

PROMOTING SAFE, HEALTHY RELATIONSHIPS FOR ALL

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WORKSHOP OVERVIEW

- Sexual education for people with autism
- Background information
- Strategies for sexual health conversations
- Q & A

THINGS TO THINK ABOUT

- Humans are sexual beings.
- Sexual education can bring up intense feelings.
- My stories come from a place of respect.
- Sexuality education is a lifelong process.
- None of us are perfect.

OUR HOPE FOR THIS WORKSHOP

- You will leave this workshop feeling a little more comfortable talking about this topic.
- You will leave with 1-2 tools or strategies to use with yourself, your children, or the people in your life.

WHY ARE PEOPLE WITH DISABILITIES MORE VULNERABLE TO ASSAULT?

1. Societal attitudes and beliefs about people with disabilities
2. Aspects of the disability
3. Lack of sexual education
4. Dependency and learned compliance
5. Isolation

FOCUS QUESTION

What was your experience with sex ed growing up?

School, family, friends, etc.

HOW HAS SEXUAL EDUCATION FAILED PEOPLE WITH DISABILITIES?

- Lack of education
- Stranger Danger principle
- Sex ed as abuse prevention
- Reactive education (after something happened)
- Hidden curriculum (what we are just “supposed” to know)
- Informal curriculum (what we learn from friends)

SEXUAL EDUCATION STRATEGIES

- Teach accurate terms for private body parts
- Talk about body rights – “my body belongs to me”
- Teach how to read, interpret, and respond to own intuitive signals
- Define sexual exploitation
- Encourage assertiveness and appropriate noncompliance
- Teach how to tell
- Teach the rules
- Self-advocacy and self-determination

SELF-ADVOCACY & SELF-DETERMINATION

- Self-advocacy is the extent to which a person has the ability to speak up for one's self.
- Self-determination requires an individual to make decisions about their own life. This includes skills such as: choice-making, decision-making, problem solving, goal setting, self-monitoring, leadership, resiliency and so much more.

FOCUS QUESTION

What do you want your children to know about healthy sexuality and relationships?

SEXUAL RIGHTS FOR PEOPLE WITH DISABILITIES

People with disabilities have a right to:

- Sexual education
- Sexual expression
- Be respected
- Be protected
- Be supported in all relationships
- Engage in consensual sexual relationships
- Acquire sexual knowledge
- Make their own decisions
- Be believed and seen

RESPONDING TO SEXUAL BEHAVIORS

- Non-shaming and honest, nonreactive
- Work together to come up with a plan – with the person and/or the team
- Social stories
- Create rules

STRATEGIES FOR SEXUAL HEALTH CONVERSATIONS



PEOPLE IN MY LIFE

My Family



My Friends



Romantic Partner



Professional Relationships



Public



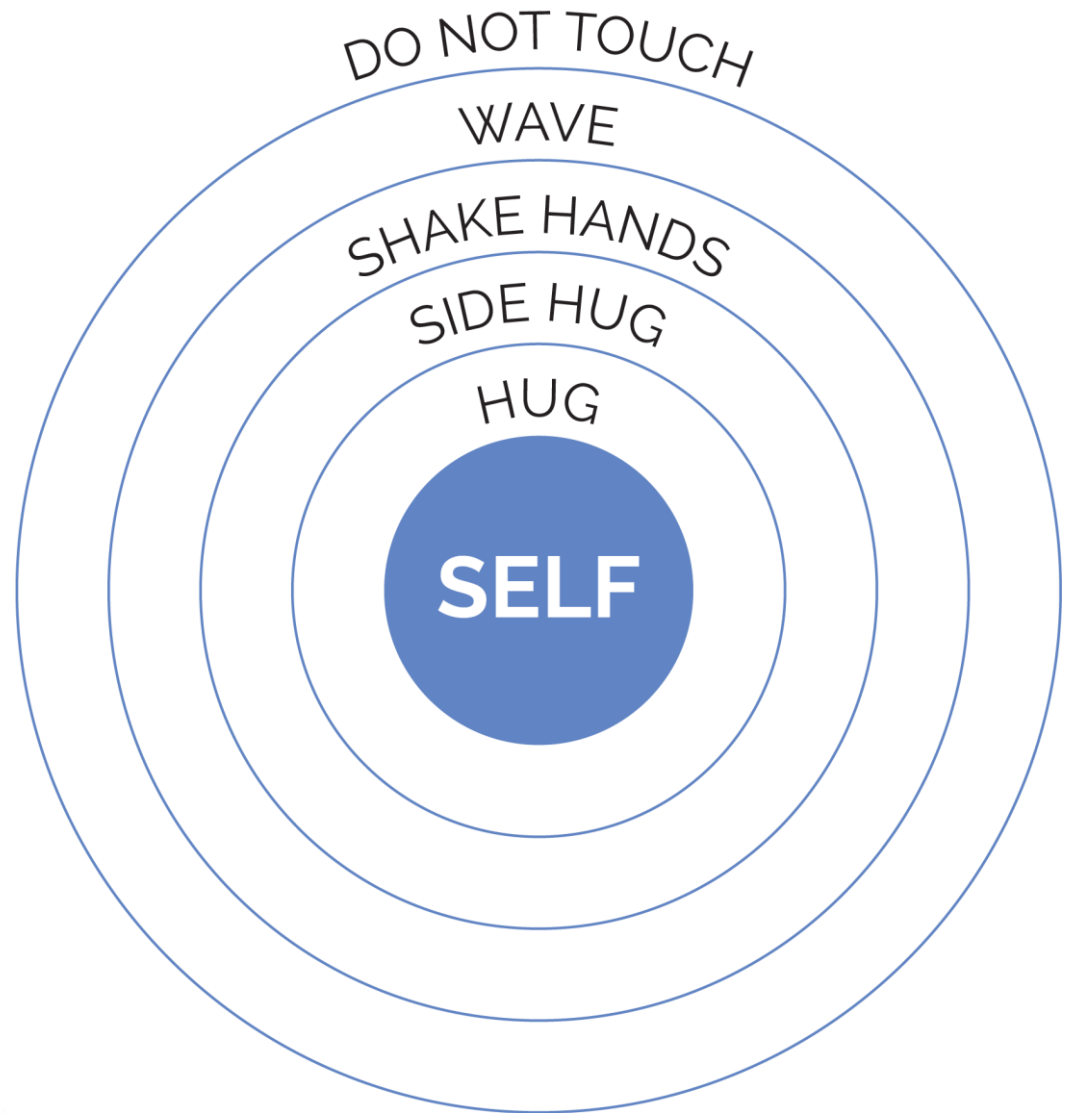
Write down the names of the different people in your life in all 5 categories.

Note: in the Romantic Partner category it is important that BOTH people have knowledge and want that relationship

RELATIONSHIP P CIRCLE

Write the names of the people in your life in the relationship circle.

Note: If a person is in my hug circle, it does not mean I have to give them a hug every time I see them.



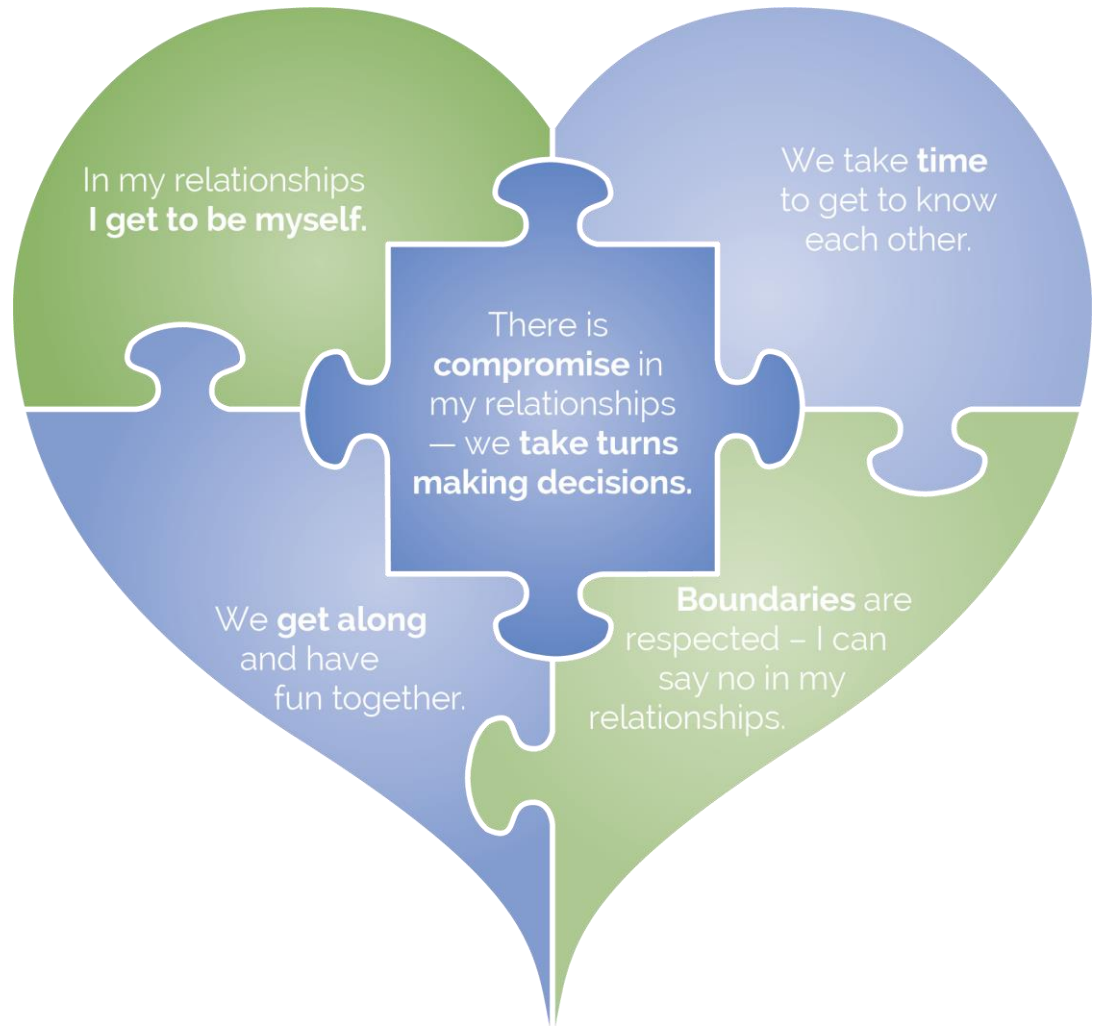
HEALTHY AND UNHEALTHY BOUNDARIES



SEXUALITY FOR ALL ABILITIES PERSONAL SAFETY VIDEOS



THE HEART OF RELATIONSHIPS



QUESTIONS????



Our mission is to enhance the quality of life for people of all abilities through **empowerment, education, awareness, and movement** to globally eliminate sexual violence.



CONTACT US! 😊

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