

# Resources on Sexuality and Relationships

## Books on Sexuality Education-Intellectual Disabilities

- **Your Sons and Daughters with Intellectual Disabilities**  
by Karin Melberg Schwier & Dave Hingsburger, M.Ed. Brookes, 2000
- **The Facts of Life...and More: Sexuality and Intimacy for People with Intellectual Disabilities**  
Edited by Leslie Walker-Hirsch, M.Ed., FAAMR  
Book written to help professionals and teachers provide the support and education that adults with intellectual disabilities need. Publisher is Paul H. Brookes.
- **Teaching Children with Down Syndrome about their Bodies, Boundaries and Sexuality** by Terri Couwenhoven, MS, Woodbine House, 2007  
This book, written by and for the parents of a child with a disability, covers topics such as anatomy, dating, boundaries, emotional development, friendships and abuse prevention.

## Books on Sexuality Education- Autism

- **Taking Care of Myself: A Hygiene, Puberty and Personal Curriculum for Young People with Autism** by *Mary Wrobel* 2003 by *Future Horizons*.
- **Autism - Asperger's and Sexuality: Puberty and Beyond** by *Jerry and Mary Newport*, 2002, *Future Horizons, inc.*
- **Self-Help Skills for people with Autism** by *Stephen R. Anderson, Amy Jablonski, Marcus Thomeer and Vicki Knapp*, 2007, *Woodbine House*.
- **Girls, Growing up on the Autism Spectrum: What Parents and Professionals Should Know about the Pre-teen and Teenage Years** by *Shana Nichols, Gina Moravcik and Samara Tetenbaum*, 2009, *Jessica Kingsley Publishers*.
- **Adolescents on the Autism Spectrum: A Parent's Guide to the Cognitive, Social, Physical and Transitional Needs of Teenagers with Autism Spectrum Disorders** by *Chantel Sicile-Kira*, 2006, *The Berkley Publishing Group*.

## Website Resources on Sexuality Education

- **Planned Parenthood-** <http://www.plannedparenthood.org>  
Planned Parenthood works with parents to provide medically accurate information on physical development and sexual health. Check with your local office for information specifically for individuals with developmental disabilities.
- **Sexuality Across the Lifespan** <http://fffcic.fmhi.usf.edu/projects/community.htm>  
Scroll down to the bottom of the page to find links to Educator and Parent versions of Sexuality Workbooks in English and Spanish. These instruction manuals and resource guides are designed to help educators and family members assist individuals with developmental disabilities in their exploration of self and sexuality.
- **Sexuality education for children & adolescents w/ developmental disabilities**  
<http://www.albany.edu/aging/IDD/documents/parentworkbook.pdf>

A free, downloadable, 81-page 'parent as educator' workbook. It contains learning activities and lots of pictures covering information for grades K-12 on topics such as: helpful hints for parents, body changes, social skills and dating.

- **Sexuality education for people with disabilities** <http://www.siecus.org/>  
A 40-page comprehensive news digest on sexuality education for children and youth with disabilities written for parents. It forthrightly, yet sensitively addresses issues of concern for parents of children with disabilities around sexuality and the meaning of relationships.
- **Sex education for young people with visual impairments.**  
<http://www.tsbvi.edu/component/content/article/129-materials/3254-sexuality-education-for-children-with-visual-impairments>  
An online instructional resource written specifically for the parents of children with visual impairments, it addresses the unique needs of children with visual impairments and sexual education.

### Website Resources on Sexual Abuse

- **Abuse, Neglect and Exploitation: How to Protect Yourself**  
Information for Children and Adults with Disabilities from the Florida Center for Inclusive Communities. (Some listed resources are Florida specific)  
[http://flfcic.fmhi.usf.edu/Content/FCIC\\_BHIP\\_Brochure6\\_final\\_100909.pdf](http://flfcic.fmhi.usf.edu/Content/FCIC_BHIP_Brochure6_final_100909.pdf)
- **Act for Kids** <http://www.actforkids.org/>  
**Materials available in multiple languages - including Vietnamese, Lao, Chinese, Cambodian, Spanish and others**  
Provides resources for the prevention and healing of child sexual abuse and other forms of family trauma. You can find books on self esteem and character development. This site is also a resource for adult survivors of child sexual abuse. Although none of the information is written for children or adults with developmental disabilities, there is excellent information for educators.
- **Darkness to Light Stewards of Children**  
<http://www.darkness2light.org/>  
Although not designed specifically for children with disabilities, this free program on child safety is offered in many areas across the United States. The web site offers generic information on childhood sexual abuse.  
Recommended Brochure: Seven Steps to Protecting Our Children  
<http://www.darkness2light.org/7steps/>
- **Washington Coalition of Sexual Assault Providers (WCSAP)** <http://www.wcsap.org/>  
On this site you can find your local sexual assault services provider. They offer clinical services, victim advocacy, support, education and prevention services.
- **Minnesota Center against Violence and Abuse (MINCAVA)**  
<http://www.mincava.umn.edu/documents/wscdv/wscdv.html>  
Enough and yet not Enough: *An Educational Resource Manual On Domestic Violence Advocacy For Persons With Disabilities In Washington State*, Cathy Hoog, Principal Author, Washington State Coalition Against Domestic Violence, Published: June 2001, Revised: 2003

Information about domestic violence (sexual assaults often occur in combination with physical abuse and/or domestic violence).

### **Instructional Materials on Sexuality and Relationships**

- **Attainment Company**  
<http://www.attainmentcompany.com/xcart/home.php>  
A for-profit book company specializing in students with developmental disabilities. Look for the "Learn about Life" curriculum - an illustrated sex education and social skills program covering puberty, dating, pregnancy, STDs and more.
- **Circles Curriculum**  
<http://www.stanfield.com/circles-main.html>  
Teaches relationship boundaries and relationship-specific behaviors, using a simple multi-layer circle diagram to demonstrate the different relationship levels students will encounter in daily life. Website also has other curricula for special education students.
- **Educational Resource Information Center (ERIC)**  
<http://www.hoagiesgifted.org/eric/faq/sex-ed.html>  
Information on providing sex education to students with developmental disabilities, including links to discussion groups, assessment tools and tools for instructors.
- **F.L.A.S.H. Lesson Plans -**  
<http://www.kingcounty.gov/healthservices/health/personal/famplan/educators/flash.aspx>  
The Family Life and Sexual Health curriculum (F.L.A.S.H.) is a comprehensive sexuality education curriculum first developed by Public Health - Seattle & King County. The lesson plans, including separate ones for Special Education Students can be downloaded free at this site.
- **Fostering Friendship Skills for Students with Disabilities**  
<http://www.cec.sped.org/AM/Template.cfm?Section=Home&TEMPLATE=/CM/ContentDisplay.cfm&CONTENTID=6265> by Sharon Maroney at the Council for Exceptional Children website.
- **RECAPP - Resource Center for Adolescent Pregnancy Prevention**  
<http://www.etr.org/recapp/index.cfm?fuseaction=pages.EducatorSkillsDetail&PageID=96>  
Provides a brief overview of the basics of teaching sexual education to students with developmental disabilities. The site emphasizes teen pregnancy but has great information for sexuality education.