

8 TIPS FOR STAYING SAFE ON THE INTERNET



We all have seen it. People with disabilities who post private information on Facebook, make themselves vulnerable on the Internet, or text “sexual selfies” to let someone know that they like them.

In the age of the social media and the Internet, what do people with developmental disabilities need to stay safe?

Here are eight tips to use with people with disabilities to help them stay safe.

1. Begin by helping people with disabilities explore the **positives and negatives** of technology. Ask:
“What do you like about texting people and using the Internet to contact friends and family?”
“What are some of the negatives things that can happen with technology?”
2. Remind people with disabilities that everything that he or she post or text is **PUBLIC**. Topics that are okay to post and text are greetings, weather, work, school, public events, and personal information that is on your mind. For example, my cousin just got married.
3. Remind people that before posting or texting words or photos, ask, “Would I want this post or text to end up in the **newspaper?**” If the answer is no, don’t send it because some people regret sharing these post, text, and photos so it is important to think before you do this.
4. Suggest that people with disabilities check their **settings** to make sure the settings are private. If they don’t know how to do this, they can ask for help from a friend, family member, or staff person.

5. Tell them that they shouldn't give out any **personal** information like where you live or your bank account number or any passwords that belong to you.
6. Mention that sometimes people on line are **not being truthful**. For example, they say they are 18 when they are actually 56.
7. If anything bad happens to you with social media and the Internet, talk to someone that you **trust** so they can help you.
8. Use this format, from **Healthy Foundations*, to think about scenarios and how to respond to certain behaviors:
 1. Name the behavior that you see
 2. Find out the meaning behind the behavior
 3. Decide what messages you want to give
 4. Give messages simply
 5. Encourage the person to give you feedback

Here is a scenario:

A young man posts pictures of his topless girlfriend in very sexy poses on Facebook.

Here is a possible response to this scenario:

1. "I see that you posted pictures of your girlfriend without a shirt on."
2. "Can you tell me why you did that?"
3. Use the eight tips above to think about messages.
4. "You may think she looks great, but these pictures are private and Facebook is public."
5. "Does that make sense?"

Katherine McLaughlin, M.Ed. is a national expert and trains individuals, staff, and parents on sexuality and developmental disabilities. She teaches sexuality education to people with developmental disabilities and trains them to be peer sexuality educators. She is the author of an agency and school curriculum, "Sexuality Education for People with Developmental Disabilities." She has developed two online courses: "Developmental Disability and Sexuality 101" for professionals and "Talking to Your Kids: Developmental Disabilities and Sexuality" for parents. She has spent her career trying to elevate the status of all people, which is why the name of her growing company is Elevatus Training.

**Format in tip #8 Adapted from Healthy Foundations: The Teacher's Book, The Center for Family Life Education, Planned Parenthood of Greater Northern New Jersey, 1993*

RESOURCES FOR PARENTS

ONLINE VIRTUAL COURSE

Talking with Your Kids: Sexuality and Developmental Disabilities. Katherine McLaughlin, 2017
www.elevatustraining.com

BOOKS

Teaching Children with Down Syndrome about Their Bodies, Boundaries, and Sexuality. Terri Couwenhoven. Woodbine House. 2007

The Boy's Guide to Growing Up: Choices and Changes During Puberty. Terri Couwenhoven. Woodbine House. 2012

The Girl's Guide to Growing up: Choices and Changes During the Tween Years. Terri Couwenhoven. Woodbine House. 2012

I Openers: Parents Ask Questions About Sexuality and Children with Developmental Disabilities. Dave Hingsburger. Family Support Institute Press. 1993

Sexuality: Your Sons and Daughters with Intellectual Disabilities. Karen Melberg Schwier and David Hingsburger.

Just Say Know: Understanding and Reducing the Risk of Sexual Victimization of People with Developmental Disabilities. Dave Hingsburger. Diverse city Press, Inc. 1995

It's So Amazing. Robie Harris, Candlewick Press, 1999

It's Perfectly Normal. Robie Harris, Candlewick press, 1994

Changing Bodies, Changing Lives. Ruth Bell, Three Rivers Press, 1998

WEBSITES

www.srcp.org

www.nichy.org

www.sexualhealth.com

www.plannedparenthood.org

www.advocatesforyouth.org

Sexuality and Healthy Relationships Training For People with I/DD

With the support of the NYS Developmental Disabilities Planning Council, Elevatus Training is providing 13 trainings throughout the state of NY October 1, 2020 - September 30, 2022, which include:

"Leading Relationships and Sexuality Education Classes"



Who Should Attend:
Teams of Self-Advocates
and Professionals

This training will be offered 5 times with a goal of training 75 teams 150 participants.

Participants will be trained how to lead sexuality education classes for people with I/DD in their local areas.

Katherine McLaughlin is the lead trainer, virtually joined by a self-advocate/professional team from Michigan who will share how to implement the sexuality education classes.

Each participant will receive a copy of "Sexuality Education for People with Developmental Disabilities" Curriculum and other materials.

"Leading Talking with Your Kids About Relationships and Sexuality Workshops"



Who Should Attend:
Parents of Kids with I/DD

This training will be offered 4 times with a goal of training 120 parent trainers.

Participants will be trained how to lead parent workshops for other parents of young and grown kids with I/DD in their local areas.

Katherine McLaughlin is the lead trainer and will co-train with a parent of a child with I/DD.

Each parent trainer will receive a copy of "Parent Workshop Curriculum" and other materials to lead workshops.

"Leading Developmental Disabilities and Sexuality Trainings"



Who Should Attend:
Staff from Agencies
and Schools

This training will be offered 4 times with a goal of training 120 staff trainers.

Participants will be trained how to lead staff trainings in their local areas.

Katherine McLaughlin is the lead trainer and will co-train with a staff person from a NY Developmental Disability Service Provider.

Each staff trainers will receive a copy of "Staff Training Curriculum Facilitator's Guide" and other materials to lead trainings.

All participants receive:

Webinars

Follow-up support through quarterly webinars.

Certificates



A certificate of completion for passing an assessment demonstrating the learning objective. Those who do not pass will receive a certificate of attendance.

For questions or to register:

Kimberly Berg







kimberly.berg@ddpc.ny.gov



**Developmental
Disabilities
Planning Council**

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

HANDOUT #5: TYPES OF RELATIONSHIPS

RELATIONSHIPS	TOUCH	TOPICS
<p>Close Family & Friends</p>		<p>Public & Private Private in a private place</p>
<p>Casual Family, Friends & Groups</p>		<p>Public</p>
<p>Co-Workers</p>		<p>Public</p>
<p>Helping Professionals</p>		<p>Public Unless with a doctor or nurse in a closed exam room or an instructor and you are having a problem</p>
<p>People You Don't Know</p>	<p> No Touching</p>	<p>Public</p>
<p>Romantic Sexual Relationships</p>	<p> In private and consent needed</p>	<p>Public & Private Public in a public place private in a private place</p>



Westchester Institute
for Human Development

<https://www.wihd.org>

Welcome!

Community Support Network Transition Institute
2021

1




Becoming a Sexual and Relationship Self-Advocate
January 13, 2021

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

2

Learning Objectives

- Define sexual self-advocacy
- List tools for being a sexual self-advocate
- Explore ways to support people with developmental disabilities to become sexual self-advocacy skills OR explore ways to gain these skills yourself.



ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY


3

POLL

Who is here??

- Parent/Guardian/Family Member
- Professional/Staff
- Self Advocate

Check all that apply



ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

4

Why Do People With Disabilities Need And Want To Learn About Sexuality



Self advocates say...

- "So we can learn to have healthy relationships"
- "So we aren't lonely!"
- "So we are able to make informed choices!"
- "So we can pick the right person!"

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

5

Why Do People With Disabilities Need And Want To Learn About Sexuality




- "For help with the toughest part of the relationship, making it last!"
- "So we can be safe!"
- "Because we all have desires/needs and that's okay!"
- "So that people know their rights!"
- "So we can be sexual self advocates, not just self advocates!"

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

6

Reasons




- No sexuality education in some schools.
- Helps combat unhealthy messages from the culture.
- Normalizes the topic of sexuality.
- Shows you are open and approachable.
- Increase sexual health. Reduce sexual abuse, loneliness, unplanned pregnancy/STI, charged with sex crimes, or losing their jobs
- For Parents: Opportunity to express your values to your kids

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

7

Group Agreements



- Respect differences of opinion
- No such thing as a stupid question
- Take space, Make space


This Presentation will be recorded:

- Turn off your video
- Stay on mute
- Breakout rooms

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

8

Discussion



In breakout rooms, in 2-3 discuss:

What was primary message that you received about sexuality while growing up?


ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

9

POLL

What messages did you receive?

Check all that apply



ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

10

Discussion



Self advocacy means.....

Taking the initiative to speak up in your everyday life to improve your situation, change the story, or help someone else.

In the chatbox:
What does **sexual self advocacy** mean to you?

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

11

Sexual Self Advocacy



"Speaking up for yourself, sexually"

"Getting information"

"Taking a stand"


"Saying to whomever - this is my choice"

"Stating your sexual limits and desires with your partner, respecting others limits and desires"

"Starting to do what you want with relationships"

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

12



Green Mountain Self-Advocates Say...


Why is Sexual Self-Advocacy more difficult than regular Self-Advocacy?

Pamphlet from Green Mountain Self advocates uploaded

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

13

Discussion



In Chatbox list:

- A strong sexual self advocate knows.....(Knowledge)
- A strong sexual self advocate does.....(skills)
- A strong sexual self advocate believes.....(beliefs)

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

14

Brainstorm



What are the reasons it can be difficult to talk about sexuality? or sexual and relationship self advocacy?


In the chat box...

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

15

Human Sexual Development

- Development of Biological Sex
- Gender Assignment
- Development of Gender Identity & Societal Gender Role
- Development of Values and Attitudes About Sexuality



ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

16

Human Sexual Development

- Physical and Emotional Changes of Puberty
- Development of Sexual Orientation
- Affectional Attraction
- Romantic Attraction
- Erotic Attraction
- Development of Sexual Behavior
- Development of Sexual Identity




ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

17

Human Sexual Development

- Development of Sexual Knowledge
- Development of Sexual Skills



ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

18



INTERESTS, CONCERNS, AND BEHAVIORS: YOUNG CHILDREN

- Body parts and functions
- Genital touching
- Sex play
- Reproduction: "Where did I come from?"
- Roles as male/female
- Body image
- Need for privacy increases

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

19



Interests, Concerns, And Behaviors: Adolescents

- Physical changes of puberty
- Hygiene: pimples and body odor
- Friendships
- Reproduction, Pregnancy, Birth, Pregnancy Options
- Sexual Expression
- Contraception and Sexually Transmitted Infections
- Sexual feelings
- Masturbation

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

20



Interests, Concerns, And Behaviors: Adolescents

- Sexual Orientation
- Gender Identity
- Body Image
- Establishing and maintaining intimate relationships:
 - Ways of expressing affection
 - How to communicate with their partner
 - Deciding about having sex
 - Giving and receiving pleasure
- Breaking Up

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

21

Interests, Concerns, And Behaviors: Adults

- Pregnancy, Birth
- Parenting
- Contraception, Sexually Transmitted Infections
- Masturbation
- Sexual Orientation/Gender Identity



ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

22



Interests, Concerns, And Behaviors: Adults

- Establishing and maintaining intimate relationships
- Separation/Divorce
- Body Image
- Menopause/Andropause
- Changes in sexual functioning

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

23

Small Group Discussion



How is a person with a developmental disability's experience of developing the same as someone without a disability?


How is a person with a developmental disability's experience of developing different than someone without a disability?

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

24

Same

- Assigned gender
- Gender roles reinforced
- Biological changes
- Need same information, based on biological age
- Have sexual feelings and needs
- Have dreams like anyone else might, relationship, babies




ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

25

Different

- Lack Basic Sexuality Information and Skills (asexual, oversexed, taken out)
- Considered Children: Behaviors are accepted or forgiven, protected (hugging, act your age)
- Nature of disability: Don't pick up on the social cues, need additional topics, trouble identifying emotions
- Lack friendships, social opportunities, miss informal learning, lonely
- Often lack privacy to explore their sexuality
- Some parents let go of dreams for child related to sexuality or think of them as not sexual, worry about higher rate of abuse
- How you teach topics is different
- May have a wide range of abilities and limitations



ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

26

Knowledge


- Human Sexual Development Topics
- Topic based on Biological age, not cognitive level. How you teach is based on abilities and limitations.
- Include types of relationships and public and private
- Online safety, pornography

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

27

Types of Relationship:

Understand what are the different types of relationships and how do you relate to each type, touch, share information, etc.



ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

28


Relationships

A relationship is between two people.
They sometimes talk to one another and interact.
We talk and interact differently depending on the relationship.
Can anyone name a type of relationship?

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

29

- Close family and friends
- Casual friends, Acquaintances, Groups
- Helping Professionals
- Strangers
- Romantic sexual relationships



ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

30

Close Family and Friends



ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

31

Casual Friends, Family, and Groups



ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

32


Helping Professionals



ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

33

Strangers



ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

34



ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

35

Who are you in Relationships with?

- Close family and friends?
- Casual friends and groups?
- Helping professionals?
- Strangers?
- Romantic Sexual Relationship?

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

36

Public and Private

Public is when other people are there or might be there. It's a place where people can go in and out. Certain ways of speaking and touch are ok to do in public, but not all.

Private is where you are alone and no one can come in and out. Certain ways of speaking and touch are ok to do in private, but not public.

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

37

Public or Private?



ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

38

Public or Private?



ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

39

Public or Private?



ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

40

Public or Private?



ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

41

Public or Private?



ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

42

Public

What's okay to talk about in public?

What happens when we talk about private topics in public?

How can people touch one another in public?

What about kissing?

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

43

Private?

What's okay to talk about in Private?

How can people touch one another in private?

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

44

Practice

Sample role play: Ashley and Isabella work together in an store. Ashley sits in a chair and begins working. Ashley sees Isabella and says:

Ashley: "Hi Isabella, how are you today?"

Isabella: "I'm good. Hey, what did you do last weekend?"

(Ashley looks up from her work and says,) "I spent time with some friends."

Ashley looks back down at her work.

Isabella: "Who were you with? You aren't wearing a ring. Do you have a boyfriend? I think you should try to meet someone. You're old enough. Don't you want a boy/girlfriend?"

Ashley looks uncomfortable.

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

45

Discussion

ASK the group:

- ▶ Why do you think Ashley is uncomfortable?
- ▶ What is Isabella doing that isn't ok?
- ▶ Why is that not ok?
- ▶ What can Ashley do since she is feeling uncomfortable?
- ▶ What can Ashley say to Isabella?

Possible answers: "I'm sorry, but that is private" or "You are asking me personal questions that I don't want to answer."

What's difficult about saying these things to someone when we are feeling uncomfortable?

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

46

Friendship

What makes someone a friend?
 Why is friendship important?
 Where can you meet people to become friends with?
 Does anyone have a story about where and how they met a friend?

If you wanted to become friends with a person, how could you let them know?



ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

47

Friend to Partner/sweetheart



Step 1: Feeling interested.

Can a potential girlfriend/boyfriend be....

- ⇨ Someone of the same gender?
- ⇨ Someone already in a relationship?
- ⇨ Someone who has said she/he is not interested?
- ⇨ A paid support person?
- ⇨ Someone under 18?



ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

48

Step 2: Getting to know someone.



- Flirting – what is flirting?
- Talking on the telephone.
- Ask him/her to join you at a group activity.
- Ask him/her out on a date.

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

49

Step #1: Feeling Interested

Can a potential girlfriend/boyfriend be...

- Someone of the same gender?
- Someone already in a relationship?
- Someone who has said she/he is not interested?
- A paid support person?
- Someone under 16-18? Depending on your state
- A customer at your workplace?

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

50

**Step #2:
Getting to Know Someone**

- Flirting
- Talking on the phone
- Ask him/her to join you at a group activity
- Ask him/her out on a date

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

51

Flirting

Say: You look nice, I really like your shirt, it is nice seeing you here

Do: smile at them, wink, look them in the eyes

How do you know that it is working?

How do you know it isn't working?

What can you do if you are too nervous to flirt or get to know someone?

Remember flirting needs to be respectful-for example stare at a person's breasts is not respectful.

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

52

What did my Body say?

First, look down and away from the group to show shyness or fear

What did I say with my body?

Second, smile and look directly at the group to show confidence.

What did I say with my body?



ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

53

Talking on the Phone

Talk about public topics until you get to know the person better.

You can ask:

How was your day?

What did you do today that was fun?

What did you do today that was boring?

Did you eat any good food today?

What is your favorite music?

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

54

Talking on the Phone

How many times per day is ok to call someone?

A general rule would be once a day or once every other day.

How early can you call and how late can you call?

A general rule is to not call or text people after 9:00 at night unless they tell you it is ok to contact them later. And not before 9:00 in the morning.



ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

55

Join you in a Group Activity

What are some group activities that you could do with this person?



ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

56

Ask him or her out on a date.

Ask them to do something you think they will enjoy.

Who pays for the date?
What do you think should happen?

What can you do if other people are telling you that you can't date?



ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

57

Consent

What is consent?



Getting a "yes" that is "freely chosen".
 Freely chosen means without lies, threats, pressure, coercion/blackmail, intimidation or force.


ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

58

Consent

It is not consent when a person says:

"I love you," when they don't really mean it. He or she is lying to get what they want and it is not okay.



"If you don't, I'll find someone else who will."
 He or she is threatening the person to get what they want and that is not okay.


ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

59

Consent

"Come on, please, just this time; it'll be okay, please, please, please..."
 He or she keeps pressuring the person to get what they want, and that is not okay.

"You're such a baby, when are you going to grow up?" He or she is intimidating the person to get what they want, and that is not okay.




"If you don't, I'll tell everyone that you are a real jerk." He or she is using blackmail to get what they want, and that is not okay.

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

60

Consent




"You borrowed 10 of my CDs so now you owe me. You have to kiss me for 10 minutes." This is not okay. A person can not try to bribe you or say you owe them because they did you a favor. This is not consent.

The person is drunk and can't consent

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

61

Consent



Or he or she:
Holds the other person down and forces them to have sex. They are using force to get what they want and that is not okay.

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

62

Did the person say "yes"?		If yes, was it freely chosen?	
Yes	+	Yes	= Consent
Yes	+	No	= Not Consent
No	+	No	= Not Consent

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

63

Skills


- Speaking up for what you want and need
- How to say yes and no, accepting a no
- How to communicate in relationships
- How to make decisions

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

64

Speaking Up

- ▶ Stand or sit straight, face the person
- ▶ Look them in the eyes
- ▶ Keep a good distance
- ▶ Use good voice tone
- ▶ Just say what you want without feeling guilty
- ▶ Stick up for what you believe in
- ▶ Be positive when you disagree




ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

65

Speaking Up

- ▶ Know your rights and how to get them
- ▶ Use good facial expressions
- ▶ Start the conversation
- ▶ Ask questions
- ▶ Speak up, don't wait for permission to say something



ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

66

Beliefs....

My body is my own and I get to decide what is right for me. Teach body autonomy.

I don't have to do what everyone else is doing.

Sexuality Education helps me have healthy relationships.

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

67

Tips

You may have to initiate, using inclusive language

It's okay to feel embarrassed, not to know the answer, and answer the question later.

Use a "private" tone, in a private place.

Give age appropriate information.

Use models, visuals, T.V., soap operas, role-plays, and scenarios.

Try to give a consistent message.

Try not to react.

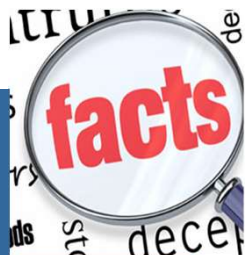
Practice.

Use teachable moments.

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

68

Factual: Teachable Moments



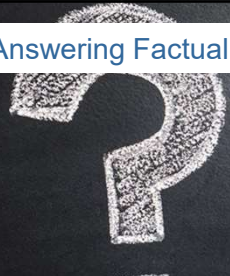
1. Reassure the person that it is good to ask questions.
2. Find out what the person thinks/is really asking.
3. Decide what message you want to give.
4. Answer the question simply, using medical terminology
5. Encourage the person to give feedback.

The Center for Sex Education, www.SexEdCenter.org

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

69

Practice Answering Factual Questions



What is a boner?

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

70

Sexual Self Advocacy-Let's Practice


Here are some scenarios to practice speaking up:

- Telling a staff person you want privacy in your room
- Telling your parents you want to start dating
- Telling your friend that you feel uncomfortable
- Telling your partner that you are ready for sex
- Telling your partner you don't want to have sex
- Telling a trusted person that you have been assaulted

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

71

Q & A



What questions do you have?

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

72

Resources



To Read:
<https://researchautism.org/sex-ed-guide/>

To listen:
<https://researchautism.org/sex-ed-for-self-advocates-podcast/>

Sex ed for people with IDD: videos by NCIL and Rooted in Rights
<https://ncil.org/sex-ed-for-individuals-with-idd/>

www.elevatustraining.com
 E-newsletter

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

73

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY


Offering evidence and trauma informed curriculum, with on/offline training to help professionals, educators, self-advocates and parents skillfully and confidently navigate the topic of sexuality and healthy relationships.

Curriculum and Related Products			Self-Study Online Courses
 Curriculum: Sexuality Education for People with Developmental Disabilities	 Curriculum Slide Deck	 Communication Supports: Boards and Cards	Learn from the comfort of your home or office, at your own pace with online modules for staff, professionals and parents.
Live, Professional Development Opportunities			For More Information:
 3-Day Certificate Training: Becoming a Sexuality Educator and Trainer <i>CE Contact Hrs Available for Social Workers</i>	 1-Day Training: Developmental Disabilities and Sexuality 101	 90 Minute Workshop Series Past recordings available	support@elevatustraining.com 603-399-5777 www.elevatustraining.com Subscribe to our free e-newsletter on our website! Find us on Facebook and LinkedIn!

74

Evaluation

Link in the chat:



<https://forms.gle/UFnx1rWJxE7Y34t79>

ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

75

Wrap-up



What is one thing you'd like to do to support others or yourself in being a strong sexual and relationship self advocate?

kath@elevatustraining.com ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

Other Important Issues for Allies to Know

We need the community, parents and staff to let go of the idea that people with disabilities are not sexual; do not want to be in a relationship.

It is important for us to get information from other people — other than support staff.

Make sure people can go to Planned Parenthood. They have good information about being in a relationship.

There is a fine line between getting support when needed and people taking over for you.

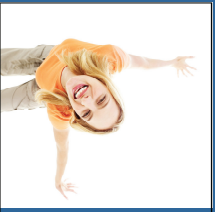
Our Rights Our Future

Privacy • Respect • Speaking UP • Courage
Self Confidence • Free To Be Me Gay Or Straight
Flirting, Dating and Dancing • Education
Staying Safe • Marriage • Equal Partnership

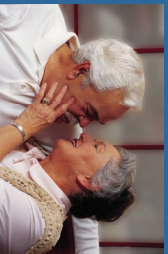
Sexual Self-Advocacy

Green Mountain Self-Advocates
gmsa@sover.net 802-229-2600

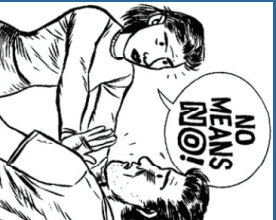
What Sexual Self-Advocacy Means



- ▶ Feeling good about yourself
- ▶ Feeling comfortable meeting people, flirting and asking somebody to dance
- ▶ Being free about your sexuality

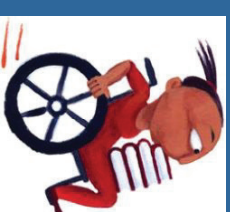


- ▶ Feeling free to speak to your partner and tell them what you want and don't want in a relationship
- ▶ Knowing your rights and responsibilities

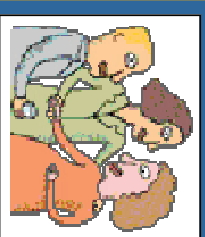


- ▶ Not letting people use you in a relationship, take advantage of you
- ▶ Knowing how to deal with someone pressuring you to do something sexually you don't want to do
- ▶ Dealing with stalkers and harassment

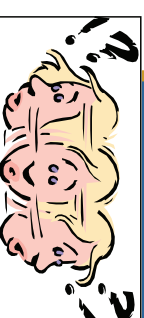
- ▶ Getting detailed information about sex that everyone can understand
- ▶ Knowing about birth control and safe sex
- ▶ Learn new things and decide what is right and safe for you



- ▶ Telling your parents about your relationship when they don't agree
- ▶ Dealing with your partner's parents' objections to the relationship
- ▶ Dealing with parents when they try to hitch you up with other people
- ▶ Privacy is important-so speak up for it



- ▶ Getting married
- ▶ Breaking up with people by letting them down easy
- ▶ Learning from your mistakes



Sexual Self-Advocacy is Harder than Self-Advocacy