



Sex Talk for Self-Advocates #9: Sexual Self Advocacy



ASSOCIATION OF UNIVERSITY CENTERS ON DISABILITIES

RESEARCH, EDUCATION, SERVICE

Self-Advocacy Educator - Max Barrows



selfadvocacyinfo.org



gmsavt.org

Sex Educator - Katherine McLaughlin



ELEVATUS TRAINING

LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

www.elevatustraining.com



Sex Educator - Erica Thomas





Setting the Stage

- Using person first language
- Using gender-neutral language
- Using participants own words for questions



Setting the Stage (Continued)

- Relationships and sexuality are very personal topics
- If you feel uncomfortable or are reminded of bad memories you can call the Crisis Call Center at 1(800) 273-8255



Chat Box for Comments and Questions

- Please use the chat box for questions and comments
- Can be sent to everyone or to one individual
- Questions will be answered at the end of the presentation



How the Webinar Will Work

- Questions from the Sex Talk Self-Advocate survey
- One educator will lead discussion and other will add to the discussion
- Time at end to answer questions

Sex Talk for Self-Advocates Series



#1 - Relationships <http://bit.ly/SexTalkSeries1>

#2 - Sex and Intimacy <http://bit.ly/SexTalkSeries2>

#3 - Sexually Transmitted Infections <http://bit.ly/SexTalkSeries3>

#4 - Relationship Experiences <http://bit.ly/SexTalkSeries4>

#5 - Birth Control <http://bit.ly/SexTalkSeries5>

#6 - LGBTQ+ Relationships <http://bit.ly/SexTalkSeries6>

#7 - Marriage <http://bit.ly/SexTalkSeries7>

#8 - Parenting <http://bit.ly/SexTalkSeries8>

Tia Nelis



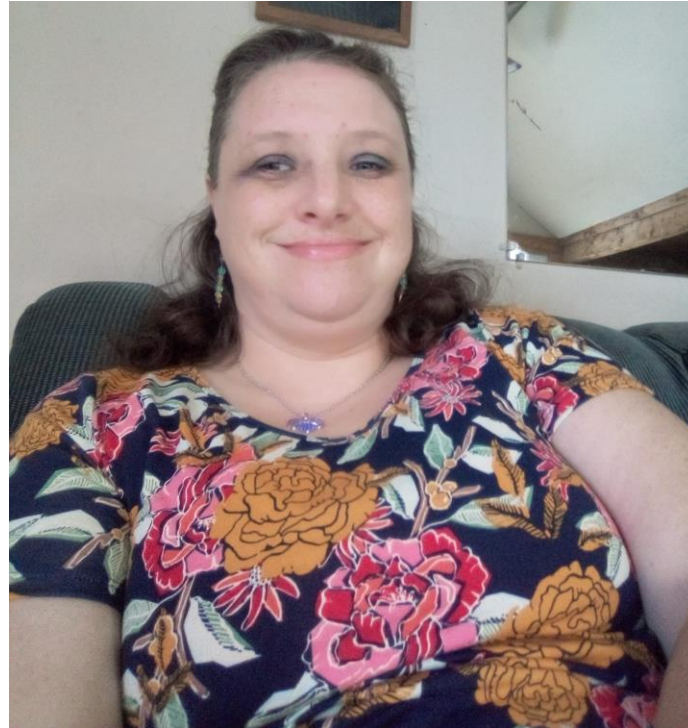


Thelma Green

David Frye



Amanda Daniels





What is sexual self advocacy? What does it mean to you?

Panelist Question



What is sexual self advocacy? What does it mean to you?

Participants answer in the chat

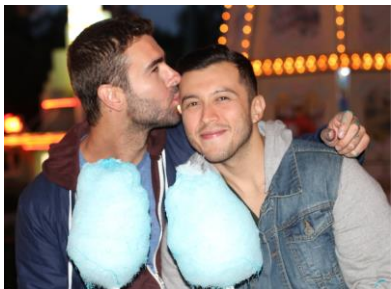


Green Mountain Self-Advocates Definition



GMSA believes that we are all sexual beings and sexuality is a positive and pleasurable part of life.

- The fundamental principles of self-advocacy apply to sexuality and relationships. We have control over our own lives, make our own decisions, solve problems, and speak for ourselves.
- We have the right to choose our own partners – same-sex, opposite sex, differently-abled.





Green Mountain Self-Advocates Definition

- Everyone has a right to the facts about health and sexuality. Information must be easy to understand.
- Relationships are learning opportunities. We move in, out, and within them in different ways.
- Treat adults as adults. Have respect for our right to make choices and mistakes.
- Accept people where they are; support us in discovering who we are. No judging – do not push your values on us.



Sexual Rights



Every person has the right to:

- make choices about sexuality and relationships
- make friends, have romantic relationships, and sexual partners
- receive education and information about sexual health and relationships
- receive support and education about how to make decisions about sexuality and relationships
- have control over their own bodies
- protection from sexual harassment and abuse

Adapted from The Arc/AAIDD Position Statement on Sexuality

SIECUS Call to Action

Call to action: Make sexuality education Inclusive of students with disabilities in schools. History, current state, gaps in education, and recommendations.

How many of you received sexuality education in school?

Being a sexual self advocate is advocating that schools provide INCLUSIVE sexuality education



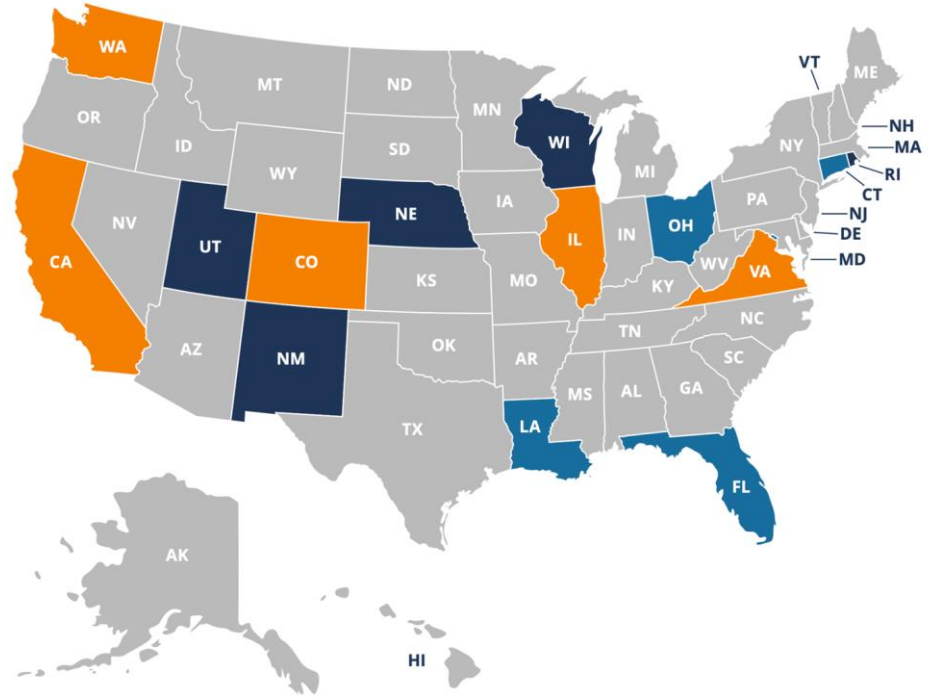
SIECUS Call to Action



5 Orange = states that require Sexuality education be inclusive of students with disabilities.


5 Dark Blue = states that require health education be inclusive.

4 Blue = states that have a state provided resource such as a handbook, but are not enforced.



Key:

- Sex Education Must be Accessible
- Health Education Must be Accessible
- State-Provided Resource (guidelines not enforced by law)



Do you think more people
need to help people with
disabilities learn about sex?

Polling Question

Organizational Policies



Recommendations from the SHEIDD Needs Assessment:

- Put policies and procedures in place to support the relationships and sexuality of individuals experiencing I/DD.
- Provide training opportunities

In Their Own Words: Guidelines for Supporting the Sexual Health of Young People Experiencing Intellectual/Developmental Disabilities: <https://multco.us/school/sexual-health-youth-developmental-disabilities>

Supporting Sexuality with Organizational Guidelines

Guidelines that support staff and clients:

- Are clear, consistent, and communicated across organizations and systems.
- Are explicitly supported by leadership.
- Explain expectations to both clients and staff.
- Provide guidance to staff on how to support rights.
- Explore and define roles in sexual health support.

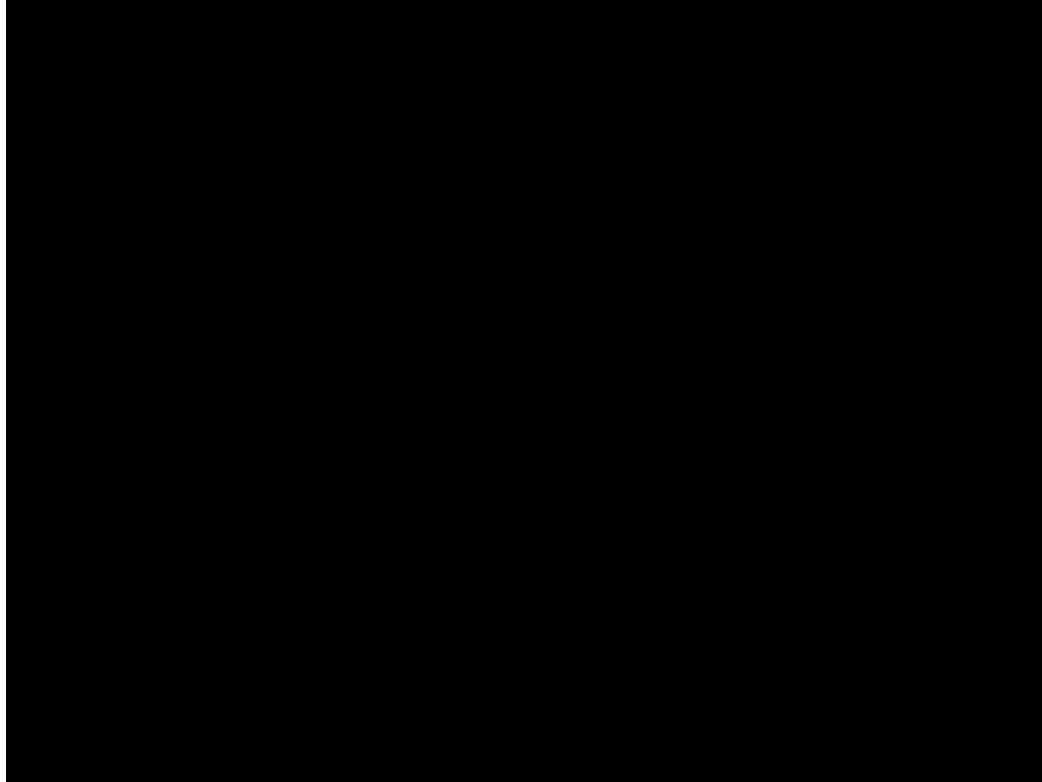


How?

- Sexuality education
- Support people to make safe, healthy, and informed decisions
- Will not be with people all the time
- Treat people like adults



Danielle Darby - Former Direct Support Professional





Advocating for your right to be in a relationship: Parents and Staff

Panelists Discussion



When you have advocated for your right to be in a relationships and for the relationships that you want:

- o What has been successful? Or what has worked?
- o What are the challenges? Of what hasn't worked?

Tips for Speaking Up to Staff

Stand or sit straight, facing the person.

Look them in the eyes.

Use a calm voice.

Don't get too close.

Be positive even when you disagree with the person.



Tips for Speaking Up to Staff



Know your rights-you have the right to be in a sexual and/or romantic relationship.

Know your state laws!

It is your life, your body, and your mind, and you get to decide what is right for you!

Don't wait for permission to say what you need and want.
Stick up for what you want.

Say what you want without feeling guilty or feeling like you are a bad person.

Scenarios

Telling a staff person you want privacy in your room.

Telling your partner you want to start dating.



What if your rights are being violated or ignored?



Every state and territory has an **Protection and Advocacy Center** that can support you.

<https://acl.gov/programs/aging-and-disability-networks/state-protection-advocacy-systems>

What if your rights are being violated or ignored?



Click on
Find your P & A
Agency

Scroll down to
find your state or
territory

P&A Programs

ACL administers the four P&A programs described below.

+ **Protection and Advocacy for Individuals with Developmental Disabilities (PADD)**

+ **Protection and Advocacy for Assistive Technology (PAAT)**

+ **Protection & Advocacy for Voting Accessibility (PAVA)**


+ **Protection & Advocacy for Individuals with Traumatic Brain Injury (PATBI)**

+ **State P&A Technical Assistance**

+ **Find your P&A Agency**

Advocating for your rights with a Partner



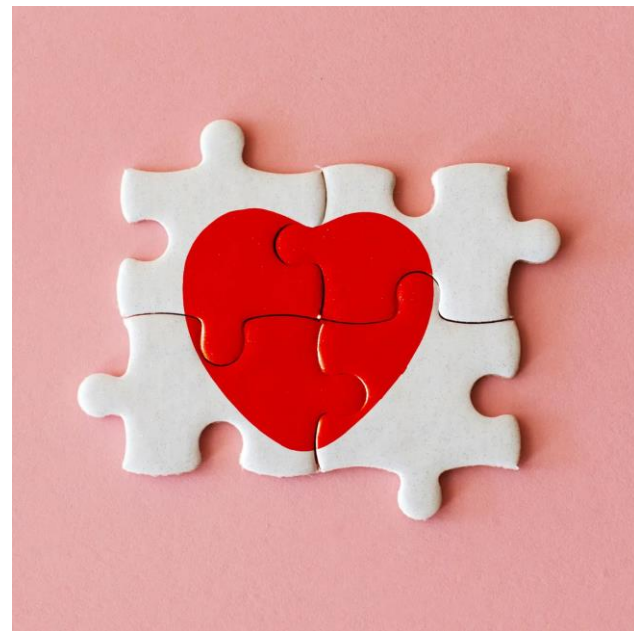


“How do you advocate in a relationship?”

Participants answer in the chat box

Healthy and Unhealthy Relationships

- How does the relationship make you feel?
- Are you afraid? Happy?
- Do you and your partner respect each other?
- Is consent given?
- Do you trust each other?
- Mistreatment and manipulation



Healthy and Unhealthy Relationships - Examples




Healthy

- Respect
- Honesty
- Open communication
- Trust
- Support
- Honesty


Unhealthy

- Disrespect
- Dishonesty
- Lack of communication
- No trust
- Jealousy
- Manipulation
- Arguments and fighting



**“How do you communicate
with your partner in a kind,
firm, and healthy way?”**

Panelist Question



**“How do you communicate
with someone who feels they
are further in the relationship
than you are?”**

Panelist Question




**“How do I explain how I feel
to someone I like?”**

Panelist Question

“How do I explain how I feel to someone I like?”

- Practice by role playing with someone else
- Talk to your trusted person
- Use kind and respectful communication
- Be prepared for whatever the response is - yes or no
- Don't continue to pursue someone who says no
- There's nothing wrong with you - you just weren't the right fit!



“What do you do if your partner is ready to have sex but you are not?”

Panelist Question

Tips for Communicating

- Part of a healthy relationship is respecting what your partner wants or doesn't want and being respected for what you want.
- Since you both want different things:
 - How can to solve this problem?
 - Is there anything that would make you both happy?
- Know what consent means: a freely chosen YES.
 - Freely chosen means without pressure, threats, pressure, lies, blackmail, force, intimidation
 - No means no
 - <https://www.youtube.com/watch?v=09m9Hv0Ajto&list=PLuEvYNNQ-dHeVhbyeJHx9s8oqsvBk621v&index=6&t=6s>

Resource List

- [Sex, Disability, and the DSP](#)
- [Healthy Relationships Workbook](#)
- [GMSA Sexual Self Advocacy](#)
- [The Arc & AAIDD Position Statement on Sexuality](#)
- [In Their Own Words: Guidelines for Supporting The Sexual Health of Young People Experiencing I/DD](#)

Resources




- [Protection and Advocacy Organizations](#)
- [Healthy and Unhealthy Relationships](#)
- [National Council on Independent Living \(NCIL\) Videos](#)
- [Real Talk Videos](#)
- [SEICUS Report: Comprehensive Sex Education for Youth With Disabilities](#)



Questions and Answers

Questions related to today's topics?



Thank You
:)