

SEXUALITY FOR ALL ABILITIES

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sexualityforallabilities.com



THINGS TO THINK ABOUT

- Humans are sexual beings.
- Sexual education can bring up intense feelings.
- Sexuality education is a lifelong process.
- None of us are perfect.

OUR HOPE FOR THIS WORKSHOP

- You will leave this workshop feeling a little more comfortable talking about this topic.
- You will leave with 1-2 tools or strategies to use with yourself, your children, or the people in your life.

WHY ARE STUDENTS WITH DISABILITIES MORE VULNERABLE TO ASSAULT?

1. Attitudes and beliefs in our society
2. Aspects of the disability
3. Lack of sexual education
4. Dependency and learned compliance
5. Isolation

HOW HAS SEXUAL EDUCATION FAILED PEOPLE WITH DISABILITIES?

- Lack of education
- Stranger Danger principle
- Sex ed as abuse prevention
- Reactive education (after something happened)
- Hidden curriculum (what we are just “supposed” to know)
- Informal curriculum (what we learn from friends)

SEXUAL EDUCATION STRATEGIES

- Teach accurate terms for private body parts
- Talk about body rights - “my body belongs to me”
- Teach how to read, interpret, and respond to own intuitive signals
- Define sexual exploitation
- Encourage assertiveness and appropriate noncompliance
- Teach how to tell
- Teach the rules
- Self-advocacy and self-determination






SELF-ADVOCACY & SELF-DETERMINATION

- Self-advocacy is the extent to which a person has the ability to speak up for one's self.
- Self-determination requires an individual to make decisions about their own life. This includes skills such as: choice-making, decision-making, problem solving, goal setting, self-monitoring, leadership, resiliency and so much more.

STRATEGIES FOR SEXUAL HEALTH CONVERSATIONS



PEOPLE IN MY LIFE

My Family 
My Friends 
Romantic Partner 
Professional Relationships 
Public 

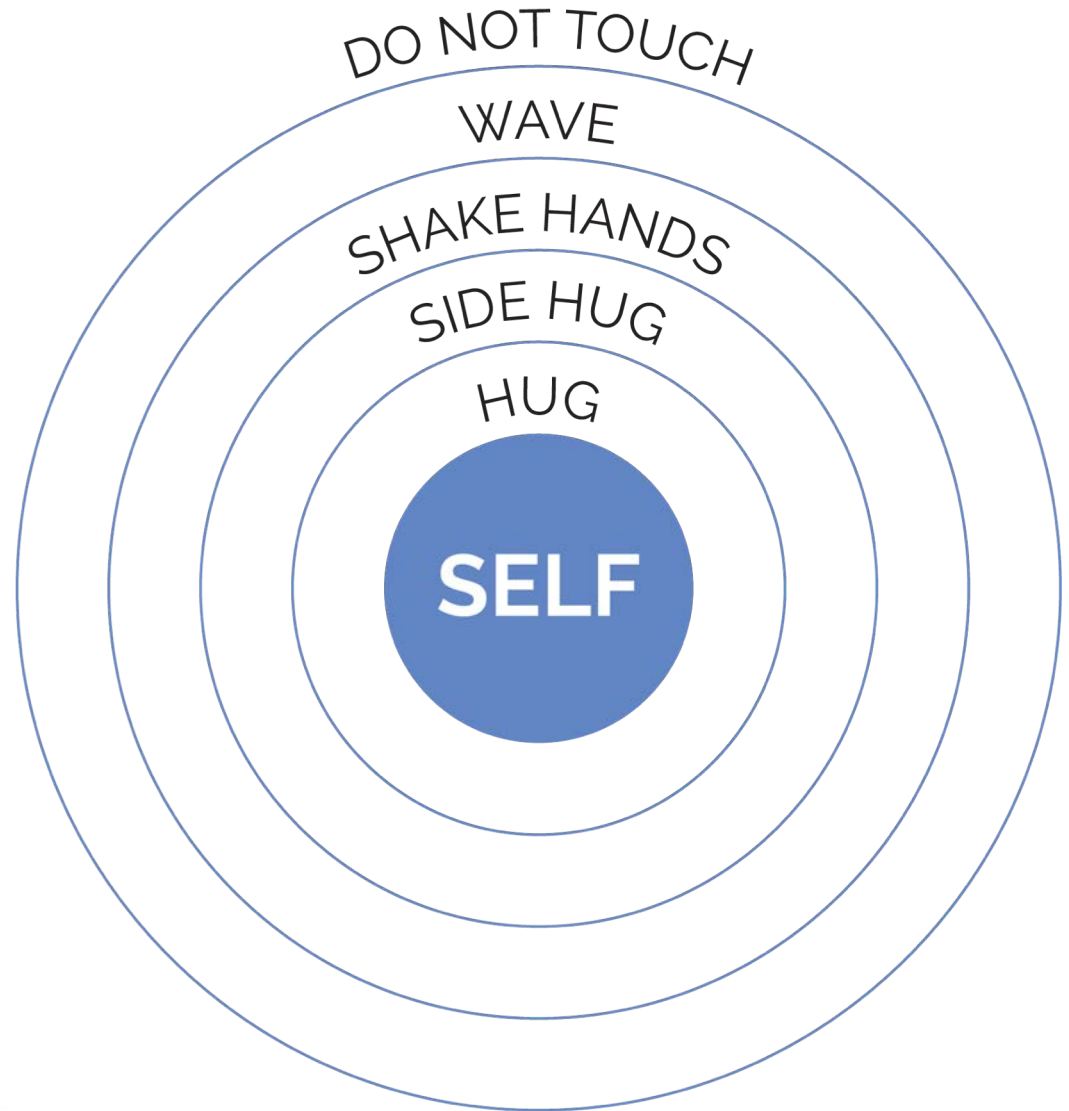
Write down the names of the different people in your life in all 5 categories.

Note: in the Romantic Partner category it is important that BOTH people have knowledge and want that relationship

RELATIONSHIP CIRCLE

Write the names of the people in your life in the relationship circle.

Note: If a person is in my hug circle, it does not mean I have to give them a hug every time I see them.



HEALTHY AND UNHEALTHY BOUNDARIES



PRIVATE AND PUBLIC

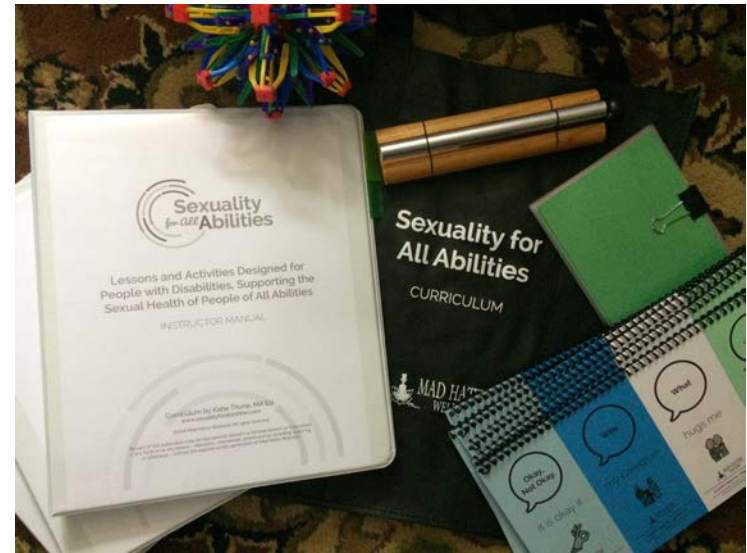
- A private place is a place that belongs to you, when you are alone, and when others cannot see you.
- A private behavior is something that you do when you are by yourself and it should occur in an appropriate private place.
- A public place is a place where there is more than 1 person, places where you are likely to see other people.
- A public behavior is something that you can do when you are with or around other people.

SEXUALITY FOR ALL ABILITIES PERSONAL SAFETY VIDEOS



HOW WE CAN SUPPORT YOU!

- SFAA Curriculum/Training
- Safety Videos
- Boundary Flip Books
- Empower Me Card Deck
- Soon to come: My BOOK!!!!
- Videos on our YouTube page
- Consulting



RESOURCES

- Amaze.org
- [Natalie's Voice](#)
- [Abused and Betrayed NPR series](#)
- Our favorite books - www.sexualityforallabilities.com
- [SFAA YouTube videos](#)

QUESTIONS????



Our mission is to enhance the quality of life for people of all abilities through empowerment, education, awareness, and movement to globally eliminate sexual violence.



CONTACT US! 😊

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