population as well as some of the professional and ethical issues that such therapy can evoke. It is suggested that surrogate therapy can provide satisfaction and positive experiences to the restricted lives of some of the VLFA-TBI survivors. The use of surrogate therapy is viewed as a part of the integral rehabilitation process aimed at improving the quality of life and the fulfillment of basic human intimacy needs.

**Link:** [http://www.springerlink.com/content/681365260421560l/fulltext.pdf](http://www.springerlink.com/content/681365260421560l/fulltext.pdf)


**Description:** This article reviews the structural and attitudinal barriers that prevent individuals with I/DD from developing and perceiving themselves as sexual beings, along with the philosophical underpinnings that have previously guided sex education programs.


**Description:** This frequently referenced policy statement was printed in *Pediatrics* in February 1996. While its guidance on the issue of sexuality education is geared to
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pediatricians, it clearly identifies the profession’s stance as to the primary objectives of sexuality education. As such, it can be useful to those engaged in policy and curriculum development as well.

**Link:** [http://aappolicy.aappublications.org/cgi/content/full/pediatrics;118/1/398](http://aappolicy.aappublications.org/cgi/content/full/pediatrics;118/1/398)


**Description:** Multiple sources of resistance are present in the healthcare environment to comprehensive assessment and intervention efforts in regard to sexuality. The authors survey both the diversity of needs and values presented by consumers, and encourage providers to equip themselves educationally, emotionally, and ethically so that they can deliver relevant, holistic services to consumers.

**Link:** [http://www.springerlink.com/content/17274145652282v1/fulltext.pdf](http://www.springerlink.com/content/17274145652282v1/fulltext.pdf)


**Description:** The paper examines the level of knowledge about sexuality of people with mental disabilities. The research also presents differences resulting from sex and the level of mental retardation.

**Link:** [http://www.springerlink.com/content/d85823vl3314370k/fulltext.pdf](http://www.springerlink.com/content/d85823vl3314370k/fulltext.pdf)


**Description:** This article discusses assessment of sexual consent capacity, its ethical and legal mandates, and a rationale for the assessment of capacity to have a sexual relationship. It reports current assessment practices used by the authors as well as a summary of relevant literature.

**Link:** [http://www.springerlink.com/content/965136740332x7t1/fulltext.pdf](http://www.springerlink.com/content/965136740332x7t1/fulltext.pdf)


**Description:** This News Digest addresses the concerns that parents and professionals face in guiding children and young adults with disabilities in their social-sexual development and in preparing them to make healthy, responsible decisions about adult relationships. Many books and videos on human sexuality are listed, to assist parents and professionals in obtaining materials necessary to support the sexuality education of children with disabilities. It is available online in both English and Spanish and formatted as HTML or PDF documents.

**Link:** [http://mirror.eschina.bnu.edu.cn/Mirror1/accesseric/www.nichcy.org/pubs/newsdig/nd17.htm](http://mirror.eschina.bnu.edu.cn/Mirror1/accesseric/www.nichcy.org/pubs/newsdig/nd17.htm)


**Description:** Review of the book The Ultimate Guide to Sex and Disability. See link for book above.

**Link:** [http://www.springerlink.com/content/3425nx1865682088/fulltext.pdf](http://www.springerlink.com/content/3425nx1865682088/fulltext.pdf)

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**Description:** Presenting empirical findings from two studies, one with sex workers who work from indoor sex markets and the other with men who buy sex, this paper exposes the existing relationships and practices between men with physical and sensory impairments who seek out commercial sexual services from female sex workers. In the discussion the politics surrounding sexual rights and commercial sex will be addressed.

**Link:**
http://www.informaworld.com/smpp/content~content=a780900864~db=all~jumptype=rs


**Description:** Excerpted from curriculum materials developed by Lisa Maurer, M.S., CFLE, for Family Information Services in Minneapolis (1997), Planned Parenthood of Tompkins County (New York) has posted this as one of three “talking tips” sheets on their website. Succinct and direct, it offers parents ideas about enhancing this discussion with their son or daughter who has a developmental disability.

**Link:** http://www.sextalk.org/parents/parents-disabilities.html


**Description:** Looking back at the development of disability sexuality studies, there is a need for a social model of disabled sexuality. However, this should be sensitive to difference, including the impact of impairment. Disability sexuality studies necessarily challenge notions of sexual normality. There is a danger in overstating the importance of sex, as opposed to friendship and intimacy. Honneth's work on relations of recognition may offer a way to conceptualize sexuality issues within the disability rights agenda.

**Link:** http://www.springerlink.com/content/l841174144h06469/fulltext.pdf


**Description:** This pamphlet provides information for parents to help their children with disabilities understand and deal with their sexuality.

**Link:** http://www.cw.bc.ca/library/pdf/pamphlets/SH30.pdf


**Description:** This review of the literature investigates factors that lead to necessary intervention, identifies associations of different effective treatment approaches with types of cognitive disabilities, and examines the evolution of documented interventions from the late 1960s to the early 2000s. Data suggest that theoretical advances toward more humane, supportive and self-regulative interventions are more likely to help persons with milder cognitive disabilities.

**Link:** http://www.springerlink.com/content/q8015124367r2w05/fulltext.pdf
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**Description:** This paper discusses the limitations in the way that healthcare practitioners may use Annon’s PLISSIT model in meeting the sexual wellbeing needs of individuals with an acquired disability and presents the merits of the extended model, Ex-PLISSIT. Key features of this model include explicit Permission-giving as a core feature of each of the other stages, the requirement to review all interactions with patients, and the incorporation of reflection as a means of increasing self-awareness by challenging assumptions.

**Link:** [http://www.springerlink.com/content/m0051230421x7835/fulltext.pdf](http://www.springerlink.com/content/m0051230421x7835/fulltext.pdf)


**Description:** A review of the curriculum “The dating skills program: Teaching social-sexual skills to adults with mental retardation.” See below for curriculum information.

**Link:** [http://bmo.sagepub.com/cgi/reprint/18/1/32](http://bmo.sagepub.com/cgi/reprint/18/1/32)


**Description:** The activity described in this paper demonstrates the epidemiological processes that contribute to infection. Participants learn how sexually transmitted infections (bacterial, viral, and ectoparasitic) can be transmitted within a sexual network from only one infected individual.

**Link:** [http://www.springerlink.com/content/h4302m4371322067/fulltext.pdf](http://www.springerlink.com/content/h4302m4371322067/fulltext.pdf)

**Curricula**


**Description:** An interviewing instrument to assess consent to sexual relationship through an inventory of the nature and consequences of the sexual act of intercourse or other penetration for adults with cognitive impairments.

**Link:** [http://disability-abuse.com/products.htm](http://disability-abuse.com/products.htm)


**Description:** There are two versions of the curriculum, one for parents and another for educators. Each chapter has been suggested for different grade levels.

**Link:**
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**Description:** This resource introduces educators, family members, and professionals to the necessity of sexual education and tips for creating a sexual education program for people with intellectual and developmental disabilities.

**Link:** [http://www.albany.edu/aging/IDD/documents/PolicyGuidelinesv2.pdf](http://www.albany.edu/aging/IDD/documents/PolicyGuidelinesv2.pdf)


**Description:** This curriculum is for people with severe mental disabilities. It includes seven slide presentations and a teacher’s guide addressing anatomy, appropriate social behavior, menstruation, and medical examinations. This curriculum can be used as a supplement to Life Horizons I and II.

**Link:** [http://www.amazon.com/Sexuality-Education-Persons-Developmental-Disabilities/dp/B000YCYQI6/ref=sr_1_1?ie=UTF8&s=miscellaneous&qid=1195061936&sr=1-1](http://www.amazon.com/Sexuality-Education-Persons-Developmental-Disabilities/dp/B000YCYQI6/ref=sr_1_1?ie=UTF8&s=miscellaneous&qid=1195061936&sr=1-1)


**Description:** This classic video program, used in over 10,000 facilities across the U.S., helps students to recognize exploitative relationships as well as develop mutually respectful ones. Includes 12 videos and multi-media.

**Link:** [http://www.stanfield.com/sexed.html](http://www.stanfield.com/sexed.html)


**Description:** A guide for parents and other caregivers on teaching human sexuality to individuals with intellectual and developmental disabilities.

**Link:** [http://www.amazon.com/Teaching-Human-Sexuality-Parents-Caregivers/dp/0878686614](http://www.amazon.com/Teaching-Human-Sexuality-Parents-Caregivers/dp/0878686614)


**Description:** This book is intended to serve as an icebreaker for an open discussion of sexuality between adolescents with disabilities and their families. Using illustrations and clear, informative text, it addresses decision making, anatomy, sexual response, physical disability and sexual functioning, as well as suggestions for further learning.

**Link:** [http://www.tvcc.on.ca](http://www.tvcc.on.ca)


**Description:** This curriculum is for girls and young women with severe developmental disabilities. Consisting of a video and an illustrated storybook with full-color photographs, it tells the story of a young girl who learns menstrual self-care from her mother and sister. A teacher’s guide is also included.

**Link:** [http://www.stanfield.com/sexed-1.html#D](http://www.stanfield.com/sexed-1.html#D)
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[Link](http://www.amazon.com/STARS-training-assertiveness-relationship-building-awareness/dp/B0006OZL2M/ref=sr_1_1/002-8139237-0393646?ie=UTF8&s=books&qid=1194470975&sr=8-1)

[Description](http://www.amazon.com/i-concept-people-developmental-disabilities/dp/B0006P3Q9Q/ref=sr_1_1/002-8139237-0393646?ie=UTF8&s=books&qid=1194462005&sr=1-1)


[Description](http://www.pdassoc.com)

[Description](http://www.stanfield.com/sexed-1.html#F)

[Description](http://www.stanfield.com/sexed-1.html#F)

[Description](http://www.stanfield.com/sexed-1.html#F)
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“Parenting,” “Preventing or Coping With Sexual Abuse.” It includes over 600 slides, and a teacher’s guide and script.

**Link:** [http://www.stanfield.com/sexed.html#LF](http://www.stanfield.com/sexed.html#LF)


**Description:** This manual offers educators of persons with mental retardation guidance with the development and implementation of sexuality education programs.

**Link:** [http://www.amazon.com/Teaching-persons-retardation-sexuality-relationships/dp/B0006R6C5E/ref=sr_1_1?ie=UTF8&s=books&qid=1195059567&sr=1-1](http://www.amazon.com/Teaching-persons-retardation-sexuality-relationships/dp/B0006R6C5E/ref=sr_1_1?ie=UTF8&s=books&qid=1195059567&sr=1-1)


**Description:** An 8-session, interactive curriculum to teach sexual abuse prevention skills to adolescents and adults with developmental disabilities. Includes objectives, pictures, activities, assessments, and more.

**Link:** [http://bluetowertraining.com/online-store/#Miscellaneous](http://bluetowertraining.com/online-store/#Miscellaneous)


**Description:** This annotated list has resources for teaching sexuality to children and adolescents. Many of the resources are specifically created for people with disabilities, and some recommendations of general sexual education resources that may be adapted are also included.


Maurer, L. T. (1999). *Talking sex!: Practical approaches and strategies for working with people who have developmental disabilities when the topic is sex.* Planned Parenthood of Tompkins County.

**Description:** This curriculum for professionals consists of information, activities, and overheads that provide strategies toward making sexuality education more accessible to people with developmental disabilities.

**Link:** [http://www.eric.ed.gov/ERICWebPortal/custom/portlets/recordDetails/detailmini.jsp?_nfpb=true&_&ERICExtSearch_SearchValue_0=ED432842&ERICExtSearch_SearchType_0=no&accno=ED432842](http://www.eric.ed.gov/ERICWebPortal/custom/portlets/recordDetails/detailmini.jsp?_nfpb=true&_&ERICExtSearch_SearchValue_0=ED432842&ERICExtSearch_SearchType_0=no&accno=ED432842)

Description: Written for rehabilitation professionals who provide sexuality counseling, this book contains guidelines for limited sexuality counseling and examines issues of intimacy and communication, as well as the sexual response cycle. This book discusses functional and sexual difficulties caused by disabilities and the impact of disability on social issues such as privacy, dating, marriage, and childbearing. Reading and resource lists are included.
Link: [http://www.amazon.com/Choices-Counseling-Physically-Disabled-Adults/dp/0898749034/ref=sr_1_1?ie=UTF8&s=books&qid=1195058331&sr=8-1](http://www.amazon.com/Choices-Counseling-Physically-Disabled-Adults/dp/0898749034/ref=sr_1_1?ie=UTF8&s=books&qid=1195058331&sr=8-1)

Pacer Center, Inc. (1996). I am a beautiful person: Sexuality and me. 
Description: 13:35 minute video for parents of teens with disabilities. This video demonstrates how all people can live their lives as healthy sexual beings. Designed for viewing by parents and caregivers, it includes interviews with people of varying ages and abilities.
Link: To view: [http://www.wifacets.org/videos/beautiful.html](http://www.wifacets.org/videos/beautiful.html) 
To purchase: [www.pacer.org](http://www.pacer.org)

Description: This sexual abuse-prevention curriculum is divided into two sections. The first is a three- or five-day presentation for grades K through six, which is also adaptable for the developmentally disabled. The second is a one-, three-, or five-day presentation for grades seven through 12. The curriculum also provides information about involving parents and making the program work. Also included are guidelines for instructors and an appendix.
Link: [http://www.amazon.com/Preventing-Sexual-Abuse-Activities-Adolescents/dp/1556911149/ref=sr_1_1?ie=UTF8&s=books&qid=1195061793&sr=8-1](http://www.amazon.com/Preventing-Sexual-Abuse-Activities-Adolescents/dp/1556911149/ref=sr_1_1?ie=UTF8&s=books&qid=1195061793&sr=8-1)

Special Purpose Films. Learning to talk sex when you'd rather not. 
Description: Excellent for training about people with developmental disabilities, their parents and care providers. Shows un-staged scenes of men and women learning safety, appropriate private and public behavior, and human anatomy. 30 minutes.

Description: This comprehensive program is designed for adolescents in special education programs. It addresses the physical, emotional, and safety aspects of sexuality education; encourages parent and family involvement; and includes a section on preparing community-based sexuality education programs. Lesson plans cover
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relationships, communication, avoiding exploitation, anatomy, reproduction, sexually transmitted diseases, and AIDS. The curriculum includes resource lists, guidelines for answering students' questions, recommended audiovisuals, teacher preparation suggestions, and masters for all transparencies and student handouts.

**Link:** [http://www.eric.ed.gov/ERICWebPortal/custom/portlets/recordDetails/detailmini.jsp?_nfpb=true&_&ERICExtSearch_SearchValue_0=ED345414&ERICExtSearch_SearchType_0=no&accno=ED345414](http://www.eric.ed.gov/ERICWebPortal/custom/portlets/recordDetails/detailmini.jsp?_nfpb=true&_&ERICExtSearch_SearchValue_0=ED345414&ERICExtSearch_SearchType_0=no&accno=ED345414)


**Description:** This teaching tool is used to educate developmentally delayed adults. Presented in two parts, the first section discusses anatomy and sexual functioning, the second addresses appropriate and inappropriate touch. It includes two audio cassettes and picture books to be used while following along with the instruction manual.

**Link:** [http://disabilitytraining.com/ssse.html](http://disabilitytraining.com/ssse.html)


**Description:** Teach-A-Bodies anatomically correct dolls serve as an invaluable tool for the sexual educators of developmentally disabled individuals. In an appropriate and non-threatening manner, the function and purpose of the human body is represented and communicated. The male and female dolls, with their correct proportions and professional design, transfer lifelong important information in a visual three-dimensional manner. When used professionally, these dolls create a safe environment for the developmentally disabled to ask questions and express their thoughts. A basic knowledge of human sexuality can be communicated clearly.

**Link:** [http://www.teach-a-bodies.com/storm.cfm?funnelaction=1689](http://www.teach-a-bodies.com/storm.cfm?funnelaction=1689)


**Description:** This is an innovative DVD series on relationships for people with intellectual and/or developmental disabilities. The three parts are “The Friendship Series,” “The Boyfriend/Girlfriend Series,” and “The Sexuality Series.”

**Link:** [http://yai.org/Trainingstore/subpage.cfm?content=search.cfm&topic=19](http://yai.org/Trainingstore/subpage.cfm?content=search.cfm&topic=19)
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Sexual Abuse Resources


**Description:** This publication discusses increased vulnerability to abuse, the signs and symptoms of abuse, consequences of abuse, the abusers, how to report suspected abuse, intervention and examples of risk reduction strategies.


**Description:** A booklet for caregivers and providers of children with developmental disabilities to reduce the risk of abuse.


**Description:** Guide to empowering children with disabilities to avoid injury, abuse, and related emotional and psychological problems. Includes curriculum.


**Description:** *Voices Ignored* addresses two of the most common problems in these sexual assault cases: recognizing when the crime has happened and effectively communicating once you’re involved in the case. Includes a video and manual.

[Link: http://www.sc.edu/ccfs/training/voicesignored.html]


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**Description:** Describes how to recognize and report abuse, neglect and exploitation of persons with developmental disabilities. 5 minutes.

**Link:** http://www.amazon.com/Just-Between-Professionals-Developmental-Disabilities/dp/0890796157/ref=sr_1_1/002-8139237-0393646?ie=UTF8&s=books&qid=1194467104&sr=1-1

**Link:** http://www.amazon.com/STARS-training-assertiveness-relationship-building-awareness/dp/B0006OZL2M/ref=sr_1_1/002-8139237-0393646?ie=UTF8&s=books&qid=1194470975&sr=8-1

**Description:** Practical and clear guidelines for dealing with reports of sexual abuse from people with intellectual disabilities.

**Description:** What to teach and how to teach people with developmental disabilities.  
**Link:** http://www.diverse-city.com/display.htm

**Description:** This book explores the victimization of people with disabilities and helps reduce the risk of sexual assault. The ring of safety presents the skills to teach people with disabilities to enable them to protect themselves. The book also presents a new way of looking at the indicators of sexual abuse in the population of people who have developmental disabilities.  
**Link:** http://www.amazon.com/Just-Say-Know-Understanding-Victimization/dp/1896230008/ref=sr_1_1/002-8139237-0393646?ie=UTF8&s=books&qid=1194452793&sr=8-1

**Description:** Parents ask questions about sexuality and children with developmental disabilities.


**Description:** A teaching program on sex education designed for persons of all intellectual levels who have problems in learning. Could be used with the
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developmentally, intellectually, emotionally and mentally disabled. Could also be helpful to the physically disabled, such as hearing impaired. 547 slides and guide book.


**Description:** A sexual abuse and personal safety-awareness training program developed by self-advocates for individuals with developmental disabilities and to be presented by self-advocates in collaboration with victim service professionals.


**Description:** This fully illustrated mini-book is written for adolescents and adults with developmental disabilities. My Body...My Choice covers the basics of body safety and is empowering people with disabilities across the nation to resist and report sexual abuse.

**Link:** [http://bluetowertraining.com/online-store/](http://bluetowertraining.com/online-store/)


**Link:** [http://www.amazon.com/mental-professional-prevention-treatment-neglect/dp/B0006E3VG0/ref=sr_1_1/002-8139237-0393646?ie=UTF8&s=books&qid=1194470386&sr=1-1](http://www.amazon.com/mental-professional-prevention-treatment-neglect/dp/B0006E3VG0/ref=sr_1_1/002-8139237-0393646?ie=UTF8&s=books&qid=1194470386&sr=1-1)


**Description:** This curriculum is divided into five parts: “Understanding Child Sexual Abuse of the Developmentally Disabled,” “The Treatment of Sexually Abused Children,” “Sexual Abuse: The Emotional and Behavioral Sequelae,” “Factors That Mediate the Sequelae of Child Sexual Abuse,” and “The Rappaport Curriculum for the Prevention of Child Sexual Abuse in Children with Developmental Disabilities.” The last chapter includes 10 lessons on sexuality and sexual abuse prevention for children who are in the mild range of mental retardation. An appendix is included, which parents and caregivers can review with children.


**Description:** These are two of the four manuals (the others are for law enforcement and the legal system) that explore factors contributing to increased risk for sexual abuse in this population; describe signs and symptoms of potential sexual abuse and outline appropriate/effective responses and preventive measures. Considered an essential
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resource for groups concerned with the sexual abuse of individuals with developmental disabilities.

Link: www.roeher.ca
http://www.roeher.ca/Comersus/viewitem.asp?idproduct=91
http://www.roeher.ca/Comersus/viewitem.asp?idproduct=92

**Description:** A valuable resource for parents of child victims of sexual abuse and for professionals who work with victims and their families.
**Link:** http://www.amazon.com/Mother-About-Child-Sexual-Abuse/dp/0878685081/ref=sr_1_1/002-8139237-0393646?ie=UTF8&s=books&qid=1194469075&sr=1-1

**Link:** http://www.amazon.com/Vulnerable-Populations-Evaluation-Treatment-Survivors/dp/B000LZHHFK/ref=sr_1_1/002-8139237-0393646?ie=UTF8&s=books&qid=1194471309&sr=8-1

**Links:** http://www.amazon.com/Violence-Abuse-Lives-People-Disabilities/dp/1557661480/ref=sr_1_1/002-8139237-0393646?ie=UTF8&s=books&qid=1194471982&sr=1-1

**Link:** http://www.amazon.com/Disability-Sexuality-Abuse-Annotated-Bibliography/dp/1557660689/ref=sr_1_1/002-8139237-0393646?ie=UTF8&s=books&qid=1194470351&sr=1-1

State of Connecticut Department of Mental Retardation (1994). *It's your job to stop sexual abuse.* East Hartford, CT: Sexual Abuse Prevention Project.
**Description:** This video is a reminder about the importance of recognizing and reporting sexual abuse in clients with mental retardation. 6 minutes.

**Description:** Videotape of the April 25, 2002 teleconference. 90 minutes.

**Link:** http://www.amazon.com/Neglect-Exceptional-Children-Operative-Surgery/dp/0865862087/ref=sr_1_1/002-8139237-0393646?ie=UTF8&s=books&qid=1194469412&sr=8-1

**Description:** Presentation of fictional cases intended to help professional personnel recognize traits of several forms of abuse when dealing with adults who suffer from developmental disabilities. 40 minutes.

**Link:** [http://yai.org/Trainingstore/subpage.cfm?content=search.cfm&topic=8](http://yai.org/Trainingstore/subpage.cfm?content=search.cfm&topic=8)