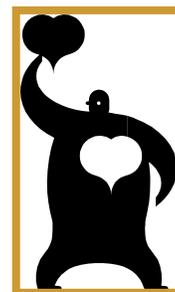




Core Training: Choice and Decision Making Human Sexuality Reference Guide

Online Resources

- This website is called the “Sexuality and Disability Webliography. Resources include reading materials and videos. Includes information on sexual orientation, sexual behaviors, activity, and how sexual identity affects us all. http://www.bccpd.bc.ca/docs/sex_disabilityweblog.pdf
- AAIDD’s definition on sexuality, sexual abuse, and information on intellectual disabilities and sexuality. http://aamr.org/content_198.cfm
- Centers for Disease Control and Prevention is a great resource to find information on identification and prevention of sexually transmitted diseases. <http://www.cdc.gov/STD/>
- Information found on this website will help identify the importance of educating individuals with developmental disabilities on human sexuality and their rights. <http://www.steegepublications.com/pages/home.html>
- Article on Developmental disabilities and sexual offenders. <http://www.ancor.org/issues/SexOffendersQAFormat.doc>
- Includes a list of resources regarding sexual behavior and activity. <http://www.dbpeds.org/articles/detail.cfm?TextId=141>
- All of Us: Talking Together (Spanish Version). Designed for staff and individual to watch together. Includes discussion of reproductive anatomy, pregnancy, contraception, and disease prevention. Also includes discussion about the desire of friendship, companionship, romance, and relationships. Private/public behaviors is all covered. http://www.aquariusproductions.com/Cart/products.php?prod_id=&session_id=20091216152519164.82.146.3&pid=A-DISALL-S|EMAIL&cat_id=&a



Hitting The Books...

- Sexuality Education for People with Disabilities, Volume 29, Number 3 (2001) of Sexuality Information and Education Council of the United States *SIECUS Report* has articles for sexuality educators, psychiatric disabilities, and policy.
- Meeting the Needs of People with Developmental Disabilities is Volume 23, Number 4 (1995) of *SIECUS Report*. It includes articles on sexuality education and sexual expression in people with mental retardation.
- Just Say Know!: Understanding and Reducing the Risk of Sexual Victimization. Dave Hingsburger. ISBN: 1896230008.

Human Sexuality Reference Guide

10 Basic Topics of a Human Sexuality Educational Program

1. Anatomy and physiology
2. Maturation and body change
3. Birth control
4. Sexually transmitted disease and their prevention
5. Masturbation
6. Responsibility for sexual behavior
7. Inappropriate sexual behavior and sex offenses
8. Same-sex and opposite-sex activities
9. Psychosocial-sexual aspects of behavior and psychosexual development
10. Marriage and parenthood

Staff Guidelines for Education in Human Sexuality

1. Be guided by the policies and procedures of your agency.
2. Teach and provide counseling that is consistent with the Individual Service Plan (ISP)
3. Find out what the person with a developmental disability already knows and feels about his or her sexuality. Know and understand before acting.
4. Determine the reason and goal for the teaching and/or counseling (this should be stated in the ISP).
5. Start with the person's language and communication style. When necessary, teach the use of more acceptable words.
6. Be straightforward, simple, and direct.
7. Do not interpret silence as knowledge. The person may be too shy or not know what questions to ask.
8. Always keep a sense of humor. It is often the best way out of moments of high anxiety or embarrassment.
9. Honesty and sincerity are also good responses to feelings of embarrassment and anxiety.
10. Do not lecture or moralize.
11. Emphasize that individual sexual behavior carries with it individual responsibilities.