

Resource List for Self-Advocates:

WEBSITES/ONLINE/VIDEOS

Sexuality Information

Office of People With Developmental Disabilities (OPWDD) New York State

“Sexuality and People With Developmental Disabilities” series of videos, you will hear directly from people with developmental disabilities about the importance of open dialogue, access to information and resources, and connecting people to the community as the foundation to developing more intimate and meaningful relationships and supporting them in their sexual self-advocacy.

<https://opwdd.ny.gov>

Your Sexual Health Toolkit | Project SHINE

This website is designed for people with intellectual and developmental disabilities to learn about certain topics by clicking on the sexuality wheel, learning what certain words mean through a sexual health glossary, and hearing stories from self-advocates about relationships and sexuality. The website is still being developed, but there is a lot of helpful content.

<https://yoursexualhealthtoolkit.org/>

Sex Talk for Self-Advocates Webinar Series

Self-advocates and professional sexuality educators answer questions about sexual relationships.

Association of University Centers on Disability (AUCD)

- Part 1 Relationships
- Part 2 Sex and Intimacy
- Part 3 Safe Sex Practices - Sexually Transmitted Infections (STIs):
- Part 4 Relationship Experiences
- Part 5 Birth Control
- Part 6 LGBTQ+ Relationships
- Part 7 Marriage
- Part 8 Parenting
- Part 9 Sexual Self-Advocacy

<https://www.youtube.com/playlist?list=PLEHWL7i0kECWHqrlsvCJKfN8dhHQbPwjr>

Sex Ed for Self-Advocates

A sexuality and sex education resource specifically written for people with the autism spectrum age 15+.

Organization for Autism Research (OAR)

<https://researchautism.org/sex-ed-guide/>

Sex Ed By and for People with I/DD: Videos

By: National Council on Independent Living (NCIL)

Introduction:

<https://youtu.be/wZ6T8wrqjAE?si=7Xp-sxwKj347nz1l>

Sex, Gender, and Genitals:

<https://youtu.be/b0UaRPM30Kw?si=WoBQbFkn6Rf4Ovhk>

Puberty:

<https://youtu.be/KkuF3hRsRwA?si=sylKtxqWRzmM8GJF>

Masturbation:

https://youtu.be/csMVOylqLkU?si=3qK_EDGWHlsXbZY0

Healthy Relationships:

<https://youtu.be/slglSIlz0L0?si=WC2qi0XU49ZYFoH6>

Consent:

<https://youtu.be/09m9Hv0Ajto?si=vJ9YfYqRZ3-cyhzl>

Pregnancy:

<https://youtu.be/FGY-IQCNI5c?si=Y6dezxdKXSAnwB1L>

Sexually Transmitted Diseases and Infections:

https://youtu.be/OsXEDi_a_Y4?si=kwLxS0ROJ53SCBDx

Condom How To:

<https://youtu.be/RQQcJNJNAjQ?si=UE8cDjDom19bNc1a>

Conclusion and Thanks:

https://youtu.be/Kq4F07NglRE?si=rtq91obl_i6FTJtO

Amaze

Animated videos for middle school and younger that give you all the answers you want to know about sex, your body, and relationships.

<https://amaze.org/>

Healthy Bodies: A Parent's Guide on Puberty for Girls and Boys with Disabilities

By: Vanderbilt Kennedy Center

<https://vkc.vumc.org/healthybodies/>

Special, Autism in Love-Shows about people with disabilities

Netflix

LGBTQ+

Human Rights Campaign

www.hrc.org

Coming Out

Resources to help you come out and live openly at home, work, and in your community.

https://www.hrc.org/resources/coming-out?gclid=CjwKCAjw1uiEBhBzEiwAO9B_HfwKHD3T1yPQ4JO3-kASBALR4Lg0hAH2_PPk2Za8Eh-yLEumEXkp0hoCPqcQAvD_BwE

PFLAG

LGBTQ+ resources for individuals, parents, and allies.

<https://pflag.org/>

GLAAD

Resources for transgender individuals.

<https://www.glaad.org/transgender/resources>

The Way We Think About Biology is Wrong

This is a TED talk presented by Emily Quinn.

https://www.ted.com/talks/emily_quinn_the_way_we_think_about_biological_sex_is_wrong

Whittington Family, Transgender Child

The Whittington Family shares their experience raising their transgender child, Ryland.

Part One:

<https://www.youtube.com/watch?v=yAHCqnux2fk>

Part Two:

<https://www.youtube.com/watch?v=-P81vVf3wyU>

CONSENT:

Cup of tea: Consent

A video about consent.

Blue Seat Studio

<https://www.youtube.com/watch?v=oQbei5JGiT8>

Consent for Kids

A video about consent for children, but it has great messages for anyone about body autonomy.

Blue Seat Studio

<https://www.youtube.com/watch?v=h3nhM9UIJjc>

“Pressure Pic Problem – Girlfriend’s Story – That’s Not Cool”

A video clip that you can use for discussion about sending naked pictures (sexting).

<https://www.youtube.com/watch?v=0meBHbUqGjc>

Classic Consent

A video clip on asking for consent and accepting a yes and a no.

<https://www.youtube.com/watch?v=KT5KK551aeg>