

# Sexual Health and IDD Resources

- [An Advocate's Guide to Relationships, Romance, Sexuality, and Sexual health](#)  
This guide, written by disability self-advocate, offers perspectives about navigating through important experiences, such as dating, sex, marriage, and much more as a person with a disability.  
<https://odpc.ucsf.edu/advocacy/sexuality-sexual-health/our-sexuality-our-health-a-disabled-advocates-guide-to>
- [AMAZE](#)  
Includes age-appropriate animated videos for adolescents ages 10 to 14 and offers parents and educators resources to open lines of communication about important sexual health topics. <https://amaze.org/>
- [AUCD Sexual Health](#)  
This page provides resources about sexual health for people with I/DD as well as links to recent webinars and videos about related topics. <https://www.aucd.org/template/page.cfm?id=975>
- [Autism NOW: Relationships and Sexuality](#)  
Offers perspectives and articles written by disability self-advocates about navigating romantic relationships and sex with autism.  
<http://autismnow.org/wp-content/uploads/2013/02/Relationships-and-Sexuality-Tool.pdf>
- [An Overview of Healthy Childhood Sexual Development](#)  
Provides an overview of sexual development at different stages in a child's life, including common behaviors and ways to encourage healthy development.  
[https://www.nsvrc.org/sites/default/files/saam\\_2013\\_an-overview-of-healthy-childhood-sexual-development.pdf](https://www.nsvrc.org/sites/default/files/saam_2013_an-overview-of-healthy-childhood-sexual-development.pdf)

# Sexual Health and IDD Resources

- [Center for Research on Women with Disabilities: Sexuality](#)  
Provides a variety of articles for individuals with I/DD and their caregivers about different topics in sexuality such as contraception, pregnancy, menstruation, and more. <https://www.bcm.edu/research/labs-and-centers/research-centers/center-for-research-on-women-with-disabilities/a-to-z-directory/sexuality>
- [Consent and a Cup of Tea](#)  
Short video uses an age-appropriate animation and a metaphor about tea to explain consent. <https://vimeo.com/126553913>
- [Dating and Being Single \(videos\)](#)  
In these videos, two people with I/DD describe how they navigate dating and relationships.  
<https://www.youtube.com/watch?v=99wVkJrNb4I&feature=youtu.be>  
<https://www.youtube.com/watch?v=hIvIMdVBA6o&feature=youtu.be>
- [Disability Rights and Sexual Health](#)  
Dismisses common stereotypes that deny the sexual needs of people with disabilities and discusses the importance of sex ed for people with disabilities.  
<http://www.amchp.org/AboutAMCHP/Newsletters/Pulse/NovDec17/Pages/Disability-Rights-and-Sexual-Health.aspx>
- [Ending Abuse with Sex Education](#)  
This article from NPR discusses the importance of sex education for individuals with I/DD in the context of teaching consent and preventing sexual abuse. <https://www.npr.org/2018/01/09/572929725/for-some-with-intellectual-disabilities-ending-abuse-starts-with-sex-ed>
- [For Many with Disabilities, Freedom to be Intimate is Rare](#)  
Tells stories about individuals with disabilities, especially those living in group homes, and the systemic barriers they face in romantic relationships and intimacy.  
<https://www.disabilityscoop.com/2015/11/19/for-disabilities-intimate-rare/21401/>

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- [General Sexual Knowledge Questionnaire](#)  
This questionnaire was designed to assess the sexual knowledge of individuals with I/DD. Contains questions to be asked by a caregiver/educator and diagrams of male/female anatomy for labeling. [https://www.midss.org/sites/default/files/questionnaire\\_gsq\\_plcopy.pdf](https://www.midss.org/sites/default/files/questionnaire_gsq_plcopy.pdf)
  
- [Guides: Sexual Health](#)  
Provides a collection of guides for educators, parents, and support professionals about sexual health topics as they relate to disability. <https://www.ohsu.edu/university-center-excellence-development-disability/guides>
  
- [Impact Feature on Sexuality of Individuals with I/DD](#)  
Offers numerous articles that contain resources, information, and stories about sexual health and education in the disability community. <https://publications.ici.umn.edu/impact/23-2/from-the-editors>
  
- [Intimacy and Disability \(Video\)](#)  
This video presents an interview of a couple that is “inter-abled”, and in this video they discuss how their relationship is different, but also very much the same as other couples. <https://www.youtube.com/watch?v=5pWrZQZb4BM>
  
- [In their own words: Guidelines for Supporting the Sexual Health of Young People with I/DD](#)  
Comprehensive guide expresses, through the words of disability self-advocates and health educators, the best way to advocate for and foster sexual health and wellbeing. [https://multco-web7-psh-files-usw2.s3-us-west-2.amazonaws.com/s3fs-public/in\\_their\\_own\\_words\\_SHEIDD\\_report.pdf](https://multco-web7-psh-files-usw2.s3-us-west-2.amazonaws.com/s3fs-public/in_their_own_words_SHEIDD_report.pdf)
  
- [Love, Dating, Relationships, and Disability](#)  
Provides stories from several disability self-advocates about how they’ve navigated dating, intimacy, and other important relationship aspects in their lives. <https://www.easterseals.com/explore-resources/living-with-disability/love-dating-relationships-disability.html#dating>

# Sexual Health and IDD Resources

➤ [Love is Love \(video\)](#)

This video tells the story of a couple with Down syndrome, and how they navigate their relationship and independence.

<https://www.facebook.com/cnn/videos/144887626104096/>

➤ [My first time: A Guide to First Visit to the Gynecologist](#)

Explains a typical first time visit to the gynecologist, including what to expect, and ways to stay comfortable and improve the experience.

Explains process in simple language, oriented towards teens/young adults. <https://www.aoafamily.com/home/news-topic.php?newsid=195>

➤ [National Center for Sexual Behavior of Youth](#)

Offers trainings and resources about ways to facilitate discussions and handle youth with problematic sexual behavior. [www.ncsby.com](http://www.ncsby.com)

➤ [Reproductive Healthcare for People with Disabilities](#)

This guide, largely for medical providers, discusses important mindsets and practices that can help women with disabilities receive higher quality reproductive care during conversations, examinations, and treatments with their healthcare providers.

<https://www.aucd.org/docs/ncbddd/webinar/AUCD%20Presentation%20%206-16.pdf>

➤ [Relationship, Sexual, and Reproductive Rights](#)

Provides a list of sexual, reproductive, and relationship rights that apply to everyone, including those with disabilities.

<https://www.ohsu.edu/university-center-excellence-development-disability/rights>

➤ [Sex Ed for People with Disabilities:](#)

Videos by National Council on Independent Living on sex education for people with disabilities

<https://www.youtube.com/watch?v=wZ6T8wrqjAE&list=PLuEvYNNQ-dHeVhbyeJHx9s8oqsvBk621v>

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- [Sex Ed for Self-Advocates: A Guide](#)  
This guide, written for teens and young adults with autism, contains information about important topics in sexual education such as consent, healthy relationships, and more.  
<https://researchautism.org/sex-ed-guide/>
  
- [Sex Ed for Young Adults with I/DD](#)  
Discusses the importance of sexual education for individuals with I/DD, and offers suggestions for how and when to have these discussions. <https://www.socialworktoday.com/archive/032216p34.shtml>
  
- [Sex Talk for Self-Advocates: Sexual health and individuals with disabilities](#)  
This webinar hosts a variety of educators and advocates for a discussion about sexual health and wellness for people with I/DD.  
<https://www.youtube.com/watch?app=desktop&v=Pd2gE2IBx78&feature=youtu.be>
  
- [Sexuality and Adults with Developmental Disabilities](#)  
Offers insight about the harms of denying sexual education to people with disabilities, as well as important ways that individuals with disabilities and their families can advocate for better sex education.  
<http://helpkids.kennedykrieger.org/making-a-difference/sexuality-and-adults-with-developmental-disabilities>
  
- [Sexual Health Resources](#)  
Provides a variety of resources, such as guides, teaching tools, and videos that focus on sexual education for individuals with disabilities.  
<https://www.ohsu.edu/university-center-excellence-development-disability/sexual-health-resources>
  
- [Sexuality and Down Syndrome](#)  
Answers commonly asked questions about the sexual health and wellness of people with Down syndrome.  
<https://www.ndss.org/resources/sexuality/>

# Sexual Health and IDD Resources

- [Sexuality Education for Students with Disabilities](#)  
Provides resources about human sexuality, sexuality and disability, a parent's role in sex education, and more.  
<https://www.parentcenterhub.org/sexed/>
- [Sexuality and Disability: Being Sexual](#)  
Discusses common questions about sex for individuals with disabilities. <https://sexualityanddisability.org/having-sex/being-sexual/>
- [Sexual Health Education for Young People with Disabilities: Research and Resources for Educators](#)  
Discusses the importance of sex education for individuals with I/DD and offers best ways to introduce important topics, with additional resources provided.  
<https://www.advocatesforyouth.org/resources/fact-sheets/sexual-health-education-for-young-people-with-disabilities/>
- [Sexual Health Education for Young People with Disabilities: Research and Resources for Parents/Guardians](#)  
Discusses the importance of sex education for individuals with I/DD and offers best ways to support children with I/DD in understanding their sexual health and wellness.  
<https://www.advocatesforyouth.org/resources/fact-sheets/sexual-health-education-for-young-people-with-disabilities-2/>
- [Sexual Health and IDD Population Trainings for Professionals, Parents and People with Disabilities](#)  
Provides training to agencies and community groups through customized workshops including sexual health and IDD training session. <http://www.Kennedykrieger.org/MCDDTraining>
- [Sexuality and Disability: A Parent's Guide](#)  
Provides a guide about common misconceptions about disability and sexuality, tips for discussing the topic with children/young adults, and suggestions for finding resources in the community.  
<https://teachingsexualhealth.ca/app/uploads/sites/4/Sexual-and-Development-Disability-Guide-2016.pdf>

# Sexual Health and IDD Resources

## ➤ [SHEIDD Project](#)

The Sexual Health Equity for Individuals with Developmental/Intellectual Disabilities (SHEIDD) project is a community-based group that works to promote a comprehensive sexual education curriculum for young adults with developmental disabilities. Provides a webinar about sexual education, teaching tools, and more. <https://www.ohsu.edu/university-center-excellence-development-disability/about-sheidd-project>

## ➤ [Social Stories: Tools for Communication](#)

Social stories are a resource for facilitating communication between parents, caregivers, and people with autism. <https://carolgraysocialstories.com/social-stories/>

## ➤ [The Gynecological Exam for Women with Disabilities and Other Functional Limitations](#)

Offers guidance for reproductive health providers about best ways to provide adapted care during examinations and conversations with patients with I/DD or other physical disabilities. <https://nisonger.osu.edu/wp-content/uploads/2016/11/TableMannersandBeyond-1.pdf>

## ➤ [Taking a Special Education Approach](#)

Outlines important considerations and recommends ways to adapt sexual education material to adapt to the needs of individuals with I/DD while still providing a comprehensive sex education. [https://www.uua.org/sites/live-new.uua.org/files/owl\\_specialed.pdf](https://www.uua.org/sites/live-new.uua.org/files/owl_specialed.pdf)

## ➤ [Videos: Sexual Self-Advocacy](#)

Discusses what sexual self-advocacy is and how individuals with disabilities can establish their needs and wants in regards to sexual health and wellness.

Video 1: <https://www.youtube.com/watch?v=VL2NOTtD3C0>

Video 2: <https://www.youtube.com/watch?v=M5Q5hW62M4Y>

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- [Violence, Abuse, and Bullying Affecting People with I/DD](#)  
Offers a comprehensive guide about the importance of education to prevent or intervene in the abuse of individuals with I/DD, as well as important steps and processes to report suspected abuse.  
[https://thearc.org/wp-content/uploads/forchapters/NCCJD%20White%20Paper%20%231%20Violence%20Abuse%20Bullying\\_5.pdf](https://thearc.org/wp-content/uploads/forchapters/NCCJD%20White%20Paper%20%231%20Violence%20Abuse%20Bullying_5.pdf)
- [What you should know about birth control when you have a disability](#)  
Provides information and recommendations for how to talk to healthcare providers about the right type of birth control options for individuals with disabilities. <https://www.bedsider.org/features/1026-what-you-should-know-about-birth-control-when-you-have-a-disability>
- [Why Focus on Developmental Disability: Talking with your kids about sexuality](#)  
This guide for parents emphasizes the importance of sexual education for children with developmental disabilities, tips for conversations about this topic, and special discussions about sexual abuse prevention and relationships. <https://familyvoicesofca.org/wp-content/uploads/2017/12/GULPNewsletter.pdf>
- [Your Daughter's First Gynecology Visit](#)  
Provides a review of common first gynecology visits, as well as tips on how to explain to a teenager/young adult the importance and process of these visits. Created for parents/guardians.  
<https://kidshealth.org/en/parents/first-gyn.html>



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Maryland Center for Developmental Disabilities  
at Kennedy Krieger Institute  
*Building Partnerships. Changing Lives.*

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