

Healthy Relationships, Sexuality and Disability Resource Guide 2013



*Prepared by a partnership between the
Massachusetts Department of Public Health (MDPH) and the
Massachusetts Department of Developmental Services (MDDS)*

*Supported by the [MA Sexual Violence Prevention Plan](#)
made possible by Centers for Disease Control and Prevention (CDC)
Cooperative Agreement 05037CONT07, CFDA 93.13:
'Building Evaluation Capacity for Rape Prevention and Education Funded Programs.'
Resource guide contents do not necessarily represent the official views of the CDC.*

Acknowledgements

The *Healthy Relationships, Sexuality and Disability Resource Guide* was created in 2011, and updated in 2013, by a partnership between the Massachusetts Department of Public Health (MDPH) and the Massachusetts Department of Developmental Services (MDDS), in fulfillment of the [MA Sexual Violence Prevention Plan](#) made possible by *CDC Cooperative Agreement 05037CONT07, CFDA 93.13: Building Evaluation Capacity for Rape Prevention and Education Funded Programs*. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

The resource guide was developed in response to a needs and resources assessment survey conducted by Marci Diamond, Jeanne Ward, and Piale Roy of the MDPH Bureau of Community Health and Prevention, and Janice O’Keefe and staff of the MDDS Office of Quality Management. Substantial input to the survey was provided by Susan Love of the Disabled Persons Protection Commission and members of the DPH Children with Special Health Care Needs Young Adult Advisory Council.

Lenore Tsikitas, Health Access and Promotion Coordinator of the MDPH Family Planning Program oversaw creation and production of this resource guide with the input and expertise of Patricia Carney, Training Coordinator of the MDDS Office of Learning and Development, and the contribution of several MDPH interns: Adeolu Odewale, Hannah Zangwill, Jayne Greenberg. The 2013 edition was updated with the assistance of Courtney Kaczmarzsky, and Siobhan Gruschow.

Introduction

A majority of published reports indicate that individuals with disabilities are more likely than the general population to experience sexual assault victimization.¹ Therefore, a key goal of the [2009-2016 Massachusetts Sexual Violence Prevention Plan](#) is to improve our statewide capacity to promote healthy relationships, healthy sexuality, and abuse prevention among people living with intellectual and developmental disabilities. In 2009, the Massachusetts Department of Public Health (MDPH) and Department of Developmental Services (MDDS), supported by the Disabled Persons Protection Commission (DPPC) and other stakeholders jointly surveyed youth living with disabilities about their experiences with and opinions on related education provided in Massachusetts. This needs assessment and complementary MDDS surveys were designed to identify and address system strengths and gaps regarding abuse prevention and healthy sexuality education, as experienced by people living with disabilities, as well as parents and providers who support their wellness. Many of the diverse resources contained in the *Healthy Relationships, Sexuality and Disability Resource Guide* were first suggested by Massachusetts residents who took part in these unique surveys to collect and share locally-recommended sexual health and abuse prevention resources that support people living with disabilities. Additional resources were included based on suggestions by MDPH and MDDS program partners, staff, and other stakeholders.

Health education on topics including sexual development, communication, relationship navigation and safety provides people with an understanding and sense of control over their own bodies, behaviors, emotions, and experiences. Learning how to access medically accurate, developmentally appropriate health information and resources is an important developmental task for all youth, as these skills are essential to achieving and maintaining sexual health and wellbeing throughout the life span. Yet according to the 2009 needs assessment survey, many youth living with disabilities in Massachusetts lacked sufficient health education or related supports that they considered adequate or specific to their unique needs. Parents and providers surveyed echoed youth requests for developmentally appropriate sexuality education resources to support youth with disabilities in developing skills necessary to achieve their human rights of healthy, respectful, equitable relationships and lives free from abuse.

This resource guide was created to assist people living with disabilities, and those who care for them, in accessing tools supporting a broad spectrum of developmentally appropriate tasks that can reduce health risks through the promotion of healthy relationships and sexuality. Youth and adults with a wide range of intellectual, developmental and physical abilities and disabilities can benefit from the resource listings, which include books, CD/DVDs, curricula and trainings, websites, helplines and support groups. Brief descriptions of the content and location of each resource are included, so that the reader can decide which resources may meet their needs best. International Standard Book Numbers (ISBN numbers) are provided for resources available in multiple locations, such as libraries or online bookstores. The cost of these resources vary; some may be affordable for individuals and families and others, like curricula, may be more readily purchased by schools and/or other larger systems of care.

The *Healthy Relationships, Sexuality and Disability Resource Guide 2013* is intended for both MDPH/MDDS program staff and the public, and may be periodically updated in the future. The presence of resources and information in this guide does not constitute an endorsement by MDPH or MDDS of any particular organization or philosophy. *(For example, please note that older resources may contain the now-outdated term “mental retardation,” which is no longer considered an appropriate way to describe people living with intellectual and developmental disabilities in Massachusetts. Only resources that contain a majority of valuable information unavailable elsewhere despite using this term are included here).* While not every resource may be necessary or helpful for every person or situation, some resources may be appropriate for multiple populations. This is this is not an exhaustive guide of health information or services, but a range of resources are provided so that each reader can decide what resources best fit your own needs, situation, and organizational, familial, or personal values. If you are aware of other related resources that may benefit people living with disabilities in Massachusetts, please contact **Lenore Tsikitas** at **617-624-6060** or lenore.tsikitas@state.ma.us.

If you would like to speak with someone further about resources that may best meet your needs, please contact the **Children With Special Health Care Needs Community Support Line** at **1-(800) 882-1435** or **(617) 624-5992 (TTY)**. This toll free support line has bilingual capacity in Spanish, and is staffed by social workers with years of experience assisting families of children and youth with special health care needs. They can help identify additional resources for residents who wish to begin, or need help to continue, conversations about sexual health and development across the lifespan. They can also provide information about other types of helpful community resources, public benefits, and state programs. Thank you for sharing these important resources with others. Improving access to medically and factually accurate resources which promote healthy, respectful and equitable attitudes, beliefs and skills about sexuality and abuse prevention will not only help to reduce the incidence of sexual violence in Massachusetts, but will also to enable people living with disabilities to enjoy healthier and more fulfilling lives.

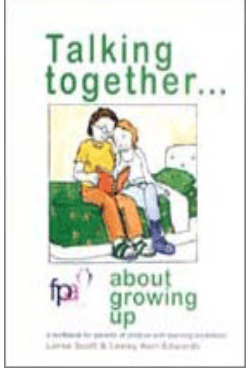


1 Armour B, Wolf L, Mitra M, Brieding M. Differences in intimate partner violence among women with and without a disability, presentation at American Public Health Association, 10/27/2008

Healthy Relationships, Sexuality and Disability Resource Guide 2013



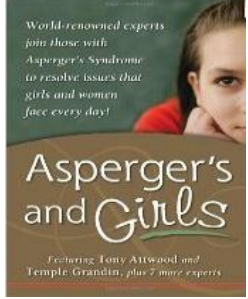
Table of Contents

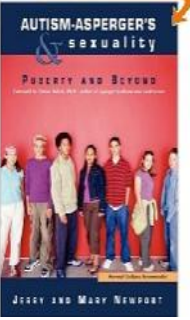
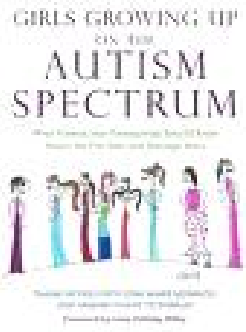
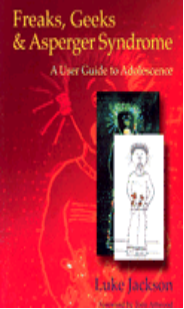
Topic:	Page number:
Puberty and Human Development	6
Puberty and Human Development: Autism Spectrum Disorder (ASD)	8
General Sexuality Education	11
Social Skills and Relationship Development	21
Sexual Orientation and Identity	26
Sexual Health and Human Rights	27
Sexual Abuse Prevention	30
<i>Appendix of Resources Listed by Type</i>	37

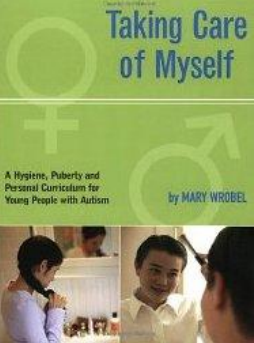
Puberty and Human Development	Contact Information & Availability	Resource Type & Overview	Intended Audience
	<p>Talking Together... About Growing Up: A Workbook for Parents of Children with Learning Disabilities</p> <p>Lorna Scott, Lesley Kerr-Edwards, and Nic Watts</p> <p>Published by: Family Planning Association (2010) ISBN: 190550618X</p>	<p>This workbook offers support for parents and caregivers of children with learning disabilities who are approaching or are around the age of puberty. The easy-to-follow style and clear, picture based stories are suitable for young people who may not be able to read. Schools can adapt and use it as part of their sex and relationships education program and to develop their partnership with parents to support this work at home.</p>	<ul style="list-style-type: none"> • Parents • Children/Youth with disabilities
	<p>Girls are Girls and Boys are Boys, So What's the Difference?</p> <p>Sol Gordon</p> <p>Published by: Prometheus Books (1991) ISBN: 0879756861</p>	<p>This book explains the facts of human reproduction and the physical differences between boys and girls. It contains good illustrations of human development appropriate for all youth.</p>	<ul style="list-style-type: none"> • Parents • Children/Youth
	<p>Teaching Children with Down Syndrome about Their Bodies, Boundaries, and Sexuality: a Guide for Parents and Professionals</p> <p>Terri Couwenhoven</p> <p>Published by: Woodbine House (2007) ISBN: 189062733X</p>	<p>This training guide covers relevant issues and concerns for children of all ages, as well as later issues that affect teenagers and young adults. Relevant and helpful for any youth or young adult with developmental or intellectual disabilities (DD/ID).</p>	<ul style="list-style-type: none"> • Parents of children with DD/ID • Educators and direct support professionals • Health care professionals

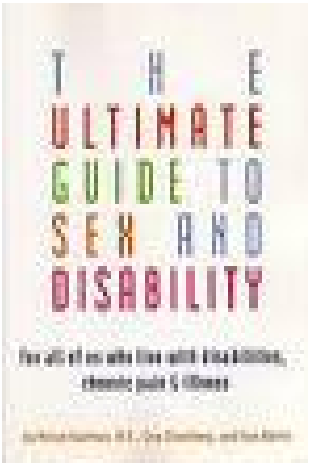
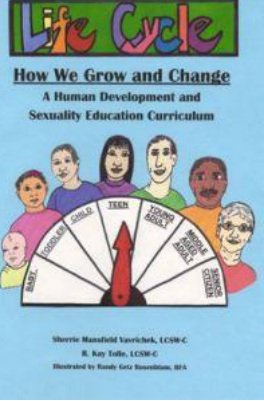
Puberty and Human Development	Contact Information & Availability	Resource Type & Overview	Intended Audience
	<p>“Where Did I Come From?”</p> <p>Peter Mayle</p> <p>Published by: Lyle Stuart (2000) ISBN: 0818402539</p>	<p>This book covers the basic facts from love-making, orgasm, conception and growth inside the womb, through to the actual birth day. Names all the names and shows all the important parts of the body with colorful illustrations. This book is appropriate for younger audiences.</p>	<ul style="list-style-type: none"> • Children/Youth • Parents
<p>Janet’s Got Her Period: Menstrual Care</p>	<p>Judi Gray, Jitka Jilich</p> <p>Published by: James Stanfield Co. 1990</p> <p>Available at: http://www.stanfield.com/products/family-life-relationships/other-family-ed-programs/janets-got-her-period/</p>	<p>This training program is geared to young women with cognitive impairment. It includes a video which is done in story form and features a girl with Down Syndrome and her family. There is an accompanying story/picture book of guidelines for “managing menstruation” and a set of pictographs. Actors have Australian accents.</p>	<ul style="list-style-type: none"> • Health care professionals • Educators and direct support professionals
<p>I Am a Beautiful Person: Sexuality and Me</p>	<p>Produced by: The PACER Center, a National Parent Advocacy Coalition for Educational Rights based in Minneapolis.</p> <p>Available at: http://www.wifacets.org/videos/beautiful.html</p>	<p>This video provides discussion by parents and young people with disabilities about the important, but challenging topic of sexuality. 13 minutes. Closed-captioned.</p>	<ul style="list-style-type: none"> • Children/Youth with disabilities

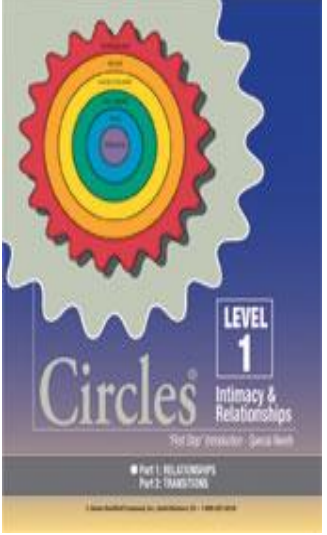
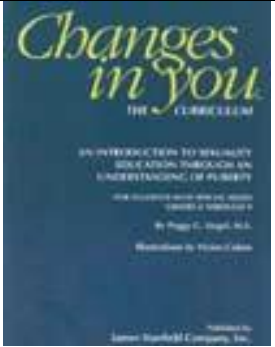
Puberty and Human Development	Contact Information & Availability	Resource Type & Overview	Intended Audience
Sexuality of Children and Adolescents With Developmental Disabilities	<p>Pediatrics. Official Journal of the American Academy of Pediatrics (2006)</p> <p>Nancy A. Murphy, Ellen Roy Elias, for the Council on Children With Disabilities.</p> <p>Available at: http://pediatrics.aappublications.org/content/118/1/398.full</p>	<p>This report discusses issues of puberty, contraception, psychosexual development, sexual abuse, and sexuality education specific to children and youths with disabilities and their families.</p>	<ul style="list-style-type: none"> • Health care professionals • Parents of youth with disabilities • Educators

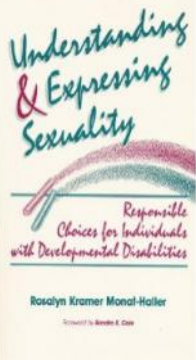

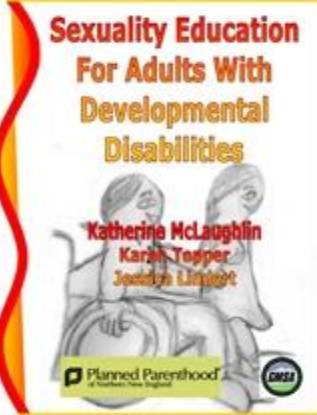
Puberty and Human Development: Autism Spectrum Disorder (ASD)	Contact Information & Availability	Resource Type & Overview	Intended Audience
	<p>Asperger's and Girls</p> <p>Tony Attwood</p> <p>Published by: Future Horizons (2006) ISBN: 193256540X</p>	<p>This book on puberty and relationships was jointly written by girls and women with Asperger's to empower individuals living with Asperger's to successfully transition from girlhood to womanhood.</p>	<ul style="list-style-type: none"> • Adolescent girls with Asperger's • Parents of adolescent girls with Asperger's



Puberty and Human Development: Autism Spectrum Disorder (ASD)	Contact Information & Availability	Resource Type & Overview	Intended Audience
	<p>Autism-Asperger's & Sexuality: Puberty and Beyond</p> <p>Jerry & Mary Newport</p> <p>Published by: Future Horizons (2002) ISBN: 1885477880</p>	<p>This book provides first-hand knowledge and practical advice to help guide young autistic adults/adults with Autism Spectrum Disorders (ASD) and their caregivers through the often difficult but important topic of puberty.</p>	<ul style="list-style-type: none"> • Adolescents with ASD • Parents of adolescents with ASD
	<p>Girls Growing Up on the Autism Spectrum: What Parents and Professionals Should Know About the Pre-Teen and Teenage Years</p> <p>Shana Nichols, with Gina Marie Moravcik & Samara Pulver Tetenbaum</p> <p>Published by: Jessica Kingsley Pub. (2008) ISBN: 1843108550</p>	<p>This book covers the many concerns commonly faced by girls with Autism Spectrum Disorders and their parents, from periods and puberty to worries over friendships and 'fitting in.' The authors give candid and realistic advice on a wide range of important teenage topics.</p>	<ul style="list-style-type: none"> • Parents of girls with ASD • Health care professionals
	<p>Freaks, Geeks & Asperger Syndrome: A User Guide to Adolescence</p> <p>Luke Jackson</p> <p>Published by: Jessica Kingsley Pub (2002) ISBN: 1843100983</p>	<p>Drawing from his own experiences and gaining information from his teenage brother and sisters, Luke at 13 years old wrote this enlightening, honest and witty book in an attempt to address difficult topics such as bullying, friendships, when and how to tell others about ASD, school problems, dating, relationships and morality.</p>	<ul style="list-style-type: none"> • Adolescents with ASD

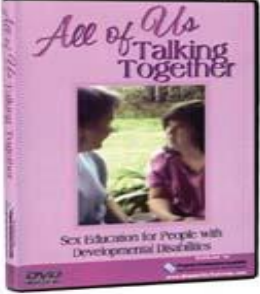
Puberty and Human Development: Autism Spectrum Disorder (ASD)	Contact Information & Availability	Resource Type & Overview	Intended Audience
	<p>Taking Care of Myself: A Hygiene, Puberty and Personal Curriculum for Young People with Autism</p> <p>Mary Wrobel</p> <p>Published by: Future Horizons (2003) ISBN 1885477945</p>	<p>This curriculum contains stories with information on health, hygiene, modesty, growth and development, menstruation, touching and personal safety and masturbation.</p>	<ul style="list-style-type: none"> • Educators and direct support professionals
<p>Living with Autism: Puberty and Children on the Autism Spectrum</p>	<p>Autism Society</p> <p>4340 East-West Hwy, Suite 350 Bethesda, Maryland 20814 (301) 657-0881 or 1(800)-3-AUTISM (1-800-328-8476)</p> <p>Available at: http://www.autism-society.org/about-us/publications/resource-materials.html</p>	<p>A parent's guide to navigating and discussing puberty with an autistic daughter or son. You must register to use the website to access this resource.</p>	<ul style="list-style-type: none"> • Parents of youth with ASD • Educators and direct support professionals

General Sexuality Education	Contact Information & Availability	Resource Type & Overview	Intended Audience
	<p>The Ultimate Guide to Sex and Disability: for All of Us Who Live with Disabilities, Chronic Pain and Illness</p> <p>Miriam Kaufman, Cory Silverberg and Fran Odette.</p> <p>Published by: Cleis Press (2007) ISBN: 1573443042</p>	<p>This book addresses a wide range of disabilities from chronic fatigue, back pain, and asthma to spinal cord injury, hearing and visual impairment, multiple sclerosis, and more. Provides readers with encouragement, support, and all the information they need to create a sex life that works for them. The authors, a medical doctor, a sex educator, and a disability activist, 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.</p>	<ul style="list-style-type: none"> • Adults with general physical disabilities
	<p>Life Cycle - How We Grow and Change: A Human Development and Sexuality Education Curriculum</p> <p>Sherrie M. Vavrichek and R. Kay Tolle</p> <p>Published by: Life Cycle Education Consultants, LLC. (2008)</p> <p>Available for order from: http://bluetowertraining.com/online-store</p>	<p>This curriculum is designed to teach youth and adults with developmental disabilities about psycho-social and sexual development throughout the human life cycle. Self-esteem, privacy awareness, respectful relationships, appropriate/inappropriate touch, abuse prevention, independence, physical growth and change are some of the key concepts emphasized. Life Cycle includes an instructor's guide, pre and post test, quizzes, lesson plans, and over 100 student lessons and activities as well as a CD with full-color illustrations to enhance the teaching and learning process.</p>	<ul style="list-style-type: none"> • Adolescents and adults with DD/ID • Sexuality Educators • Direct Support Professionals

General Sexuality Education	Contact Information & Availability	Resource Type & Overview	Intended Audience
	<p>CIRCLES®: Intimacy & Relationships Education</p> <p>Contact: Tonia Show or Trudy Grable (408) 727-5775 trudy@php.com Parents Heling Parents (PHP) San Jose, CA</p> <p>Published by: James Stanfield Co.</p> <p>Available at: http://www.stanfield.com/products/family-life-relationships/social-skills-circles-curriculum-intimacy-relationships/</p>	<p>The CIRCLES curriculum is a 6 weeklong session that teaches social distance and levels of intimacy through the use of six color-coded concentric circles. It assists students to discriminate different degrees of intimacy and to adapt their behaviors accordingly. It also teaches students how relationships can be formed and maintained according to the social norms of our day.</p>	<ul style="list-style-type: none"> • Youth and adults with DD/ID • Sexuality Educators • Social service agencies that work with adults with
	<p>Changes In You: An Introduction to Sexual Education Through an Understanding of Puberty</p> <p>Published by: James Stanfield Co.</p> <p>Available for order from: http://www.stanfield.com/products/family-life-relationships/other-family-ed-programs/changes-in-you/</p>	<p>This curriculum provides a gentle and sensitive approach that helps girls and boys feel confident and comfortable with the physical, social and emotional changes during teen years. It includes a trainer's guide, laminated picture cards (11x17 inch), and student texts (5 each, boy/girl).</p>	<ul style="list-style-type: none"> • Educators


General Sexuality Education	Contact Information & Availability	Resource Type & Overview	Intended Audience
	<p>Understanding & Expressing Sexuality: Responsible Choices for Individuals with Developmental Disabilities</p> <p>Rosalyn Kramer Monat-Haller</p> <p>Published by: Paul H. Brookes (1992) ISBN: 1557660735</p>	<p>This book discusses topics and issues including: human anatomy and physiology, maturation and body changes, inappropriate sexual behavior, abuse, and offenders, birth control options, sexually transmitted diseases, aspects of psychosocial-sexual behavior and psychosocial development, and marriage and parenthood.</p>	<ul style="list-style-type: none"> • Adults with DD/ID • Educators and direct support professionals • Disability Advocates
	<p>Maria Talks! Statewide Sexual Health Helpline and Website</p> <p>Produced by AIDS Action</p> <p>Available at: http://www.mariatalks.com</p>	<p>This statewide helpline and website for teens and young adults provides youth-friendly low-literacy information about sexual health topics from anatomy to relationships and communication, sex, birth control, pregnancy options, HIV/STD prevention, sexual identity issues and more. It also provides information about and referrals to sexual health and youth development programs in MA.</p>	<ul style="list-style-type: none"> • Youth • Parents • Educators and direct support professionals • Health care professionals
	<p>Sexuality Education Curriculum for Adults with Developmental Disabilities</p> <p>Planned Parenthood of Northern New England (2009)</p> <p>Written in collaboration with Green Mountain Self Advocacy</p> <p>Available for order from: http://www.plannedparenthood.org/ppnne/development-disabilites-sexuality-31307.htm</p>	<p>A three part curriculum that includes:</p> <ul style="list-style-type: none"> • Manual with tips on how to establish a sexuality education group and be an effective sex educator • Curriculum with a peer education model and 20 lessons with scripts and handouts • Pre/post test instructions for students. 	<ul style="list-style-type: none"> • Adults with developmental disabilities/intellectual disabilities • Sexuality educators • Direct support professionals

General Sexuality Education	Contact Information & Availability	Resource Type & Overview	Intended Audience
	<p>Teaching Sexuality to Developmentally Disabled Youths: <i>What Do I Say? How Do I Say It?</i></p> <p>Lisa Maurer</p> <p>Published by: Resource Center for Adolescent Pregnancy Prevention</p> <p>Available at: http://recapp.etr.org/recapp/index.cfm?fuseaction=pages.EducatorSkillsDetail&pageID=96&PageTypeID=3</p>	<p>This publication contains specific suggestions, tips, and ideas for effectively teaching youth with developmental disabilities about sexuality topics.</p>	<ul style="list-style-type: none"> • Educators and direct support professionals
	<p>F.L.A.S.H. Lesson Plans: Comprehensive Sexuality Education Curriculum</p> <p>Contact: Seattle and King County 516 Third Avenue Seattle, WA 98104 206-296-0100 or 800-325-6165 TTY Relay: 711</p> <p>Available for download at: http://www.kingcounty.gov/healthservices/health/personal/famplan/educators/FLASH.aspx</p>	<p>The F.L.A.S.H. curriculum is a sexual education course for schools created by the Seattle, Washington, Office of Public Health. The curriculum can be downloaded at no charge from the website.</p> <p>F.L.A.S.H. consists of lesson plans and transparencies for grades 4 through 12 as well as lesson plans and curriculum designed for special education students and young adults.</p>	<ul style="list-style-type: none"> • Children/Youth • Parents • Educators

General Sexuality Education	Contact Information & Availability	Resource Type & Overview	Intended Audience
	<p>All of Us Talking Together: Sex Education for People with Developmental Disabilities (1999)</p> <p>Available at: www.disabilitytraining.com</p>	<p>This DVD contains a detailed sex education segment includes reproductive anatomy, pregnancy, contraception, and disease prevention. Social skills, desire for friendship, companionship, romance and relationships are considered.</p>	<ul style="list-style-type: none"> • Parents • Children/Youth with disabilities • Educators and direct support professionals
<p>Teaching Sexual Health Resource Lists</p>	<p>Society of Obstetricians and Gynecologists of Canada (SOGC) & Canadian Foundation for Women's health</p> <p>Available at: http://sexualityandu.ca/en/</p>	<p>This society provides resource lists and guidelines for teachers providing sexual education to youth with intellectual disabilities and physical disabilities.</p>	<ul style="list-style-type: none"> • Educators and direct support professionals
<p>Human Sexuality Education for Students with Special Needs</p>	<p>MarshMedia and the Puberty Education for Students with Special Needs programs (2007)</p> <p>Liz Sweeney</p> <p>Available at: http://www.marshmedia.com/online/sped.cfm</p>	<p>This publication and PowerPoint presentation discusses cultural and developmental considerations related to teaching youth with special needs about sexual health.</p>	<ul style="list-style-type: none"> • Educators

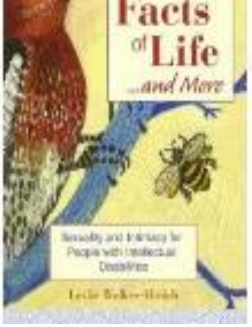
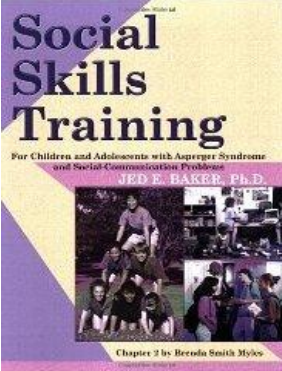
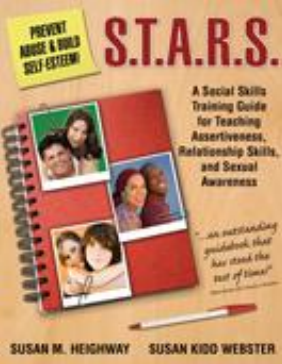
General Sexuality Education	Contact Information & Availability	Resource Type & Overview	Intended Audience
<p>Introduction to Sexuality Education for Individuals Who Are Deaf-Blind and Significantly Developmentally Delayed</p>	<p>The National Information Clearinghouse on Children Who Are Deaf-Blind</p> <p>Available at: https://nationaldb.org/library/page/792</p>	<p>This report discusses the importance of providing the deaf-blind population with information and skills on issues such as modesty, appropriate touch and personal boundaries, menstruation, masturbation, sexual health care, and sexual abuse.</p>	<ul style="list-style-type: none"> • Parents • Health care professionals • Adults who are deaf/blind or have significant DD • Educators and direct support professionals
<p>Sex Education for Physically, Emotionally, and Mentally Challenged Youths</p>	<p>Advocates for Youth</p> <p>Available at: http://www.advocatesforyouth.org/publications/479?task=view</p>	<p>This resource guide provides an overview of common myths and facts about the sexuality of people living with disabilities, as well as guidelines for parents of physically or mentally challenged children and youths. Also includes a select, annotated bibliography of sex education materials and resources. PDF also available for download.</p>	<ul style="list-style-type: none"> • Parents • Educators • Health care professionals
<p>Ten Tips for Talking About Sexuality with Your Child who has Developmental Disabilities</p>	<p>Advocates for Youth</p> <p>Available at: http://www.advocatesforyouth.org/parents/172?task=view</p>	<p>This online article provides quick tips to help a child with developmental disabilities understand topics such as puberty, sex, love, self-esteem.</p>	<ul style="list-style-type: none"> • Parents

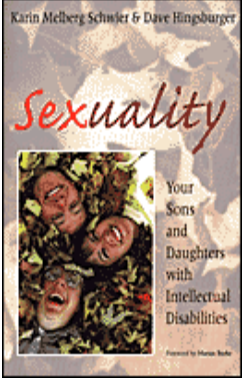
General Sexuality Education	Contact Information & Availability	Resource Type & Overview	Intended Audience
<p>Teach-A-Bodies</p>	<p>An Effective Resource for Sex Education, Investigation, Therapy and Courtroom Testimony</p> <p>Published by: June Harnest (1983)</p> <p>Available at: http://www.teach-a-bodies.com</p>	<p>This website offers anatomically correct plush dolls of varying ages, ethnicities and both sexes with an accompanying curriculum booklet.</p>	<ul style="list-style-type: none"> • Health care professionals • Educators and direct support professionals
	<p>SIECUS Report: <i>Sexuality Education for People with Disabilities</i></p> <p>Published by: Sexuality Information and Education Council of the United States, Inc Vol. 29, No.3 Feb./Mar. 2001</p> <p>Available at: http://one.center-school.org/search-document-detail.php?ID=663</p>	<p>This annotated bibliography on sexuality and disability includes information on books, videos, curricula, and organizations with information related to this subject.</p>	<ul style="list-style-type: none"> • Educators and direct support professionals

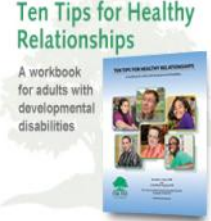
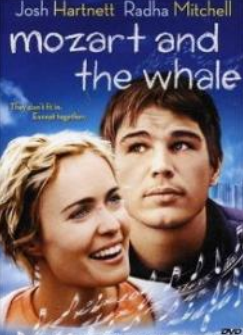

General Sexuality Education	Contact Information & Availability	Resource Type & Overview	Intended Audience
<p>Deciding on Birth Control: A guide for women with epilepsy</p>	<p>Ibis Reproductive Health</p> <p>Available at: http://www.ibisreproductivehealth.org/pub/downloads/DecisionAid_Web_FINAL.pdf</p> <p>For more information, email: admin@ibisreproductivehealth.org or call: (617) 349-0040</p>	<p>This article is an in-depth guide about contraceptive decision-making for women with epilepsy. This guide answers common birth control questions and dispels myths about epilepsy and birth control usage. Included is also information identifying and describing each birth control method, the benefits, risks and concerns for women with epilepsy. In addition, the authors outline important questions to ask a physician, as well as a guide explaining how to have a conversation about contraception with their doctor.</p>	<ul style="list-style-type: none"> • Women with Epilepsy • Health care professionals
<p>Take 3 Steps to Women's Health!</p>  <p>A workbook for women with developmental disabilities</p>	<p>Available at: http://www.oakhillcrse.org/curriculum/content.asp?SubnavID=112</p>	<p><i>Take 3 Steps to Women's Health!</i> is a workbook for women with developmental disabilities that provides essential health information and takes the mystery out of routine breast and pelvic screenings.</p>	<ul style="list-style-type: none"> • Persons with disabilities • Health care professionals

General Sexuality Education	Contact Information & Availability	Resource Type & Overview	Intended Audience
Sexuality Education for Youth with Disability or Chronic Illness: A Resource List	University of Michigan Health System Available at: http://www.med.umich.edu/yourchild/topics/disabsex.htm	Website with many types of resources for many different audiences. The site is regularly updated and resources are vetted by University of Michigan experts in child behavioral health.	<ul style="list-style-type: none"> • Persons with Disabilities • Support Staff • Family members • Social service agencies that work people with disabilities • Health care professionals • Educators and direct support professionals
Sexuality Issues for Youth with Disabilities and Chronic Health Conditions	Center for Policy and Partnerships Institute for Child Health Policy Available at: http://hctransitions.ichp.ufl.edu/policypapers/SexualityIssues.pdf	This guide is part of a series focusing on a comprehensive system of family-centered, culturally competent, community-based care for children with special health care needs who are approaching adulthood and may need assistance in making the transition from pediatric to adult health care and to post-secondary education and/or employment. The guide includes information for professionals about preventing teen pregnancy and planning programs that meet the needs of youth with disabilities.	<ul style="list-style-type: none"> • Health care professionals • Direct Support Professionals

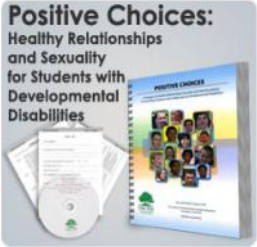
General Sexuality Education	Contact Information & Availability	Resource Type & Overview	Intended Audience
Sexuality and Disabilities Bibliography	Available at: http://www.siecus.org/index.cfm?fuseaction=page.viewpage&pageid=580&grandparentID=477&parentID=572	This bibliography provides websites, curricula, and books for both educators and learners.	<ul style="list-style-type: none"> • Educators and direct support professionals
Sexuality in Mid- and Later Life Bibliography	Available at: http://www.hawaii.edu/hivandaids/Sexuality%20in%20Middle%20and%20Later%20Life--Bibliography%20(2002).pdf	This bibliography includes curricula, websites, and books for educators and learners to understand and value sexual expression at every age.	<ul style="list-style-type: none"> • Educators and direct support professionals

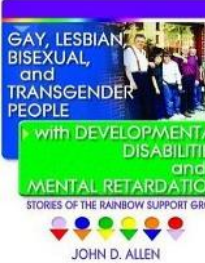
Social Skills and Relationship Development	Contact Information & Availability	Resource Type & Overview	Intended Audience
	<p>The Facts of Life...and More: Sexuality and Intimacy for People with Intellectual Disabilities</p> <p>Leslie Walker</p> <p>Published by: Paul H Brookes (2007) ISBN: 1557667144</p>	<p>This book contains candid interviews and personal anecdotes that show how real-life couples with intellectual disabilities handle the joys and challenges of their relationships—courtship, sex, parenthood, disagreements, finances, and more. It includes examples of effective sexuality education techniques and vivid case studies illustrating key points.</p>	<ul style="list-style-type: none"> • People with DD/ID • Educators and direct support professionals • Health care professionals
	<p>Social Skills Training for Children and Adolescents with Asperger Syndrome and Social-Communications Problems</p> <p>Jed Baker</p> <p>Published by: Autism Asperger Publishing Co. (2003)</p>	<p>This training guide highlights 70 of the skills that most commonly cause difficulty for individuals with autism spectrum disorders and social-communication problems. Each skill is presented with a reproducible skill handout, as well as activity sheets listing ways teachers and parents can demonstrate, practice and reinforce the skill in the classroom and at home.</p>	<ul style="list-style-type: none"> • Parents of children and adolescents with ASD • Educators and direct support professionals
	<p>S.T.A.R.S.: a Social Skills Training Guide for Teaching Assertiveness, Relationship Skills and Sexual Awareness</p> <p>Susan Heighway</p> <p>Published by: Future Horizons (2007) ISBN: 1932565256</p>	<p>This training guide was designed to teach youths and adults with developmental disabilities about: understanding relationships, building social skills, and sexual awareness and assertiveness—with the goals of promoting positive sexuality and preventing sexual abuse.</p>	<ul style="list-style-type: none"> • Parents • Educators and direct support professionals

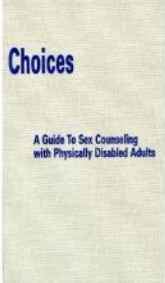
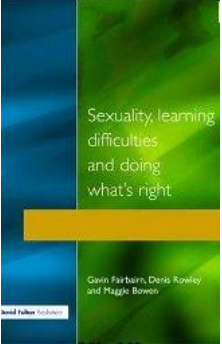

Social Skills and Relationship Development	Contact Information & Availability	Resource Type & Overview	Intended Audience
	<p>Sexuality: Your Sons and Daughters with Intellectual Disabilities</p> <p>Karin Melberg Schwier and Dave Hingsburger</p> <p>Published by: Paul H. Brookes Pub. (2000) ISBN: 1557664285</p> <p>Available at: http://www.amazon.com/exec/obidos/ASIN/1557664285/advocatesfory-20</p>	<p>A reassuring book for parents that describes how to interact with children 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 healthy relationships.</p>	<ul style="list-style-type: none"> • Parents of children with DD/ID • Educators and direct support professionals
<p>Partners for Youth with Disability, Mentor Match Program</p>	<p>Mentor Match Specialist, Partners for Youth with Disabilities</p> <p>Steve Slowinski (ext18) and Kristin Humphrey (ext 21) 95 Berkeley Street, Suite 109 Boston, MA 02116 Phone:617-556-4075 sslowinski@pyd.org khumphrey@pyd.org</p> <p>Website and Application available at: http://www.pyd.org</p>	<p>Mentor Match is a mentoring program whose goal is to help young people with disabilities meet their full potential for personal development and independence by matching them with a caring adult mentor.</p>	<ul style="list-style-type: none"> • Children/Youth with disabilities (Ages 6-24)

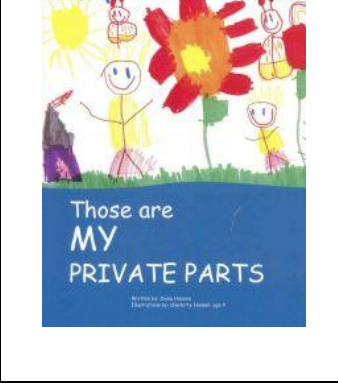
Social Skills and Relationship Development	Contact Information & Availability	Resource Type & Overview	Intended Audience
<p>Ten Tips for Healthy Relationships: A workbook for adults</p> 	<p>Available at: http://www.oakhillcrse.org/curriculum/content.asp?SubnavID=111</p>	<p><i>Ten Tips for Healthy Relationships</i> is a workbook for adults with developmental disabilities that is designed to promote decision-making about safe relationships.</p>	<ul style="list-style-type: none"> • Educators working with Adults and direct support professionals
	<p>Mozart and the Whale (2005) Directed by: Petter Naess Rated: PG-13 ASIN: B000J10K06</p>	<p>This film, starring Josh Hartnett and Radha Mitchell, is a heartwarming, romantic drama inspired by the true story of two people with Asperger's Syndrome.</p>	<ul style="list-style-type: none"> • Individuals over age 13 with ASD • Parents of Individuals with ASD
	<p>Billy the Kid (2007) Directed by: Jennifer Venditti Rated: NR ASIN: B001CCY434</p> <p>Available at: http://www.billythekiddocumentary.com</p>	<p>This film follows Billy Price, a 15 year with Asperger's Syndrome and a resident of Lisbon Falls, Maine. At 15, he has the same hopes and desires as other high-school students. For one thing, he wants a girlfriend and set his sights on 16-year-old Heather, a shy diner worker with a vision problem.</p>	<ul style="list-style-type: none"> • Individuals with ASD • Parents of Individuals • Educators

Social Skills and Relationship Development	Contact Information & Availability	Resource Type & Overview	Intended Audience
Down Syndrome Autism Connection (DSAC)	<p>Contact: Charlotte Gray at 978-394-8416 or Email: charlotte@downsyndromeautismconnection.org</p> <p>Erin Knyff at 978-902-3661 or Email: Erin@downsyndromeautismconnection.org</p> <p>Website: http://www.ds-asd-connection.org</p>	DSAC is a social and support group formed by moms Charlotte Gray and Erin Knyff. DSAC is a community of parents whose children have both Down syndrome and Autism Spectrum Disorder. Today, DSAC has 30 active families who meet once monthly by online chat to discuss the issues and challenges unique to the Down Syndrome-Autism community. Experts in the field often present on various topics relating to dual diagnosis. New members are welcome!	<ul style="list-style-type: none"> Families/ Parents of children with Down Syndrome or Autism
Whole Children, Inc.	<p>Contact: Kim Holden, Program Coordinator (413) 585-8010 Ext. 108</p> <p>41 Russell Street, Box 15 Hadley, MA 01035</p> <p>Website: http://www.wholechildren.org</p>	Whole Children offers programs and classes for children from toddler through teens with a range of abilities. Their teen program focuses on teaching skills such as self-advocacy, sexuality and social skills. They also provide a variety of social opportunities to help students develop and sustain friendships.	<ul style="list-style-type: none"> Individuals with disabilities Parents of Individuals with disabilities


Social Skills and Relationship Development	Contact Information & Availability	Resource Type & Overview	Intended Audience
<p>Positive Choices A Program on Healthy Relationships and Sexuality for Students with Intellectual and Developmental Disabilities</p> 	<p>Available at: http://www.oakhillcrse.org/curriculum/content.asp?SubnavID=91</p>	<p>Positive Choices is an innovative curriculum designed to increase critical judgment about relationships and sexuality. This comprehensive curriculum includes:</p> <ul style="list-style-type: none"> • 31 instructional units based on State Department of Education Comprehensive School Health Standards • A wealth of best practice information, suggested extension activities and resources • Teaching strategies that clearly present desired results, assessment evidence, and a learning plan that includes both content and process • Over 220 scenarios for discussion, role-play and skill rehearsal • A CD-ROM with anatomical illustrations to support sexual health units • Differentiated chapter tests that assess knowledge and judgment • Rubrics to assess skill development and generalization to daily life • A fully illustrated student manual with supplementary assignments and opportunity for parental reinforcement of program concepts. 	<ul style="list-style-type: none"> • Educators working with Secondary Student and direct support professionals

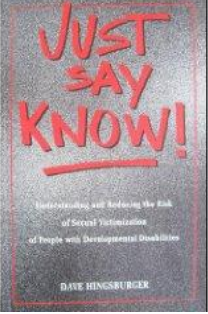
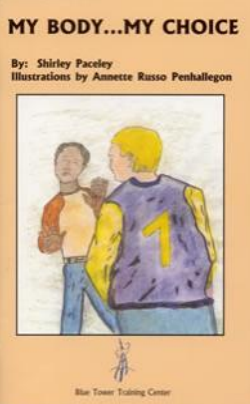
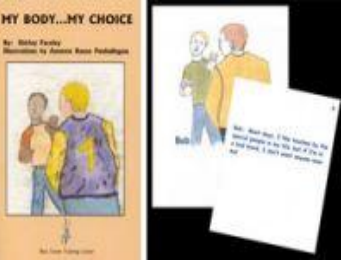
Sexual Orientation and Identity	Contact Information & Availability	Resource Type & Overview	Intended Audience
<p>Rainbow Support Group of Massachusetts</p>	<p>Statewide Coordinators:</p> <p>Pauline Bosma, Project Consultant Rainbow Support Group of Massachusetts 500 Harrison Avenue Boston, MA 02118 Rainbows_58@yahoo.com (866) 426-2253</p> <p>Ed Bielecki, Coordinator Massachusetts Advocates Standing Strong 500 Harrison Avenue Boston, MA 02118 ed@mass-advocates.org</p> <p>Pat Carney, Trainer Department of Developmental Services, Central West Region Office of Learning and Development 140 High Street Springfield 01105 (413) 205-0820 Patricia.carney@state.ma.us</p>	<p>Rainbow Support Groups are regional support groups for LGBTQ adults with developmental disabilities in MA. You can call the statewide coordinators listed in the contact information section of the numbers listed below for information and support, as well as to learn more about the current schedule and locations of the Rainbow Support Groups currently held in:</p> <p>Greater Boston: (617) 876-4210, ext. 158 (Hotline only) Cambridge Family & Children’s Services 60 Gore Street Cambridge, MA</p> <p>Central Massachusetts (508) 755-2340 Seven Hills Foundation 81 Hope Avenue Worcester, MA 01603</p> <p>Western Massachusetts (413) 536-2410 Western MA Training Consortium 187 High Street Suite 2002 Holyoke, MA 01040</p>	<ul style="list-style-type: none"> • LGBTQ advocates and educators • LGBTQ Adults with disabilities
	<p>Gay, Lesbian, Bisexual, and Transgender People with Developmental Disabilities and Mental Retardation: Stories of the Rainbow Support Group</p> <p>John D. Allen</p> <p>Published by: Harrington Park Press (2003) ISBN: 1560233958</p>	<p>This book describes the history behind the Rainbow Support Group and how it has been shattering myths and stereotypes surrounding people with developmental disabilities and mental retardation. Addresses the fears and concerns of its members and the positive aspects of group membership.</p>	<ul style="list-style-type: none"> • People with DD/ID • Educators and direct support professionals

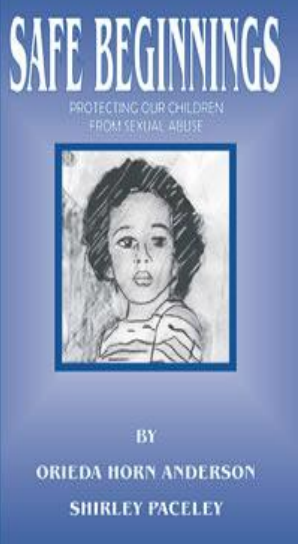
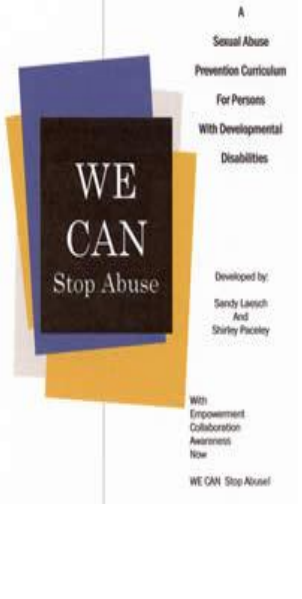
Sexual Health and Human Rights	Contact Information & Availability	Resource Type & Overview	Intended Audience
	<p>Choices: A Guide to Sex Counseling with Physically Disabled Adults</p> <p>Maureen E. Neistadt and Maureen Freda</p> <p>Published by: Krieger Pub. (1987) ISBN: 0898749034</p>	<p>This guide contains guidelines for sexuality counseling and examines issues of intimacy and communication, as well as the sexual response cycle. It 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.</p>	<ul style="list-style-type: none"> • Health care professionals • Counselors and clinicians
	<p>Sexuality, Learning Disabilities, and Doing What's Right</p> <p>Gavin Fairbairn, Denis Rowley, and Maggie Bowen</p> <p>Published by: David Fulton Pub. (1995) ISBN: 1853462926</p>	<p>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.</p>	<ul style="list-style-type: none"> • Parents • Educators and direct support professionals • Disability advocates
	<p>Sticks and Stones: Disabled People's Stories of Abuse, Defiance and Resilience</p> <p>Marsha Saxton</p> <p>Published by: World Institute on Disability (2009)</p> <p>Available at : http://bluetowertraining.com/online-store</p>	<p>This book contains a collection of over 50 stories about facing abuse and violence written by a diverse group of people with disabilities, family members, service providers, and other allies covering a wide range of mistreatment and recovery experiences. It helps educators and trainers build creative and meaningful activities around the stories.</p>	<ul style="list-style-type: none"> • Health care professionals • Educators and direct support professionals • Disability advocates

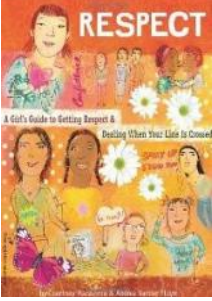
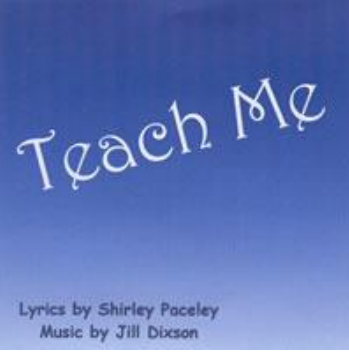

Sexual Health and Human Rights	Contact Information & Availability	Resource Type & Overview	Intended Audience
	<p>Those are MY PRIVATE PARTS</p> <p>Diane Hansen</p> <p>Published by: Empowerment productions (2004) ISBN: 0976198800</p> <p>Available at: http://bluetowertraining.com/online-store</p>	<p>This book helps children open healthy communication about what is okay and what is not okay when it comes to touching private parts of the body. It uses child-friendly rhyming and colorful illustrations by a four-year-old to incorporate messages about sexual abuse prevention. Statistics and information on childhood sexual abuse are included for parents and educators.</p>	<ul style="list-style-type: none"> • Children with disabilities • Parents • Educators and direct support professionals
<p>Impact: Feature Issue on Sexuality and People with Intellectual, developmental, and Other Disabilities</p>	<p>Institute on Community Integration & Research and Training Center on Community Living</p> <p>Volume 23: Number 2 Spring/Summer 2010 http://ici.umn.edu/products/impact/232</p> <p>Contact: University of Minnesota, 109 Pattee Hall, 150 Pillsbury Dr. SE, Minneapolis, MN 55455 (612) 624-4512 icipub@umn.edu</p>	<p>This publication is comprised of several articles written by people with disabilities and those who have supported them on their journey to learn about and experience sexuality, dating, intimacy, relationships, marriage and parenting. It was compiled to provide information and inspiration to further support the right and opportunity for people with disabilities to understand and express this essential dimension of human life, throughout the lifespan. Several additional resources, many written by self advocates, are included.</p>	<ul style="list-style-type: none"> • Adolescents and adults with disabilities • Parents of adolescents and adults with disabilities • Educators and direct support professionals • Disability advocates

Sexual Health and Human Rights	Contact Information & Availability	Resource Type & Overview	Intended Audience
<p>Me HIV+...What Do? A Guide for Deaf People Living with HIV Disease</p>	<p>AIDS Services of Austin</p> <p>Available at: http://globalsurvey.med.yale.edu/deaf.html</p>	<p>A guide to taking care of your health after being infected with HIV that includes information on how to deal with your emotions and medical follow-up needs after being diagnosed. Several sections are devoted to insurance and social support services, and one chapter specifically addressed women’s health needs.</p>	<ul style="list-style-type: none"> • Deaf individuals living with HIV
<p>A Training Manual for Direct Care Staff</p>	<p>Mark Steege and Shannon L. Peck</p> <p>Contact: 5410 Fredericksburg Road, Suite 111 San Antonio, Texas 78229 (877) 560-1739 orders@steegepublications.com</p> <p>Published by: The Steege Corporations</p>	<p>A curriculum designed to help direct care staff overcome their discomfort with the sexual behavior of individuals with intellectual disabilities. The manual is the outgrowth of workshops presented by the authors and is designed to be used for individual rather than group work so that each staff member can work through their own discomfort using the exercises in the manual.</p>	<ul style="list-style-type: none"> • Health care professionals • Direct Support Professionals
<p>The GYN Exam Handbook & Exam Video</p>	<p>Maria Oliva Taylor</p> <p>Published by: James Stanfield Co. Inc. Santa Barbara, CA. 1991.</p> <p>Available for order from: http://www.stanfield.com/sex-ed-gyn-exam.html</p>	<p>This workbook and video was designed for females with special needs. Illustrates the essentials of gynecological/pelvic exam. Includes video and training manual for pelvic exam, Pap smear, and breast exam.</p>	<ul style="list-style-type: none"> • Health care professionals

Sexual Abuse Prevention	Contact Information & Availability	Resource Type & Overview	Intended Audience
	<p>Awareness & Action: Educating Persons with Disabilities on Recognizing, Reporting and Responding to Abuse Massachusetts Trainer Guide, Curriculum, Video and Participant Workbook</p> <p>Contact: Building Partnerships Initiative (BPI) c/o Disabled Persons Protection Commission (DPPC) 300 Granite Street, Suite 404 Braintree, MA 02184 (617) 727-6465 (888) 822-0350 TTY www.mass.gov/dppc</p>	<p>The Awareness and Action: Educating Persons with Disabilities on Recognizing, Reporting and Responding to Abuse curriculum and supporting materials (PowerPoint slide presentation, video, participant workbook and trainer guide) were developed by persons with disabilities in partnership with the Building Partnerships for the Protection of Persons with Disabilities Initiative (BPI) to educate persons with disabilities and others about abuse committed against persons with disabilities.</p> <p>The three-hour training, taught by persons with disabilities and others, and accompany video and participant workbook, introduces the abuse of persons with disabilities and closely examines how to recognize, report and respond to five different types of abuse (physical, sexual, neglect, verbal and financial) through five powerful vignettes, a slide presentation, group activities, skits and worksheets. At the end of the three-hour training, participants take home reporting and learning materials including a backpack, DVD of Abuse Stories, participant workbook, state and local resources and more.</p>	<ul style="list-style-type: none"> • Persons with Disabilities • Support Staff • Family members • Social service agencies that work people with disabilities • Health care professionals • Educators and direct support professionals

Sexual Abuse Prevention	Contact Information & Availability	Resource Type & Overview	Intended Audience
	<p>Just Say Know! Understanding and Reducing the Risk of Sexual Victimization of People with Developmental Disabilities</p> <p>Dave Hingsburger</p> <p>Published by: Diverse City Press (1995) ISBN: 1896230008</p>	<p>This book offers inspiration and practical guidance for families and clinicians on the subject of sexual abuse and the vulnerability of people with developmental disabilities.</p>	<ul style="list-style-type: none"> • Parents • Health care professionals • Educators and direct support professionals
	<p>My Body...My Choice</p> <p>Shirley Pacey</p> <p>Illustrated by Annette Russo Penhallegon (2001)</p> <p>Available at: http://bluetowertraining.com/online-store</p>	<p>This fully illustrated mini-book is a guide that covers the basics of body safety, empowering people with disabilities across the nation to resist and report sexual abuse.</p>	<ul style="list-style-type: none"> • Youth with disabilities • Parents • Educators
	<p>My Body...My Choice Set</p> <p>Shirley Pacey</p> <p>Illustrated by Annette Russo Penhallegon (2001)</p> <p>Available at: http://bluetowertraining.com/online-store</p>	<p>This guide includes the fully illustrated mini-book written for youths and adults with developmental disabilities and 15 laminated cards which can be used in group settings to encourage discussions and role play about sexual abuse prevention. The colorful cards are leader friendly, featuring the words from the book on the back of each picture.</p>	<ul style="list-style-type: none"> • Adults and youth with disabilities • Parents • Educators and direct support professionals

Sexual Abuse Prevention	Contact Information & Availability	Resource Type & Overview	Intended Audience
	<p>Safe Beginnings: Protecting Our Children from Sexual Abuse</p> <p>Orieda Horn Anderson and Shirley Pacey</p> <p>Published by: Blue Tower Training Center (2003) ISBN: 1931568200</p> <p>Available at: http://bluetowertraining.com/online-store</p>	<p>This guidebook contains:</p> <ul style="list-style-type: none"> • Strategies for teaching preschool children about self-respect, self-esteem, sexuality, and safety • Skills for empowering children to resist and report sexual abuse • How to create safe environments in nurseries, preschools, day care centers, and schools • Tips for raising boys and girls • What to do if abuse occurs • Resources and ideas for social change 	<ul style="list-style-type: none"> • Parents of pre-school children • Educators and childcare workers
	<p>WE CAN Stop Abuse: A Sexual Abuse Prevention Curriculum for Persons with Developmental Disabilities</p> <p>Sandy Laesch and Shirley Pacey</p> <p>Published by: Macon Resources, Inc (2004)</p> <p>Available for order from: http://bluetowertraining.com/online-store</p>	<p>The <i>WE CAN Stop Abuse</i> curriculum has been proven effective for teaching abuse prevention skills to persons with developmental disabilities. The curriculum includes:</p> <ul style="list-style-type: none"> • Eight ready-to-use interactive sessions with several activities • Introductory information for sexual assault center employees • Goals and objectives for individual participants • Evaluation instruments to measure individual skills • Human sexuality resource list • Overview of the WE CAN Stop Abuse Project in Illinois. 	<ul style="list-style-type: none"> • Sexuality educators • Direct support professionals • Adults with DD/ID

Sexual Abuse Prevention	Contact Information & Availability	Resource Type & Overview	Intended Audience
	<p>Respect: A Girl's Guide to Getting Respect & Dealing When Your Line Is Crossed</p> <p>Courtney Macavinta and Andrea Vander Pluym</p> <p>Published by: Free Spirit Publishing (2005) ISBN: 1575421771</p>	<p>This girl's guide covers topics girls deal with daily, including body image, family, friends, the media, school, relationships, and rumors. Confronts tough issues like sexual harassment, date rape, sex, drugs, and alcohol. Thorough guide for parents and girls.</p>	<ul style="list-style-type: none"> • Girls • Parents • Educators and direct service professionals
	<p>Teach Me</p> <p>Lyrics by Shirley Paceley, Music by Jill Dixon</p> <p>Available at: http://bluetowertraining.com/online-store</p>	<p>A powerful song about sexual abuse of a person with developmental disabilities. Useful in counseling, employee development, prevention education, parent education, and community awareness.</p>	<ul style="list-style-type: none"> • Parents • Educators and direct support professionals • Disability advocates • Counselors and clinicians
	<p>No! How!!</p> <p>Dave Hingsburger and Diverse City Press</p> <p>Available at: www.diverse-city.com</p>	<p>This DVD includes all of the important elements of sexual abuse prevention as well as a problem-solving process for persons with developmental disabilities. The actors and actresses are people with developmental disabilities teaching others about sexual abuse—what it is and how to prevent it.</p>	<ul style="list-style-type: none"> • Adults with disabilities • Educators and direct support professionals

Sexual Abuse Prevention	Contact Information & Availability	Resource Type & Overview	Intended Audience
<p>Communication is Protection! Brochure Series</p>	<p>Massachusetts Department of Public Health (MDPH)</p> <p>Available at: MDPH 250 Washington St. 4th fl Boston, MA 02108 (800) 882-1435 or (617) 624-6060 (617) 624-5992 (TTY)</p>	<p>The Massachusetts Department of Public Health has developed this publication that includes two brochures for parents and caregivers that communicate the importance about talking about sex and sexuality with young people with disabilities. Includes referral to a statewide support line for children with special health care needs.</p> <ul style="list-style-type: none"> • Communication is Protection! Prevent Sexual Exploitation: Tri-fold brochure (double-sided). Offers communication tips to empower youths and prevent abuse. • Communication is Protection! Sexuality & Youths with disabilities: Tri-fold brochure (double-sided). Offers communication tips to help teens build healthy relationships and promote socialization. 	<ul style="list-style-type: none"> • Parents of youth with disabilities
<p>Kid & Teen Safe</p>	<p>Abuse Prevention Program for Youth with Disabilities</p> <p>Published by: National Resource Center on Domestic Violence (2002)</p> <p>Available at: http://new.vawnet.org/Assoc_Files_VAWnet/NRC_KTSafe-full.pdf</p>	<p>A school-based program outline and curricula model, this comprehensive online booklet focuses on prevention and intervention of abuse of disabled students. Designed to aid in implementing school programs in abuse prevention.</p>	<ul style="list-style-type: none"> • Educators

Sexual Abuse Prevention	Contact Information & Availability	Resource Type & Overview	Intended Audience
Traumatic Brain Injury and Domestic Violence: Understanding the Intersections	<p>Vawnet Special Collections on Domestic Violence Prevention</p> <p>Published: (2010)</p> <p>Available at: http://www.vawnet.org/special-collections/DVBrainInjury.php</p>	<p>Special collection of best practices in domestic violence prevention and education for those with traumatic brain injuries. Includes screening tools and other resources.</p>	<ul style="list-style-type: none"> • Educators and direct support professionals
Violence in the Lives of the Deaf or Hard of Hearing	<p>Vawnet Special Collections on Domestic Violence Prevention</p> <p>Published: (2009)</p> <p>Available at: http://www.vawnet.org/special-collections/Deaf.php</p>	<p>This report is a special collection of best practices in domestic violence prevention and education for the deaf and hard of hearing. Includes training tools and other resources.</p>	<ul style="list-style-type: none"> • Educators and direct support professionals
SafePlace: Disability Services Online	<p>Available at: http://www.safeplace.org/Page.aspx?pid=317</p>	<p>This website offers educational presentations and training materials aimed at reducing the risk of sexual and domestic abuse of disabled people. Resources include tips on preventing, identifying and responding to abuse.</p>	<ul style="list-style-type: none"> • Health care professionals • Educators and direct support professionals
Everyone's Responsibility: Preventing Abuse Against People with Disabilities	<p>AbleVision http://www.triangle-inc.org/index.php/about_ablevision/#</p> <p>Video available at: http://www.youtube.com/watch?v=Ps0Rt9TU3ao</p>	<p>Triangle's IMPACT: Ability Program empowers people with disabilities and communities to prevent abuse. Ablevision is a show produced by people with disabilities. This Ablevision online video provides scenarios where both persons with disabilities and direct support professionals report sexual abuse.</p>	<ul style="list-style-type: none"> • Adolescent to Adult Persons with Disabilities • Educators and direct support professionals

Sexual Abuse Prevention	Contact Information & Availability	Resource Type & Overview	Intended Audience
Victimization of Persons with Traumatic Brain Injury or Other Disabilities	<p>Centers for Disease Control & Prevention (CDC)</p> <p>A Fact Sheet for Professionals Available at: http://www.cdc.gov/traumaticbraininjury/pdf/VictimizationTBI_Fact%20Sheet4Pros-a.pdf</p> <p>A Fact Sheet for Friends and Families Available at: http://www.cdc.gov/traumaticbraininjury/pdf/VictimizationPerson_Fact%20Sheet4FrdsFal-a.pdf</p>	<p>This publication is a collection of fact sheets provide basic information about victimization and a summary of the research on the victimization of persons with traumatic brain injury. Each fact sheet provides resources for either professionals working with persons with traumatic brain injury or friends/family members.</p>	<ul style="list-style-type: none"> • Health care professionals • Family/friends
IMPACT: Ability	<p>For more information Contact Meagan Anderson, IMPACT: Ability Program Coordinator 781-321-3900 manderson@impactboston.org</p>	<p>Triangle's IMPACT: Ability program empowers people with disabilities and the organizations that serve them to prevent abuse. Triangle develops model policies and provides consultation on how to best provide self-defense training and respond to and report abuse including:</p> <ul style="list-style-type: none"> • Hands-on self-defense and assertive communication training to people with disabilities. • Training for Providers and Special Education teachers on how to respond to and prevent abuse. • Consultation for developing Abuse Prevention Leadership Teams. • Train-the-Trainer programs to teach staff and self-advocates how to deliver provider training sessions. 	<ul style="list-style-type: none"> • Persons with Disabilities • Family members • Social service agencies that work people with disabilities • Educators and direct support professionals

APPENDIX I : List of Resources by Type
(Listed in the order they appear in the full guide)

Books & Guides

- **Girls are Girls and Boys are Boys, So What’s the Difference?** By Sol Gordon, published by: Prometheus Books (1991). ISBN: 0879756861.
- **Teaching Children with Down Syndrome about Their Bodies, Boundaries, and Sexuality: a Guide for Parents and Professionals** by Terri Couwenhoven Published by: Woodbine House (2007) ISBN: 189062733X
- **“Where Did I Come From?”** By Peter Mayle, published by: Lyle Stuart (2000). ISBN: 0818402539.
- **Asperger’s and Girls**, by Tony Attwood, published by: Future Horizons (2006). ISBN: 193256540X.
- **Autism-Asperger’s & Sexuality: Puberty and Beyond**, by Jerry & Mary Newport, published by: Future Horizons (2002). ISBN: 1885477880.
- **Girls Growing Up on the Autism Spectrum: What Parents and Professionals Should Know About the Pre-Teen and Teenage Years**, by Shana Nichols, with Gina Marie Moravcik and Samara Pulver Tetenbaum, published by: Jessica Kingsley Pub (2008). ISBN: 1843108550.
- **Freaks, Geeks & Asperger Syndrome: A User Guide to Adolescence**, by Luke Jackson, published by: Jessica Kingsley Pub (2002). ISBN: 1843100983.
- **Living with Autism: Puberty and Children on the Autism Spectrum**, Autism Society: 4340 East-West Hwy, Suite 350 Bethesda, Maryland 20814. Contact: (301) 657-0881 or 1(800)-3-AUTISM (1-800-328-8476).
- **The Ultimate Guide to Sex and Disability: for All of Us Who Live with Disabilities, Chronic Pain and Illness** Miriam Kaufman, Cory Silverberg and Fran Odette. Published by: Cleis Press (2007) ISBN: 1573443042.
- **Understanding & Expressing Sexuality: Responsible Choices for Individuals with Developmental Disabilities**, by Rosalyn Kramer and Monat-Haller, published by: Paul H. Brookes (1992). ISBN: 1557660735.
- **Sex Education for Physically, Emotionally, and Mentally Challenged Youths.** Advocates for Youth. Available at: <http://www.advocatesforyouth.org/publications/479?task=view>

- **Sexuality Issues for Youth with Disabilities and Chronic Health Conditions.** Center for Policy and Partnerships Institute for Child Health Policy. Available at: <http://hctransitions.ichp.ufl.edu/policypapers/SexualityIssues.pdf>
- **The Facts of Life...and More: Sexuality and Intimacy for People with Intellectual Disabilities,** by Leslie Walker, published by: Paul H Brookes (2007). ISBN: 1557667144.
- **Social Skills Training for Children and Adolescents with Asperger Syndrome and Social-Communications Problems** by Jed Baker
Published by: Autism Asperger Publishing Co. (2003)
- **Sexuality: Your Sons and Daughters with Intellectual Disabilities,** by Karin Melberg Schwier and Dave Hingsburger, published by: Paul H. Brookes Pub. (2000). ISBN: 1557664285. Available at: www.brookespublishing.com
- **Gay, Lesbian, Bisexual, and Transgender People with Developmental Disabilities and Mental Retardation: Stories of the Rainbow Support Group,** by John D. Allen, published by: Harrington Park Press (2003). ISBN: 1560233958.
- **Choices: A Guide to Sex Counseling with Physically Disabled Adults,** by Maureen E. Neistadt and Maureen Freda, published by: Krieger Pub.(1987). ISBN: 0898749034.
- **Sexuality, Learning Disabilities, and Doing What's Right,** by Gavin Fairbairn, Denis Rowley and Maggie Bowen, published by: David Fulton Pub. (1995). ISBN: 1853462926.
- **Sticks and Stones: Disabled People's Stories of Abuse, Defiance and Resilience,** by Marsha Saxton, published by: World Institute on Disability (2009). Available at: <http://bluetowertraining.com/online-store/>
- **Those are MY PRIVATE PARTS,** by Diane Hansen, published by: Empowerment productions (2004). ISBN: 0976198800. Available at: <http://bluetowertraining.com/online-store/>
- **Me HIV+...What Do? A Guide for Deaf People Living with HIV Disease,** by AIDS Services of Austin. Available at: <http://globalsurvey.med.yale.edu/deaf.html>
- **Just Say Know! Understanding and Reducing the Risk of Sexual Victimization of People with Developmental Disabilities,** by Dave Hingsburger, published by: Diverse City Press (1995). ISBN: 1896230008.
- **My Body...My Choice,** by Shirley Paceley and illustrated by Annette Russo, published by Penhallegon (2001). Available at: <http://bluetowertraining.com/online-store>

- **Safe Beginnings: Protecting Our Children from Sexual Abuse**, by Orieda Horn Anderson and Shirley Paceley, published by: Blue Tower Training Center (2003). ISBN: 1931568200. Available at: <http://bluetowertraining.com/online-store>
- **WE CAN Stop Abuse: A Sexual Abuse Prevention Curriculum for Persons with Developmental Disabilities** by Sandy Laesch and Shirley Paceley Published by: Macon Resources, Inc (2004)
- **Respect: A Girl's Guide to Getting Respect & Dealing When Your Line Is Crossed**, by Courtney Macavinta and Andrea Vander Pluym, published by: Free Spirit Publishing (2005). ISBN: 1575421771.
- **Teach Me** (*song*), lyrics by Shirley Paceley and music by Jill Dixson. Available at: <http://bluetowertraining.com/online-store/>

Reports & Publications

- Sexuality of Children and Adolescents With Developmental Disabilities**, Nancy A. Murphy and Ellen Roy Elias for the Council on Children With Disabilities, Official Journal of the American Academy of Pediatrics (2006). Available at: <http://pediatrics.aappublications.org/cgi/reprint/118/1/398>
- **Teaching Sexuality to Developmentally Disabled Youths: What Do I Say? How Do I Say It?** By Lisa Maurer, published by: Resource Center for Adolescent Pregnancy Prevention. Available at: <http://recapp.etr.org/recapp/index.cfm?fuseaction=pages.EducatorSkillsDetail&pageID=96&PageTypeID=3>
 - **Human Sexuality Education for Students with Special Needs**, by Liz Sweeney, published by MarshMedia and the Puberty Education for Students with Special Needs programs (2007). Available at: <http://www.marshmedia.com/online/sped.cfm>
 - **Introduction to Sexuality Education for Individuals Who Are Deaf-Blind and Significantly Developmentally Delayed**, by The National Information Clearinghouse on Children Who Are Deaf-Blind. Available at: <http://www.nationaldb.org/documents/products/sex-ed.pdf>
 - **Sex Education for Physically, Emotionally, and Mentally Challenged Youths Resource Guide**, by Advocates for Youth. Available at: <http://www.advocatesforyouth.org/publications/479?task=view>
 - **Ten Tips for Talking About Sexuality with Your Child who has Developmental Disabilities**, by Advocates for Youth. Available at: <http://www.advocatesforyouth.org/parents/172?task=view>
 - **SIECUS Report: Sexuality Education for People with Disabilities**, published by: Sexuality Information and Education Council of the United States, Inc. (Vol. 29, No.3 Feb./Mar. 2001). Available at: <http://one.center-school.org/search-document-detail.php?ID=663>

- **Deciding on Birth Control: A guide for women with epilepsy, published by Ibis Reproductive Health**, Available for download at: http://www.ibisreproductivehealth.org/pub/downloads/DecisionAid_Web_FINAL.pdf
- **Sexuality and Disabilities Bibliography. Available at:** <http://www.siecus.org/index.cfm?fuseaction=page.viewpage&pageid=580&grandparentID=477&parentID=572>
- **Sexuality in Mid- and Later Life Bibliography** Available at: [http://www.hawaii.edu/hivandaids/Sexuality%20in%20Middle%20and%20Later%20Life--Bibliography%20\(2002\).pdf](http://www.hawaii.edu/hivandaids/Sexuality%20in%20Middle%20and%20Later%20Life--Bibliography%20(2002).pdf)
- **Impact: Feature Issue on Sexuality and People with Intellectual, developmental, and Other Disabilities** by Institute on Community Integration & Research and Training Center on Community Living. Available at: <http://ici.umn.edu/products/impact/232/>
- **Communication is Protection! Brochure Series**, Massachusetts Department of Public Health (MDPH). Available at: MDPH, 250 Washington St. 4th fl Boston, MA 02108; Phone: (800) 882-1435 or (617) 624-6060 (617) 624-5992 (TTY).
- **Traumatic Brain Injury and Domestic Violence: Understanding the Intersections**, by VAWnet.org, Special Collections on Domestic Violence Prevention (2010). Available at: <http://www.vawnet.org/special-collections/DVBrainInjury.php>
- **Violence in the Lives of the Deaf or Hard of Hearing**, by VAWnet.org, Special Collections on Domestic Violence Prevention (2009). Available at: <http://www.vawnet.org/special-collections/Deaf.php>
- **Victimization of Persons with Traumatic Brain Injury or Other Disabilities** Centers for Disease Control & Prevention (CDC).
 - A Fact Sheet for Professionals Available at: http://www.cdc.gov/traumaticbraininjury/pdf/VictimizationTBI_Fact%20Sheet4Pros-a.pdf
 - A Fact Sheet for Friends and Families Available at: http://www.cdc.gov/traumaticbraininjury/pdf/VictimizationPerson_Fact%20Sheet4FrdsFal-a.pdf

Workbooks & Curricula

- **Talking Together... About Growing Up: A Workbook for Parents of Children with Learning Disabilities**, by Lorna Scott, Lesley Kerr-Edwards and Nic Watts, published by: Family Planning Association (2010). ISBN: 190550618X.
- **Teaching Children with Down Syndrome about Their Bodies, Boundaries, and Sexuality: a Guide for Parents and Professionals**, by Terri Couwenhoven, published by: Woodbine House (2007). ISBN: 189062733X.

- **Janet's Got Her Period: Menstrual Care**, by Judi Gray and Jitka Jilich, published by: James Stanfield Co. 1990.
- **Taking Care of Myself: A Hygiene, Puberty and Personal Curriculum for Young People with Autism**, by Mary Wrobel, published by: Future Horizons (2003). ISBN 1885477945.
- **Living with Autism: Puberty and Children on the Autism Spectrum, by Autism Society** Available at: <http://www.autism-society.org/about-us/publications/resource-materials.html>
- **Life Cycle - How We Grow and Change: A Human Development and Sexuality Education Curriculum**, by Sherrie M. Vavrichek and R. Kay Tolle, published by: Life Cycle Education Consultants, LLC. (2008). Available at: <http://bluetowertraining.com/online-store>
- **CIRCLES®: Intimacy & Relationships Education**, by Tonia Show or Trudy Grable. Available at: Phone: (408) 727-5775 or Email: trudy@php.com
- **Changes In You: An Introduction to Sexual Education Through an Understanding of Puberty**, published by: James Stanfield Co. Available for order from: <http://www.stanfield.com/products/family-life-relationships/other-family-ed-programs/changes-in-you>
- **Sexuality Education Curriculum for Adults with Developmental Disabilities**, by Planned Parenthood of Northern New England (2009), written in collaboration with Green Mountain Self Advocacy. Available at: <http://www.plannedparenthood.org/ppnne/development-disabilities-sexuality-31307.htm>
- **F.L.A.S.H. Lesson Plans: Comprehensive Sexuality Education Curriculum**. Available for download at: <http://www.kingcounty.gov/healthservices/health/personal/famplan/educators/FLASH.aspx>
- **Teach-A-Bodies An Effective Resource for Sex Education, Investigation, Therapy and Courtroom Testimony**, published by: June Harnest (1983). Available at: <http://www.teach-a-bodies.com>
- **Take 3 Steps to Women's Health!** Available at: <http://www.oakhillcrse.org/curriculum/content.asp?SubnavID=112>
- **Social Skills Training for Children and Adolescents with Asperger Syndrome and Social-Communications Problems**, by Jed Baker, published by: Autism Asperger Publishing Co. (2003).
- **S.T.A.R.S.: a Social Skills Training Guide for Teaching Assertiveness, Relationship Skills and Sexual Awareness**, by Susan Heighway. Published by: Future Horizons (2007) ISBN: 1932565256

- **Ten Tips for Healthy Relationships: A workbook for adults.** Available at: <http://www.oakhillcrse.org/curriculum/content.asp?SubnavID=111>
- **Positive Choices: A Program on Healthy Relationships and Sexuality for Students with Intellectual and Developmental Disabilities.** Available at: <http://www.oakhillcrse.org/curriculum/content.asp?SubnavID=91>
- **A Training Manual for Direct Care Staff,** by Mark Steege and Shannon L. Peck, published by: The Steege Corporations. Available at: Phone:(877) 560-1739 or Email: orders@steegepublications.com
- **The GYN Exam Handbook & Exam Video,** by Maria Oliva Taylor, published by: James Stanfield Co. Inc. Santa Barbara, CA. 1991. Available at: <http://www.stanfield.com/sex-ed-gyn-exam.html>
- **Awareness & Action: Educating Persons with Disabilities on Recognizing, Reporting and Responding to Abuse** Massachusetts Trainer Guide, Curriculum, Video and Participant Workbook Building Partnerships Initiative (BPI), Disabled Persons Protection Commission (DPPC). More information available at: www.mass.gov/dppc
- **WE CAN Stop Abuse: A Sexual Abuse Prevention Curriculum for Persons with Developmental Disabilities,** by Sandy Laesch and Shirley Pacey, published by: Macon Resources, Inc (2004). Available at: <http://bluetowertraining.com/online-store>
- **Abuse Prevention Program for Youth with Disabilities, published by: National Resource Center on Domestic Violence (2002) Available at:** http://new.vawnet.org/Assoc_Files_VAWnet/NRC_KTSafe-full.pdf
- **Vawnet Special Collections on Domestic Violence Prevention** Published: (2010) Available at: <http://www.vawnet.org/special-collections/DVBrainInjury.php>
- **SafePlace: Disability Services Online** Available at: <http://www.safeplace.org/Page.aspx?pid=317>

Online Videos & DVDs

- **I Am a Beautiful Person: Sexuality and Me,** produced by: The PACER Center, a National Parent Advocacy Coalition for Educational Rights based in Minneapolis. Available at: <http://www.wifacets.org/videos/beautiful.html>
- **All of Us Talking Together: Sex Education for People with Developmental Disabilities (1999).** Available at: www.disabilitytraining.com
- **Mozart and the Whale (2005)** Directed by: Petter Næss Rated: PG-13 ASIN: B000J10KO6

- **No! How!!** By Dave Hingsburger and Diverse City Press. Available at: www.diverse-city.com
- **Everyone's Responsibility: Preventing Abuse Against People with Disabilities**, produced by Ablevision Video available at: <http://www.youtube.com/watch?v=Ps0Rt9TU3ao>

Websites

- **Maria Talks!** Statewide Sexual Health Helpline and Website, produced by AIDS Action. Website: <http://www.mariatalks.com>
- **Sexuality Education for Youth with Disability or Chronic Illness: A Resource List**, University of Michigan Health System. Available at: <http://www.med.umich.edu/yourchild/topics/disabsex.htm>
- **Teaching Sexual Health Resource Lists**, Society of Obstetricians and Gynecologists of Canada (SOGC) & Canadian Foundation for Women's Health. Website: <http://sexualityandu.ca/en/>
- **Online Mentoring Program Partners on Line (POL)**. To learn more contact: Meryl Libbey Partners Online Program National Coordinator, phone: (617) 556-4075 x19 or email: mllibbey@pyd.org.
- **SafePlace: Disability Services Online**. Website: <http://www.safeplace.org/Page.aspx?pid=317>

Programs & Classes

- **Down Syndrome Autism Connection (DSAC)**. Information available at: <http://www.ds-asd-connection.org>
- **Whole Children, Inc.** Information available at: <http://www.wholechildren.org>
- **IMPACT: Ability** For more information Contact Meagan Anderson, IMPACT: Ability Program manderson@impactboston.org
- **Rainbow Support Group of Massachusetts. Statewide Coordinators:** Pauline Bosma, Project Consultant Rainbows_58@yahoo.com; Ed Bielecki, Coordinator ed@mass-advocates.org; or Pat Carney, Trainer Patricia.carney@state.ma.us

Healthy Relationships, Sexuality and Disability Resource Guide 2013



Thank you for your commitment to sharing these valuable resources. Improving access to medically and factually accurate resources which promote healthy, respectful and equitable attitudes and beliefs about sexuality will not only help to reduce the incidence of sexual violence in Massachusetts, but will also to enable people living with disabilities to enjoy healthier and more fulfilling lives.

If you would like to talk to someone about which of these resources may best meet your needs, please contact the: **Children With Special Health Care Needs Community Support Line** at **1-(800) 882-1435** or **(617) 624-5992 (TTY)**.

If you are aware of additional resources that may benefit people living with disabilities in Massachusetts, please contact **Lenore Tsikitas** at **617-624-6060** or lenore.tsikitas@state.ma.us.