

ADAPTIVE DEVICES FOR INTIMACY AND/OR SEXUAL ENGAGEMENT

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DDA HEALTH INITIATIVE**



FORWARD



The following training was produced by Georgetown University's Center for Child & Human Development as part of the DDA Health Initiative project. This project supports the mission of the District of Columbia's Developmental Disabilities Administration, and focuses on improving the physical, behavioral and mental health supports that affect the quality of living for people with intellectual and other disabilities.

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OBJECTIVES

- Express comfort with the use of at least one technique when talking with someone about intimacy and/or sex.
- Critique the importance of at least two descriptors that make up the Gender Unicorn.
- Compare and contrast the advantages of at least two adaptive devices for intimacy and sexual engagement.



AGENDA

- Warm Up Exercise
- Some Words from our Advocates
- Review of Male and Female Anatomy
- Consent
- Different Types of Sex
- Adaptive Devices for Intimacy and/or Sexual Engagement aka Sex Toys
- Policy and Procedures



WHAT IS YOUR COMFORT LEVEL?

On a scale of 1 – 10, what is your comfort level when talking about sex toys with the people you support? Including how to use, where to purchase, how to clean, etc.



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10



WARM-UP ACTIVITY

- True or False You can use Vaseline or baby oil to lubricate a condom
- True or False A woman cannot get pregnant when she is on her period
- True or False A woman cannot get pregnant if she has sex standing up
- True or False A woman cannot get pregnant the first time she has vaginal sex
- True or False A woman **MUST** have an orgasm to get pregnant



WARM-UP ACTIVITY

- True or False Douching is a form of birth control
- True or False A woman cannot get pregnant if she has sex in the water
- True or False You cannot get STDs from oral sex
- True or False You would know if you (or your partner) had a STD
- True or False If you get a STD once, you can never get it again
- True or False You can get a STD from a tattoo or piercing





WORDS OF WISDOM

**ADVOCATES TELL US WHAT THEY WANT
TO KNOW ABOUT SEX, SEXUALITY AND
INTIMACY...WE NEED TO LISTEN.**



IT IS MY RIGHT TO...

- “Have sex.” – Barry
- “Go where I want to go.” – Barry
- “Make decisions and my own choices and change my mind.” – Crystal
- “Find a girl I like and have a relationship.” – Matthew
- “Help people and meet people.” – Derrick
- “Hang out with people.” – TJ
- Other rights that were discussed....asking questions, saying no and masturbating



HOW DO YOU LEARN BEST?

- Pictures
- Some words – words that can be understood
- Don't talk “doctor talk”
- Demonstrations or videos
- A small amount of information at a time
- Repeat information

NEVER STOP
LEARNING



WHAT DO YOU WANT TO TALK ABOUT? – EMERGING LEADERS (E

RELATIONSHIPS

- Finding someone you like
- How to meet people
- Dating
- Friends of the opposite sex
- Types of relationships
- Hanging out with friends
- How to talk to people
- How to tell someone you like them
- How to talk to someone you like

SEXUALITY

- Having sex
- How to use a condom
- Oral sex
- Pregnancy/babies
- Birth control
- STDs
- Masturbation
- Girlfriends
- Dating



WHAT DO YOU WANT TO TALK ABOUT? - EL

DATING

- Internet dating
- Chat lines
- Blackpeoplemeet.com
- Being safe online
- Respecting your partner
- Consent (“Ask if you want to do something. If someone says no, you cannot do it.” – Matthew)

MISCELLANEOUS

- Periods (How long, how many, about her cycle)
- Sex toys (“It’s ok for us to use you have to clean them.” - Bar)
- What to do in public and private
- Personal hygiene
- How to be sexy for your partner



WHAT HAVE WE LEARNED @ EL?

STDS

- Go to the doctor to get checked
- Get pills or a shot
- Burns
- Hurts
- Use condoms
- Sometimes you don't know if you have one

BIRTH CONTROL

- Stops you (her) from getting pregnant
- Can't have a baby
- It's a medication
- Types: condom, birth control pill, IUD, ring
- BC helps with periods too
- Shot – go to the doctor to get a shot
- Nuva ring



WHAT HAVE WE LEARNED @ EL?

MASTURBATION

- Touch yourself
- Men and women do it
- Private room/place
- Use your hand

PERSONAL HYGIENE

- Keep yourself clean
- Shower
- Use soap
- Brush your hair
- Wash your hair
- Brush your teeth with toothpaste and use a
- Floss your teeth
- Dress nice
- Wear clean clothes and clean underwear
- Use deodorant



WHAT HAVE WE LEARNED @ EL?

PREGNANCY

- Man and woman
- Penis and vagina
- Woman gets pregnant
- **Pregnancy prevention:**
 - Birth control
 - Use a condom
 - No sex

ATTITUDES AND BE ABOUT SEX

- Be safe
- Be clean
- Be healthy
- Anyone can have sex, just be s
- Ask first



WHAT HAVE WE LEARNED @ EL?


WHAT CAN WE DO IN PUBLIC

- Talk
- Walk together
- Kiss on the cheek or quickly on the lips
- Hold hands

WHAT CAN WE DO IN

- Anything you want to do as long as you use condoms
- Have sex
- Feel on each other
- Masturbate
- French kiss
- Sexy talk
- Strip UNO





THE FEMALE ANATOMY

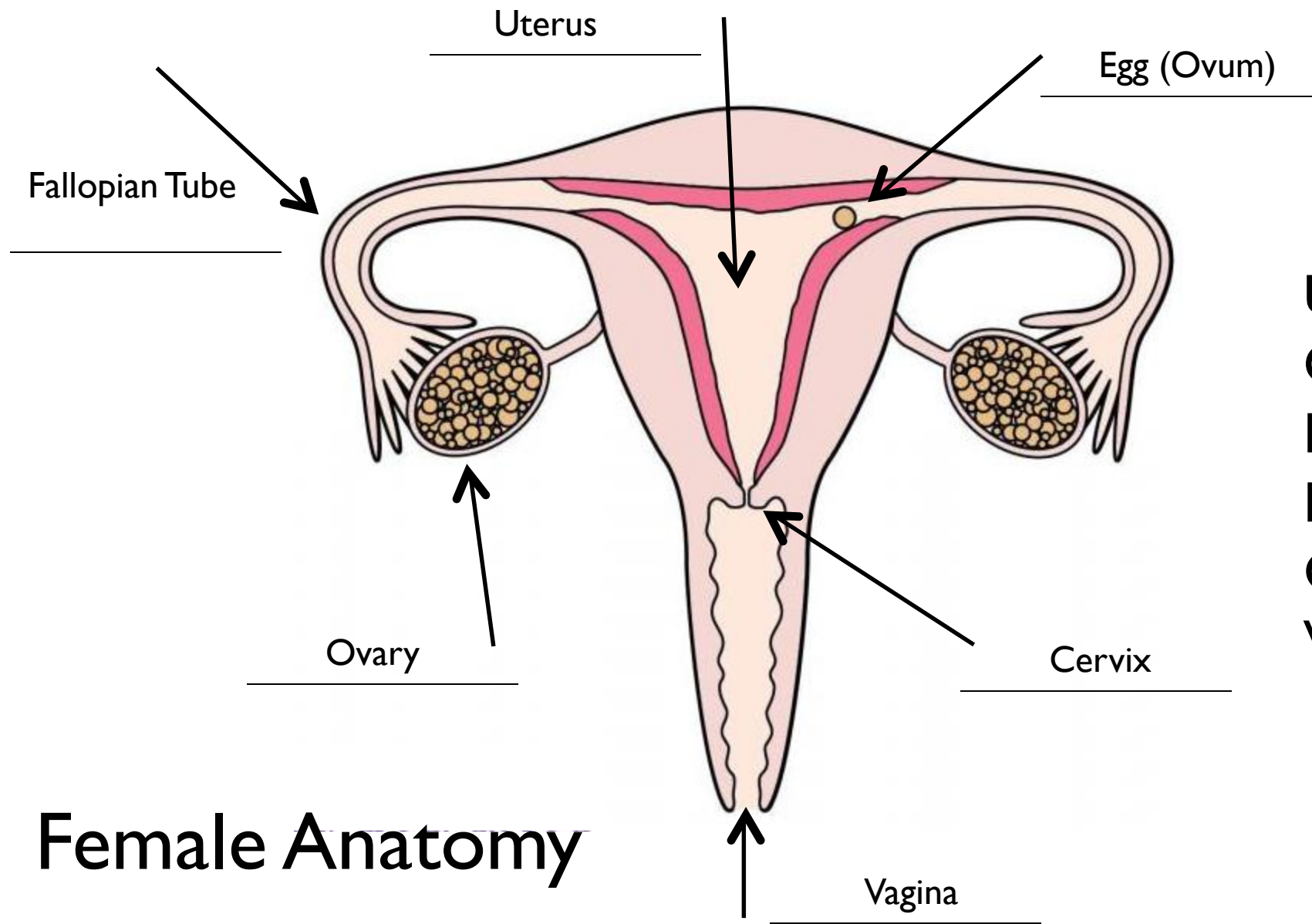
FUNCTION AND ANATOMY



SLANG WORDS FOR VAGINA

- It is important to know and understand proper terminology for private areas of the body
- If her private area is hurting or she was abused, it is important that the person can communicate with someone and get the help that is needed
- How will you ensure that the women you support know and understand proper anatomical terminology? Strategies?
- How will you correct them if improper terminology is used?





Female Anatomy

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GETTING TO KNOW YOU...

Vaginal Self-Exam

- Best when woman is not on her period
- Examine the parts of the vulva: the clitoris, and the outer and inner labia – taking note of the color and size of each part, so if anything changes you'll notice it easily
- Does not take the place of vaginal exam done by doctor



WHAT IS NEEDED AND WHAT TO DO

WHAT IS NEEDED?

- A hand-held mirror
- A flashlight or other small light
- A detailed diagram of the genitals with all the parts labeled (so you'll know what you're looking at)
- Pillows and a towel

WHAT TO DO?

- Examine the parts of the vulva and the outer and inner labia - of the color and size of each part anything changes you'll notice





THE MALE ANATOMY

FUNCTION AND ANATOMY

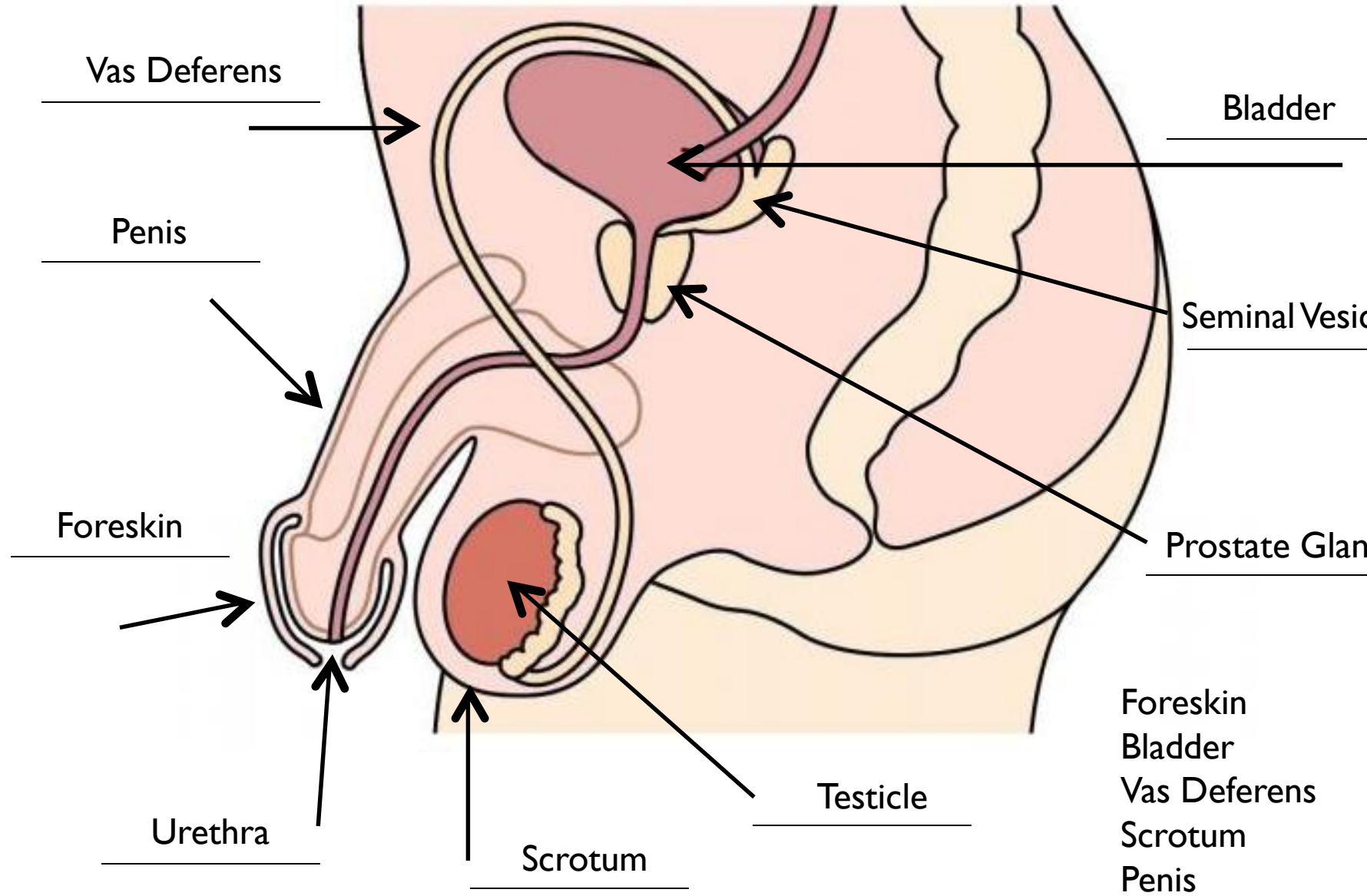


SLANG WORDS FOR PENIS

- It is important to know and understand proper terminology for private areas of the body
- If his private area is hurting or if he was abused, it is important that he can communicate with someone and get the help that is needed
- How will you ensure that the men you support know and understand proper anatomical terminology? Strategies?
- How will you correct them if improper terminology is used?



Male Anatomy



GETTING TO KNOW YOU...

How to do a Monthly Testicular Self-Exam



Best done after a warm shower or bath, when your scrotum is relaxed. If possible, stand in front of a mirror. Check for any swelling on the scrotal skin.



Examine each testicle with both hands. Place your index and middle fingers under the testicle with the thumbs placed on top. Firm but gently roll the testicle between your thumbs and fingers to feel for any irregularities on the surface or texture of the testicle.



Find the epididymis, a soft rope-like structure on the back of the testicle. If you are familiar with this structure, you won't mistake it for a suspicious lump.

IF YOU NOTICE ANY CHANGES OR IRREGULARITIES, THEN TELL YOUR DOCTOR IMMEDIATELY.



TESTICULAR
CANCER SOCIETY

Testicular Self-Exam Instruction

For our free mobile app: go to www.Ba

For monthly text reminders: text @self





CONSENT

CONSENT IS EVERYTHING



BEING SEXUAL WITH SOMEONE – PERMISSION FIRST

- You must ask first
- Both people must say YES
- Intimate act should feel good to both people
- You can say NO at any time
- Consent from both people is a must
- Giving consent once does not mean the answer is always yes
- Both people are responsible for protecting themselves and each other

CONSENT
EVERYTH



WHAT IF A PERSON CANNOT GIVE VERBAL CONSENT?

POSITIVE CONSENT (YES)

- Positive body language
- Leaning in
- Smiling
- Pulling you closer
- Sign language “yes”
- Nodding “yes”

NEGATIVE CONSENT (NO)

- Pulling away
- Crying
- Not responsive to your touch
- Turning his/her face away
- Arms wrapped around the body
- Sign language “NO”
- Nodding “NO”



WAS CONSENT GIVEN?

- Ella asked Leah if they could cuddle in bed. Leah turned her back to Ella. **No**
- Mike told Ebony he wanted to kiss her and he did. **No**
- Sarah asked George to hold hands. George said no. **No**
- Todd asked Joe for oral sex. Joe smiled and unbuttoned Todd's pants. **Yes**
- Marty asked Sandra for a hug. Sandra signed yes. They hugged. **Yes**
- Sam forcefully held Joe's arms down and kissed him. **No**
- Wil asked Mia if they could try anal sex. Mia rolled her eyes and looked away. **No**
- Tyrone asked Lisa for a kiss. Lisa smiled and puckered her lips. **Yes**
- Emily asked Ethan if they could have sex when they got home. Ethan ran away. **No**
- Tiffany asked Veronica if they could use a sex toy together. Veronica said I don't know.





TYPES OF SEX

SEX ISN'T ALWAYS WHAT WE THINK IT IS. SOMETIMES WE HAVE TO THINK OUTSIDE THE BOX...



TYPES OF SEX

Remember: Sex is different for everyone

- Vaginal sex (penis-in-vagina intercourse)
- Oral sex (mouth-to-genital contact)
- Anal sex (penis-in-butt intercourse)
- Fingering or hand jobs (hand-to-genital contact)
- Dry humping or genital rubbing
- Masturbation (touching yourself)
- There are many, many, many more ways to have sex



VAGINAL SEX

- A man's penis goes into a woman's vagina
- Most common type of sex
- At risk for STDs and HIV
- Woman can get pregnant
- Use a condom for protection



ORAL SEX

- Mouth on private parts
- Going down on someone
- Eating someone out
- Blow job
- Cannot get pregnant from oral sex
- At risk for STDs (very low risk for HIV)
- Use a condom or dental dam for protection



ANAL SEX

- Penis in the anus/ butt
- Can be painful
- Use lubricant
- Cannot get pregnant from anal sex
- At risk for STDs and HIV
- Use a condom for protection



FINGERING OR HAND JOB

- Fingers in private parts – vagina or anus/butt
- Fingering (fingers in vagina or anus/butt)
- Hand job (touching the penis with your hand)



DRY HUMMING OR GENITAL RUBBING

- Rubbing your private parts on your partner's private parts
- Naked or clothed
- Cannot get pregnant
- Can pass STDs if naked
- Cannot pass STDs if clothed



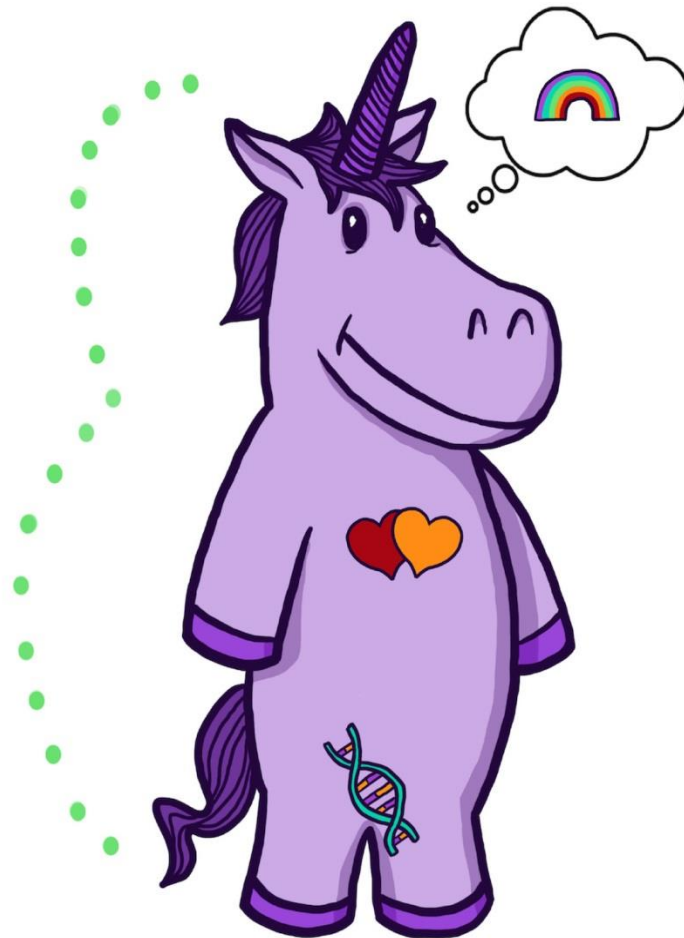
MASTURBATION

- Touching yourself
- Cannot get pregnant
- Cannot get an STD



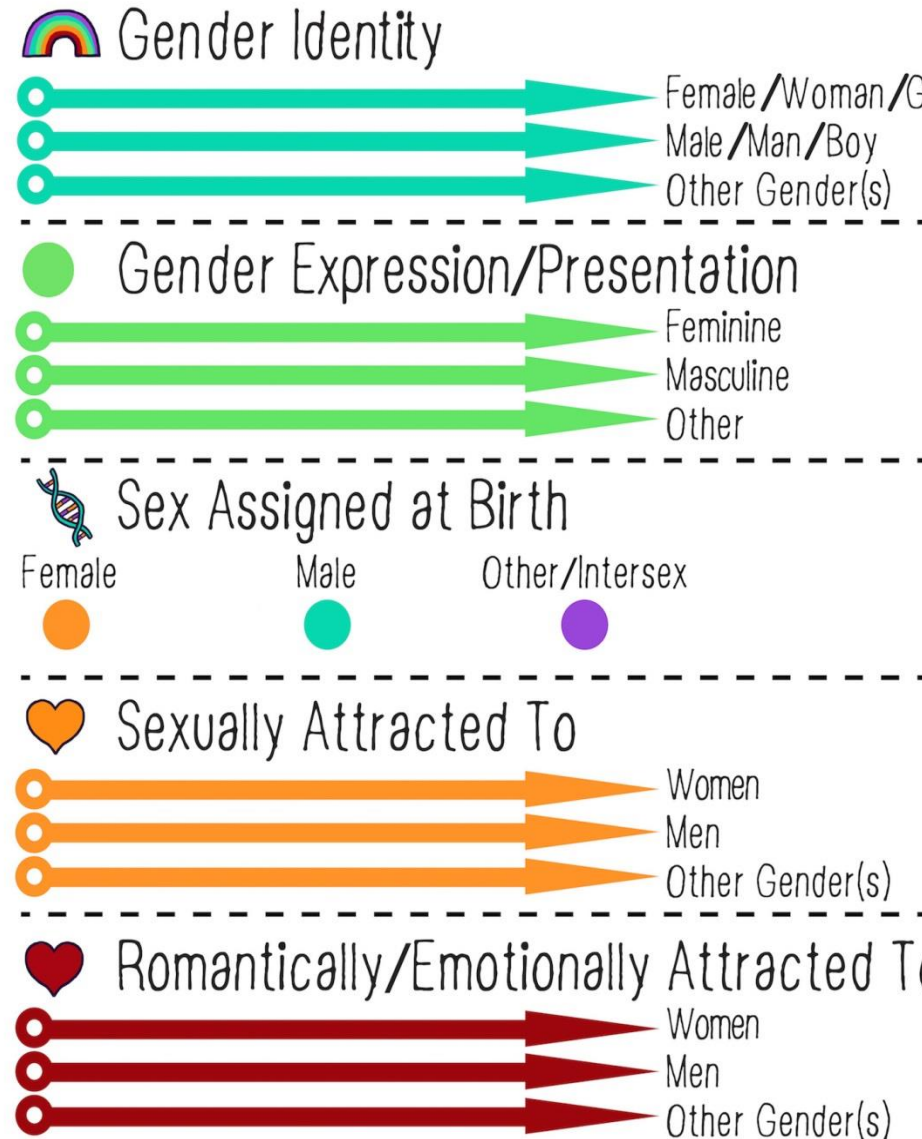
The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resource



To learn more, go to:
www.transstudent.org/gender

Design by Landyn Pan





ADAPTIVE DEVICE FOR INTIMACY AND/OR SEXUAL ENGAGEMENT

SEX TOYS 101



WHAT IS AN ADAPTIVE DEVICE FOR INTIMACY AND/OR SEXUAL ENGAGEMENT AKA A SEX

- An object or device used for sexual stimulation or to enhance sexual pleasure
- Primarily used to facilitate human sexual pleasure
- Many are designed to resemble human genitals
- May be vibrating or non-vibrating
- Many types, shapes, sizes, colors, materials, etc.
- General examples: vibrator and dildo

This vibrator is both a piece of jewelry as well as a strong, slim vibrator. Wear it around your neck! Easy and discreet access.



WHO USES SEX TOYS?



- Men
- Women
- Snake charmers
- Firefighters
- Beekeepers
- Doctors
- Dog Walkers
- People with Disabilities

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Anyone can use a sex toy



FUN FACTS

- The oldest reported dildo is 30,000 years old and was unearthed in a German cave
- Ancient Greeks had *olisbokollikes* (“dildo breadsticks”) since 400 B.C.
- One of the first vibrators, The Tremousoir, was invented in France in 1734
- The first electric vibrator is credited to be invented by Dr. Joseph Mortimer Granville to relieve muscle aches – it weighed 40 pounds and required two people to operate it (plus the recipient)
- Sex toys are banned in Alabama
- Sex toys are outlawed in India
- It's illegal to own more than six dildos in Texas
- Makeup artists and hair stylists are hired to make sure sex dolls are done up according to the most current trends
- The most expensive sex toy in the world is a white gold vibrator with 117 embedded diamonds, worth \$55,000



WHAT'S OUT THERE?

Fleshlight



Description:

- Realistic penetration device
- Made with Real Feel Superskin, also known as cyberskin (non-allergenic, no latex, no silicone)
- Easy to grip with one or two hands
- Discreet option that comes with a screw-on lid
- No batteries or plug-in required

PRICE:

\$75.00 (Come As You Are)

CLEANING:

The insert is removable for cleaning. Use a soft cloth/sponge to clean inside. Can be challenging.

SAFETY:

Use with adequate lubrication and clean after each use.

SPECIAL CONSIDERATIONS:

Need active wide grasp, lightweight.

Five-speed Finger Vibe



Description:

- Lightweight, fits on any finger
- Comes with 4 different textured tips and 5 different kinds of vibrations
- Requires 3 watch batteries
- Powerful vibrator
- Not waterproof

PRICE:

\$25.00 (Come As You Are)

CLEANING:

Clean between each use using damp cloth and soap.

SAFETY:

Not waterproof.

SPECIAL CONSIDERATIONS:

Does not require active grasp, no wrist strength needed, batteries may be difficult to change.

Thighrider



Description:

- Leather harness for dildo, worn around thigh
- 2" Velcro straps for secure fit
- Suits thighs from 17"-28" circumference (circumference available)
- Dildo socket is backed with plastic rim

PRICE:

\$70 - \$85 (Come As You Are)

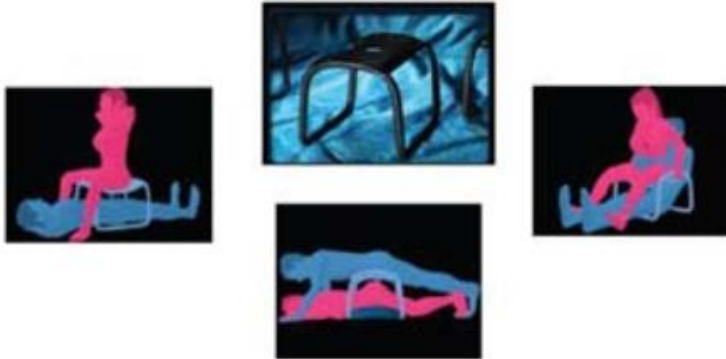
CLEANING:

Do not soak, use mild soap and water and hang to dry.

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Body Bouncer



Description:

- Steel frame, soft rubber seat
- Slight flexing of thighs will cause bouncing movement (8-9" drop)
- 23" long x 17" high x 20" wide
- Recommended weight limit of 225 lbs
- Assembly required

PRICE:

\$200 (US) + shipping costs
(www.bodybouncer.com)

CLEANING:

Use warm water and mild soap to wash the saddle.

SAFETY:

Use caution when trying new positions and check saddle for wear. Be careful of falls risk and use in an area with grab bars or counter tops to help stabilize.

SPECIAL CONSIDERATIONS:

Person on 'top' needs stable trunk control and good sitting balance during movement!

Liberator Shapes



Description:

- Soft-core foam positioning pillows that can be used in a variety of ways during sexual activities
- Wedge, ramp, and rocking pillows are available
- Soft micro-fibre covers come in a variety of colors and prints

SPECIAL NOTE: 'Black Label' line is available. This line of positioning pillows includes snaps and buckles to attach soft cuffs and te

PRICE: WEDGE

\$85/ \$115 Black Label; Ramp \$140/
\$150 Black Label; Scoop \$235/
\$285 Black Label
(Liberatorshapes.com)

CLEANING:

Pillow covers are machine washable.

SAFETY:

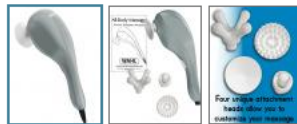
Use caution when transferring or maneuvering on the pillows.

SPECIAL CONSIDERATIONS:

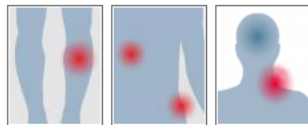
Need to be able to transfer or maneuver on the pillows. may need assistance to position pillows.



BE CREATIVE!



SUGGESTED USES



Knees & Major Joints Mid to Lower Back & Chest Neck and Upper Back

ALL-BODY MASSAGER

\$21.99 or less [BUY NOW](#)

Wahl 2-Speed All-Body Massager. Versatile 2-speed hand-held massager for gentle or deep massage. Ergonomically designed with multi-grip handle for complete comfort. Select an attachment and customize your massage to match your needs. Relax with the Wahl 2-Speed All-Body Massager. (# 4120-600).

INCLUDES

Massager Head Count

7 Interchangeable Attachments

Massager Interchangeable Heads

Facial Attachment

General Body Attachment

Scalp Attachment

Spot Attachment

Massager Type

Hatchet





ADAPTIVE SEXUAL DEVICES FOR THE PEOPLE WE SUPPORT

**SUPPORTING AND EMPOWERING
PEOPLE TO BE SEXUAL AND
CONFIDENT**



MOBILITY AND MOTOR CONTROL

EXAMPLES: CEREBRAL PALSY, CARPAL TUNNEL, ARTHRITIS, STROKE, QUAD

- Devices can be worn on the body
 - Position support straps (worn around the waist, around the thigh, etc.)
 - Over fingers
 - Gloves
 - Harness (looks like underwear
SURPRISE!)
- Devices can be:
 - Lightweight
 - Long(er)
 - Have suction cups to attach to a flat surface i.e. the floor



- A person can use his or her own body:
 - Attach devices to leg, arm, hand, etc.
 - Put device between legs or “crook of the arm”
 - Use a swing



FATIGUE

- Vibrator (let it do all of the work)
- A device that is lightweight
- Pillows to support the body and decrease injury
- Position support straps
- Remote control operated



DECREASED SENSATIONS

EXAMPLES: ARTHRITIS, BRAIN TUMOR, CARPAL TUNNEL SYNDROME, CHRONIC FAILURE, DIABETES MELLITUS, HEAD INJURY, HERNIATED DISC, PERIPHERAL NEUROMYOTOMY, PHANTOM LIMB PAIN THAT OCCURS AFTER AN AMPUTATION, SCIATICA, SPINAL CORD INJURY

- Vibrator with more intense vibrations
- Paddles, whips, floggers
 - **Safety note** because of decreased sensations, be mindful of the area(s) being stimulated to injure the area due to lack of sensation.
- Remote controlled internal devices (do not fall asleep with them inside of you)
- Vibrating strap-ons
- Vibrating penis rings



INCREASED SENSATIONS

EXAMPLES: AUTISM, VISUALLY IMPAIRED

- Vibrator may be too much stimulation – try:
 - Textured rubber
 - Paint brushes
 - Feathers
 - Soft cloth or material



TAKE NOTE:

- Do not assume a person wants to use a sex toy – ASK FIRST
- STDs and HIV can be passed with sex toys
- Privacy
 - All adults are entitled to privacy
- Allergies
 - Check for latex allergies or any other allergies before purchase
- Precautions
 - Buy from a trusted company
 - Check the materials
 - Share devices at your own risk
 - Clean and take care of devices properly



MAINTENANCE/UP-KEEP

- Check batteries
- Check plugs and other electrical pieces
- Take the batteries out of devices when not in use
- Store devices in a safe place – most come with cloth bags for storage
- Be mindful of irregularities due to use (motor gets louder, motor stops working, se apart, etc.)
- Check the plug on waterproof devices; no plug, no love
- Use a condom with porous* devices (porous devices are harder to clean and can h
- Use a condom if sharing toys

Porous devices/materials include: hard plastic, nylon, neoprene, jelly rubber, vinyl and acrylic and leather



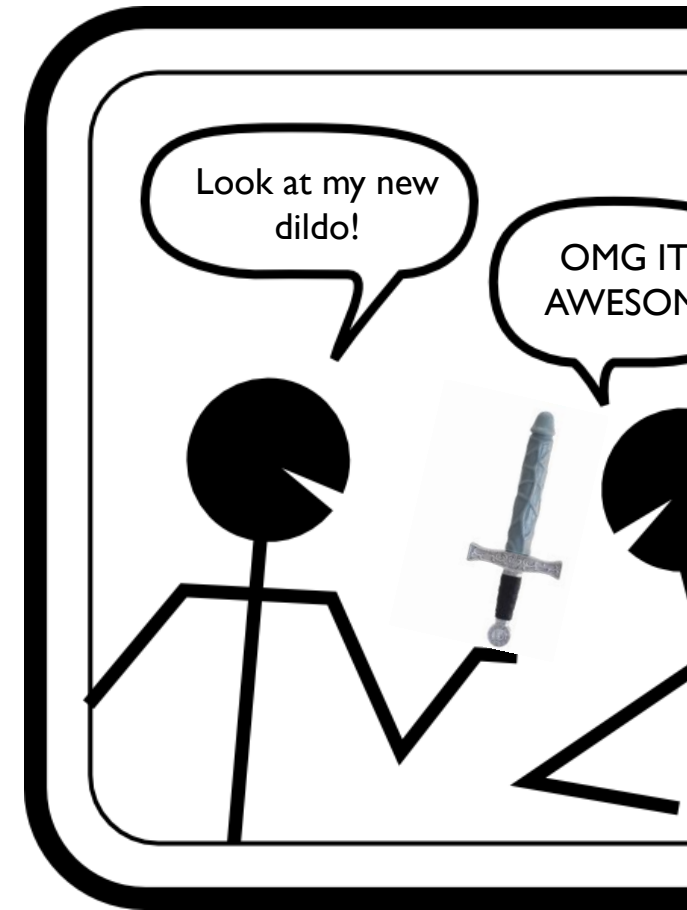
CLEANING

- Read the package
- Read the online reviews
- Ask (at the store, online seller, trusted staff, etc.)
- General guidelines:
 - **Silicone:** Wash with soap and water or place it in the top rack of your dishwasher. You can also put it in a pot of boiling water for 10 minutes to disinfect it.
 - **Glass:** Wash with soap and water, and don't expose it to extreme temperatures (like in the dishwasher) to avoid warping.
 - **Pyrex:** Pyrex is basically heat-resistant glass, so it can be boiled, put in the dishwasher, or washed by hand.
 - **Stainless steel:** Boil for 10 minutes, soak in bleach and water (then make sure to RINSE THOROUGHLY), or wash in the dishwasher.



WHO TO TALK TO


- Partner
- Occupational Therapist
- Trusted staff
- Family
- Friends
- Sex educator
- Sexual health professional
- Person working at the adult store
- YOU



STARTING THE CONVERSATION ABOUT SEX TOYS...

- Do not assume someone wants one or needs one
- Do not force/pressure a person into using a sex toy
- Do not offer your sex toy
- Have you ever heard of a sex toy? Dildo? Vibrator?
- Have you ever used a sex toy? Dildo? Vibrator?
- What are your feelings about sex toys? What do you think about them?
- Do you think you would like to look at some online or visit a store?





SEX TOY POLIC

WHAT DO YOU THINK?



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POLICY ON ADAPTIVE DEVICES FOR INTIMACY AND/OR SEXUAL ENGAGEMENT AKA A SEX TOY

- Is there a policy?
 - Is it the same policy as other adaptive devices – like walkers, dentures, glasses, etc.?
- Should there be a policy?
- Privacy issues?
- Thoughts?



WHERE TO PURCHASE?

Lotus Blooms Alexandria

1017 King St.

Alexandria, VA 22314

Phone: 703.535.8225

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

Secret Pleasures Boutique

1510 U St NW

Washington, DC 20009 at N 15th St

Phone number (202) 664-1476

secretpleasuresboutique.com

Hart's Desires

2408 18th St NW

Washington, DC 20009

Phone number (202) 864-6985

hartsdesires.com

TrickBox

2300 Rhode Island Ave NE

Washington, DC 20018

Phone number (202) 248-1192

trickboxdc.com

Adam & Eve (online shopping)

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

Spencer's Stores (online or in shopping malls)

<http://www.spencersonline.com/section/2352.u>



RESOURCES

- pleasureABLE – Sexual Device Manual for Persons with Disabilities: http://www.dhrn.ca/files/sexualhealthmanual_lowres_2010_0208.pdf
- The Ultimate Guide to Sex and Disability: <https://www.amazon.com/Ultimate-Guide-to-Sex-and-Disability-Disabilities/dp/1573443042>
- Sex Toys and Disability: <http://www.jodivine.com/articles/sex-toy-tips/sex-toys-and-disability/>
- My Secret Luxury: <https://www.mysecretluxury.com/>
- Disability and sex: let's be frank about sex toys: <http://disabilityhorizons.com/2014/07/disability-and-sex-lets-be-frank-about-sex-toys/>
- Oh Joy Sex Toy - A Sex Education and Toy Review Comic: <https://www.ohjoysextoy.com/>
- Come as You Are: <http://www.comeasyouare.com/sex-information/sex-and-disability/>
- Fun Buzzfeed Article: https://www.buzzfeed.com/annaborges/long-live-your-vibrator?utm_term=.ihekOk3gPA#.ndEjojpVyK



DATING APP RESOURCES

- <https://www.whispers4u.com/>
- <https://www.dating4disabled.com/>
- <https://www.specialbridge.com/about-us/>
- <https://disabledpassions.com/>
- <https://www.meetdisabledsingles.com/>
- <http://www.abletoloveyou.com/>



PARTING THOUGHTS

- People have feelings and sexual desires
- People need education and support
- The people you support are vulnerable to abuse; assist with setting boundaries
- Use scenarios and concrete teaching methods
- Everyone makes mistakes (It's ok. You learn from your mistakes. – Barry and Matthew)
- Support and build people up (Do not be mean to me or put me down. – Matthew)



WHAT IS YOUR COMFORT LEVEL?

On a scale of 1 – 10, what is your comfort level when talking about sex toys with the people you support? Including how to use, where to purchase, how to clean, etc.



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ANY QUESTIONS?

If you need assistance around sexuality and intimacy, I am a phone call or an email away

Erica R. Thomas, MS

(202) 687-8814 (Please leave a detailed message)

ert24@georgetown.edu (Email often works best for me)

