

## Support the Sexual Health of Young People Experiencing I/DD

### **Provide Holistic Sexual Health Education in Many Ways**

**Advocates for Youth** “champions efforts that help young people make informed and responsible decisions about their reproductive and sexual health,” which includes information and resources for parents and educators about sexual health education for young people with disabilities:

<http://www.advocatesforyouth.org/developmental-and-intellectual-disabilities-home>

They also provide adaptable individual lesson plans for K-12 sexuality education through the **Rights, Respect, Responsibility** curriculum: <http://www.advocatesforyouth.org/3rs-curriculum-lessonplans>

**AMAZE** offers “fun, animated videos that give you all the answers you actually want to know about sex, your body and relationships”: <https://amaze.org/>

**Bedsider** is an interactive birth control support network: <https://www.bedsider.org/>

The **Birds and the Bees** website offers resources “support for teaching human sexuality to individuals with autism and developmental disabilities,” including free curricula: [www.ASDsexed.org](http://www.ASDsexed.org)

The **Calgary Sexual Health Centre** believes everyone has the right to good sexual health and good sexual health information: <https://www.calgarysexualhealth.ca/sexual-health-info/>

The **Centers for Disease Control and Prevention** provides explanation and pictures of the correct way to use barrier methods (external/internal condoms, dental dam): <https://www.cdc.gov/condomeffectiveness/male-condom-use.html>

The **GULP! Newsletter: Talking with your kids about sexuality** of Planned Parenthood of Northern New England includes an issue that focuses on developmental disability: <http://www.familyvoicesofca.org/wp-content/uploads/2017/12/GULPNewsletter.pdf>

**Planned Parenthood** provides teens info on sex, relationships, bodies and more: <https://www.plannedparenthood.org/learn/teens>

**Public Health – Seattle & King County** offers a curriculum, **Special Education FLASH**, in family life and sexual health for middle & high school students with special needs: <https://www.kingcounty.gov/depts/health/locations/family-planning/education/FLASH/special-education.aspx>

**ReCAPP** outlines skills for educators teaching sexuality to youth experiencing a disability: <http://recapp.etr.org/Recapp/Index.Cfm?fuseaction=pages.EducatorSkillsDetail&PageID=96>

**SAFE SECS Curriculum** uses language, social skills and self-determination skills instruction to facilitate sexuality education for students with “moderate to severe disabilities”: <https://www.teacherspayteachers.com/Product/SAFE-SECS-Curriculum-2237249>

**Sexuality Information Council of the United States (SIECUS)** “SIECUS works to make sure that information, knowledge, and skills are within everybody's reach”: <http://www.siecus.org/>

**Scarleteen** Sex and Disability info for teens and emerging adults: [http://www.scarleteen.com/article/sexuality/disabled\\_sex\\_yes](http://www.scarleteen.com/article/sexuality/disabled_sex_yes)

**Sproutflix** is “the only distributor of films exclusively featuring people with intellectual and developmental disabilities.” Many videos are available to stream for free and address themes of relationships, romance and sexuality: <http://sproutflix.org/browse/genre-free/page/3/>

**Taking a Special Education Approach** is a chapter from the 2nd edition of *Our Whole Lives for Grades 7-9* that the UUA provides at no charge online to help “anticipate and address the learning needs of youth with autism spectrum disorder or an attention-related, intellectual, or learning disability so these youth may more fully participate and learn”: [https://www.uua.org/sites/live-new.uua.org/files/owl\\_special.pdf](https://www.uua.org/sites/live-new.uua.org/files/owl_special.pdf)

**teachingsexualhealth.ca** offers sexual health education resources for teachers and parents, including lessons designed for students with differing abilities: <https://teachingsexualhealth.ca/teachers/grade/differing-abilities/>

**The Kiss** YouTube video:

[https://www.youtube.com/watch?v=cXz\\_TNZAVFk&feature=player\\_embedded](https://www.youtube.com/watch?v=cXz_TNZAVFk&feature=player_embedded)

**The Specials** – web based soap opera featuring individuals with I/DD:

<https://www.youtube.com/user/TheSpecialsWebSeries>

### **Support Young Peoples’ Goals**

**Impact Newsletter** Sex, Disability and the DSP: Ethically Supporting Sexual Choices:

<https://ici.umn.edu/products/impact/232/16.html>

The **National Resource Center for Supported Decision-Making** provides “information about the Right to Make Choices – the right we all have to make our own decisions and direct our own lives”: <http://www.supporteddecisionmaking.org/>

**The Learning Community for Person Centered Practices** “envisions a world where all people have positive control over the lives they have chosen for themselves”: <http://tlcpcp.com/>

### **Create Environments that Foster Peer Connection**

**Calgary Sexual Health Centre and Disability Action Hall** support the **Right to Love (R2L)** Advocacy Group in Canada, which “is a group of people with disabilities and our allies working together to make healthy choices about love”: <https://www.calgarysexualhealth.ca/programs-workshops/people-developmental-disabilities/>. Check out the R2L YouTube channel here: <https://www.youtube.com/user/DActionHall?feature=watch>

This **Developmental Disabilities and Sexuality Curriculum** uses a peer education model to establish a sexuality education group: <https://www.plannedparenthood.org/planned-parenthood-northern-new-england/local-education-training/development-disabilites-sexuality>

## Build the Capacity of Support People to Provide Sexual Health Education and Support to Young People Experiencing I/DD

### **Put Policies and Procedures in Place to Support Relationships and Sexuality**

**Disability Rights Oregon** Sterilization of Individuals and Guardianship Handbooks: <https://droregon.org/topics/guardianship/>

**Impact Newsletter** *A Sexuality Policy That Truly Supports People with Disabilities*: <https://ici.umn.edu/products/impact/232/15.html>

**NCRI Policy Recommendations** to promote healthy social and emotional relationships for people with intellectual and developmental disabilities: <https://www.hsri.org/files/NCRI/NCRI%20Policy%20Recommendations.pdf>

**Oregon Law and Policy for K-12 Sexual Health Education**: <http://www.oregon.gov/ode/rules-and-policies/StateRules/Pages/Oregon-Law-and-Policy-for-Sexual-Health-Education.aspx>

**Oregon Health Authority** Minor Rights: Access and Consent to Health Care: <http://www.oregon.gov/oha/ph/HealthyPeopleFamilies/Youth/HealthSchool/SchoolBasedHealthCenters/Documents/SBHC%20Certification/MinorConsent2012.pdf>

**The Arc and AAIDD's** joint position statement on sexuality: <https://www.thearc.org/who-we-are/position-statements/life-in-the-community/sexuality>

**Sex, etc.** State policies around sexuality issues: <https://sexetc.org/action-center/sex-in-the-states/>

### **Provide Tools and Strategies to Collaborate Around Sexual Health Education and Support**

**+Acumen** offers a free **Systems Practice** course to learn how to make sense of complex environments and uncover the dynamics that have the greatest potential for impact: <https://www.plusacumen.org/courses/systems-practice>

The **Collective Action Toolkit** from **Frog Design** is a community-based solutions framework: <https://www.frogdesign.com/work/frog-collective-action-toolkit.html>

The **Innovative Teen Pregnancy Prevention Program (iTP3)** provides resources in **Design Thinking** principles that offer solution based approaches to solving problems: <https://itp3.org/design-thinking-principles/>

**Multnomah County** provides **Popular Education** Workshops to create healthier and more just communities <https://multco.us/health/public-health-practice/popular-education-workshops>

### **Provide Training Opportunities**

**IPPF European Network's** *Keep Me Safe: A best practice manual for designing, delivering and evaluating programs about sexual rights and human rights for young people with learning disabilities and their intermediaries: (copy and paste in your browser)*

<https://ec.europa.eu/justice/grants/results/daphne-toolkit/en/file/3205/download?token=7ECU9Q0H>

**IPPF European Network's** *Keep Me Safe: Training manual for sensitizing intermediaries on sexual rights of young people with learning disabilities*. "Developed for organizations who wish to educate and sensitize staff, teachers and carers about the sexual and reproductive health and rights of young people with mild to moderate learning disabilities":

<https://www.ippfen.org/resource/keep-me-safe-training-manual>

## Sexual Health Resources in Multnomah County

### **Advocacy Services:**

#### **SMYRC (Sexual & Gender Minority Youth Resource Center)**

<http://smyrc.org/>

503-872-9664

Provides a safe, supervised, harassment-free space for sexual and gender minority youth ages 13-23 to be their best selves and become leaders in the community.

#### **Volunteers of America Home Free**

<https://www.voar.org/home-free-teen>

503-235-8655

Teen advocate cell: 503-388-8211 (text messages ok)

A resource for those wanting to learn more about healthy relationships, unhealthy relationships and abusive relationships.

### **Health Care Services:**

#### **Cascade AIDS Project**

503-223-AIDS

800-777-AIDS Oregon HIV/STD hotline

1-800-499-6940 *en español*

[www.cascadeaids.org](http://www.cascadeaids.org)

Provides rapid HIV testing to anyone who needs it.

#### **Multnomah County Primary Care Clinics**

<https://multco.us/health/primary-care-clinics>

503.988.5558 to make first appointment

Provides low-cost family health care at seven locations. Care provided to underserved, low-income and uninsured residents of Multnomah County.

#### **Multnomah County STD Clinic**

<https://multco.us/health/std-services>

503-988-3700

(multcostdinfo) on Twitter

The STD clinic provides evaluation and treatment of sexually transmitted diseases (this can include a confidential HIV test). Services are nonjudgmental and confidential, and no one is turned away for inability to pay.

#### **Multnomah County Student Health Centers**

<https://multco.us/health/school-based-health-centers>

School-based clinics are located at designated elementary, middle and high schools in Multnomah County. They facilitate access to comprehensive preventive, primary and mental healthcare for Multnomah County school-aged youth, to keep them healthy and ready to learn.

#### **Planned Parenthood**

1-888-576-PLAN (7526)

<http://www.plannedparenthood.org/>

Health centers offer a wide variety of sexual and reproductive health care services for women, men and teens.

## **Referrals- How to Make an Effective One:**

<https://vimeo.com/228372394>

A multi-media teaching tool to educate (i.e. school staff) on helping young people access health services.

## **Victim Services:**

### **Disability Assault/Abuse Response Team**

503-988-6481

Provides victim services to people with disabilities. Advocacy within the criminal justice system, peer counseling and support, support groups, safety awareness classes, prevention and dealing with abuse from caregivers.

### **To keep in touch with the SHEIDD Project, please contact:**

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