

Sexuality Education Resources

Curricula & Special Topics

Comprehensive Curricula:

- *Intimate Relationships and Sexual Health: A Curriculum for Teaching Adolescents/Adults with High-Functioning Autism Spectrum Disorders and Other Social Challenges* by Davies & Dubie
 - Excellent resource for lesson plans and handouts
- *Taking Care of Myself: A Hygiene, Puberty and Personal Curriculum for Young People with Autism* by Mary Wrobel
 - Includes teaching strategies and social stories on topics including hygiene, health, modesty, menstruation, touching and personal safety, masturbation, using a urinal
- *Teaching Children with Down Syndrome about Their Bodies, Boundaries, and Sexuality* by Terri Couwenhoven
 - Also appropriate for individuals with ASD and other DD
- *The Facts of Life...and More: Sexuality and Intimacy for People with Intellectual Disabilities* by Walker-Hirsch, Allen, & colleagues
 - Includes sexuality education teaching examples based on developmental stage
- <https://teachingsexualhealth.ca/teachers/lesson-plans-resources/resource-finder/>
 - Free sexual health lesson plans (not ASD/DD specific, but includes plans for “differing abilities” that can be adapted)

Healthy Relationships, Boundaries, and Abuse Prevention Curriculum

- *S.A.F.E.--Safety Awareness For Empowerment A Training Guide for Safety at Home, at Work, and in Public* by the Waisman Center
 - Free online <https://ucedd.waisman.wisc.edu/wp-content/uploads/sites/74/2017/05/SAFE.pdf>
 - Overall focus is safety and abuse prevention. Includes modules on recognizing feeling unsafe or uncertain; circle of relationships: who to trust, the right to privacy; guarding against tricks, lies, and scams; safety and sexuality (including sexual intimacy, dating, masturbation); changes in relationships; first aid; and self defense
- *ESCAPE-NOW: Effective Strategy-Based Curriculum for Abuse Prevention and Empowerment for Individuals with Developmental Disabilities-NOW* by Khemka and Hickson
 - Free curriculum available for download online <http://www.tc.columbia.edu/oopd/escape-curriculum/>
 - Focused on abuse prevention
 - Effective, evidence-based abuse prevention curriculum to teach women and men with intellectual and developmental disabilities to make effective, self-protective decisions in a wide range of sexual, physical, and verbal abuse situations.

- Includes vignettes of range of sexual, physical, and verbal abuse situations that include cyber abuse, financial abuse, disability-specific abuse as well as healthy interpersonal interactions
- *A 5 is Against the Law! Social Boundaries: Straight Up! An honest guide for teens and young adults* by Kari Dunn Buron
 - Brief guide that builds on the *Incredible 5-Point Scale* by Kari Dunn Buron and focuses on “behaviors that can spell trouble for adolescents and young adults who have difficulty understanding and maintaining social boundaries”
 - Uses a direct and simple style with examples, hands-on activities, and social perspective-taking.
 - Good resource for teens at-risk for engaging in stalking behaviors or unwanted contact.
 - Includes activities focused on preventing teens from engaging in stalking or unwanted behaviors. Includes sections on “When a Kiss or Glance Becomes a Crime,” “Understanding Gray Areas,” and “But it Isn’t Fair!”
- Circles Program: Intimacy and Relationships
 - Commonly used curriculum that emphasizes boundaries and defining relationships
 - <https://www.stanfield.com/product/circles-curriculum-intimacy-relationships-level-1-w1004-3/>

Social and Adaptive Skills Curricula (including dating sections)

- *Preparing for Life: The Complete Guide for Transitioning to Adulthood for Those with Autism and Asperger’s Syndrome* by Jed Baker
 - Provides skill lessons on social skills, adaptive skills, employment, self advocacy
 - Includes a section on dating skills including where to find a date, how to ask someone out, how to “read the signals”, sexual harassment, and communicating clearly to meet each others’ needs
- *PEERS® for Young Adults: Social Skills Training for Adults with Autism Spectrum Disorder and Other Social Challenges* by Elizabeth Laugeson
 - 16-week evidence-based social skills intervention for motivated young adults who are interested in learning skills to make and keep friends and develop romantic relationships.
 - Corresponding website has free roleplay videos online, including examples of appropriate and inappropriate dating behaviors (e.g., asking someone on a date, turning someone down, accepting rejection)
<http://www.routledge textbooks.com/textbooks/9781138238718/videos.php>
- *Mike’s Crush: Understanding High School Relationships for Youth with Autism and Learning Disabilities* by Nancy Nowell
 - Curriculum that teaches 13-18 years olds how to establish healthy and safe relationships with peers, including friendships and romantic relationships. 8 lessons that cover many aspects of middle and high school social interactions, including how to identify positive and negative body language, recognize when peers do/do not want to be friends, and understand social and legal lines that must not be crossed.
 - Includes lesson plans, handouts, quizzes, videos, and other teaching tools. Uses video modeling and role-playing.

- *Healthy Relationships* by Sondoozi, Loiewski, & Tompkins
 - “Workbook for teens and adults with Williams Syndrome, Asperger’s, Autism, ADHD, Intellectual Disabilities, Learning Disabilities and other conditions that may present challenges in building relationships. Through activities, cartoons, and many scenarios the workbook teaches how to investigate and build friendships and relationships safely over periods of time.”

General Adaptive Skills Curriculum

- *Self-Help Skills for People with Autism: A Systematic Teaching Approach* by Anderson, Jablonski, Thomeer & Knapp
 - Thoroughly describes a systematic approach that parents and educators can use to teach basic self-care to children, ages 24 months to early teens, and older individuals

Gender & Sexuality

- The Gender Book
 - Mini version “The Gender Booklet” is free online <http://www.thegenderbook.com/>
 - Full version: “An illustrated book about gender—similar to educational children’s books—with no age limit. All hand-drawn graphics and lots of color. It’s about 90 pages long and readable in one sitting”
- The Genderbread Person
 - Different versions available free online <http://itspronouncedmetrosexual.com/2015/03/the-genderbread-person-v3/>
 - GREAT visual for explain the spectrum of gender identity, expression, biological sex, attraction
- Glossary of LGBT Terms for Health Care Teams
 - https://www.lgbthealtheducation.org/wp-content/uploads/LGBT-Glossary_March2016.pdf
 -
- Genderspectrum.org
 - Information about gender and education, mental health, legal, parenting, teens, social services, faith, and more. Includes personal videos on gender and other resources
- The Trevor Project
 - The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth
 - Includes crisis intervention hotline, text-line, online peer community, and support center
 - “Coming Out As You” guide free online <https://www.thetrevorproject.org/about/programs-services/coming-out-as-you/#sm.0001mzjriy136gdg8ua1e9v0npa6x>
 - “The Spectrum” is a great visual resource for explaining the spectrum of biological sex; gender identity, expression, presentation; and sexual orientation <https://www.thetrevorproject.org/wp-content/uploads/2017/09/Spectrum-B.pdf>
- 10 Tips for Working with Transgender Patients

- Free online
<http://www.wright.edu/sites/www.wright.edu/files/page/attachments/10Tips85x11.pdf>

Masturbation

- *Finger Tips: Teaching Women with Disabilities about Masturbation through Understanding and Video* by Hingsburger & Haar
 - A video and teaching program for adult females with developmental disabilities that models safe and appropriate masturbation.
- *Hand Made Love: A Guide for Teaching about Male Masturbation through Understanding and Video* by David Hingsburger
 - A video and teaching program for adult males with developmental disabilities that models safe and appropriate masturbation.
- Center for Sexual Health and Pleasure
 - <http://shopthecsph.org/>
 - Not specific to ASD/DD. However, includes informational descriptions for toys for sexual pleasure, which are helpful in ensuring understanding and appropriate use.

Parent Resources

Sexuality Education

- *Sexuality: Your Sons and Daughters With Intellectual Disabilities* by Schwier & Hingsburger
 - “Written for anyone caring for children with developmental disabilities, this guide explains how and when to teach sexuality and safe practices and how to broach the subject when the time or opportunity arises.”
- Sexuality and Disability: A Guide for Parents by Alberta Health Services
 - Free online <http://www.arc-spokane.org/PDFs/Sexuality%20and%20Developmental%20Disability%20parent%20guide.pdf>
- Sexuality Education for Children & Adolescents with Developmental Disabilities: An Instruction Manual for Parents—Sexuality across the lifespan by Florida Developmental Disabilities Council, Inc.
 - Free online https://www.autismspeaks.org/docs/family_services_docs/parentworkbook.pdf

Puberty

- Healthy Bodies Toolkits
 - <http://vkc.mc.vanderbilt.edu/healthybodies/>
 - Free parent’s guide for puberty in children with disabilities (gender specific guides)
- PUBERTY: A GUIDE FOR TEENAGERS WITH AN AUTISM SPECTRUM DISORDER AND THEIR PARENTS (La Trobe University)
 - <http://nhfv.org/wp-content/uploads/2016/06/sexualityautism-spectrum-disorder.184122715.pdf>
 - Free online. Separate sections written for parents and for teens on psychical changes, social changes, and emotional changes
- Autism Speaks Toolkit: Puberty and Adolescence Resource: A Guide for Parents of Adolescents with Autism Spectrum Disorder
 - Free online: <https://www.autismspeaks.org/science/find-resources-programs/autism-treatment-network/tools-you-can-use/atn-air-p-puberty-adolescence-resource>

Local Resources (Chicago)

- Robert Crown Center
 - Conducts adapted puberty education for students with special needs
 - <https://www.robertcrown.org/programs/program-fees/>

Educational Websites

- ScarletTeen: <http://www.scarleteen.com/>
 - “Inclusive, comprehensive, supportive sexuality and relationships info for teens and emerging adults”
- Planned Parenthood: <https://www.plannedparenthood.org/>
 - Provides education on a variety of topics including STDs, birth control, sexuality & gender, and others
- <https://teachingsexualhealth.ca/>
 - Provides teachers and educators with evidence-based sexual health information, lesson plans, tools, and resources (e.g., how to respond to student questions).
 - Provides parents with information on talking to their children about different sexuality education topics including a guide for talking to teens (not disability specific)
http://teachingsexualhealth.ca/parents/wp-content/uploads/sites/3/2016/12/AHS4586_Teen_Workbook_Jan2.pdf
- Center for Sexual Health and Pleasure
 - <http://www.thecsph.org/>
 - Dedicated to reducing stigma for sexuality and sexual pleasure. “The mission of the CSPH is to advance culturally inclusive, medically accurate, and pleasure informed sexuality education, therapy, and professional training.”
 - Not specific to ASD/DD. However, includes informational descriptions for toys for sexual pleasure, which are helpful in ensuring understanding and appropriate use.
- Other sites with sexual behavior and sexual health resources:
 - www.Oprah.com: “Dr. Berman videos on sex”
 - www.Sexreally.com/www.bedsider.org/
 - www.talksexwithsue.com
 - www.iwannaknow.org
 - www.healthtalk.org/young-peoples-experiences/sexual-health/combined-pill-patches-and-ring
 - www.thenationalcampaign.org

Useful Articles

- Tarnai, B. & Wolfe, P.S. (2008) Social stories for sexuality education for persons with autism/pervasive developmental disorder. *Sexuality & Disability*, 26.
 - Outlines the instructional use of Social Stories with individuals having autism, investigates components that make Social Stories a promising method of intervention, and discusses implications for the utility of Social Stories for sexuality education in particular.
- Goldman, J.D.G. (2008) Responding to parental objections to school sexuality education: a selection of 12 objections. *Journal of Sex Education*, 8:4.
 - Responds to 12 parental objections to school sexuality education, by providing research facts and evidence-based reasoned arguments to them.
- Loftin RL, Hartlage SA (2015) Sex Education, Sexual Health, and Autism Spectrum Disorder. *Pediat Therapeut* 5:230.
 - <https://www.omicsonline.org/open-access/sex-education-sexual-health-and-autism-spectrum-disorder-2161-0665.1000230.php?aid=37201>
 - This paper argues the importance of high quality sex education from the perspective of the World Health Organization's recent comprehensive definition of sexual health. Each point from the World Health Organization's definition is addressed with discussion of its application to people with autism spectrum disorder, suggestions for remediation, and public health implications. Seven points are addressed: physical well-being in relation to sexuality; emotional and mental well-being in relation to sexuality; social well-being in relation to sexuality; disease, dysfunction, or infirmity; positive and respectful approaches to sexuality and sexual relationships; freedom from coercion and violence; and freedom from discrimination.
- Asperger's Syndrome and the Criminal Law: The Special Case of Child Pornography by Mark Mahoney
 - <https://www.harringtonmahoney.com/content/Publications/AspergersSyndromeandtheCriminalLawv26.pdf>
- Sexuality and Disability Journal
 - Publishes articles related to sexuality and disability, including autism and developmental disabilities