

Resources for Parents:

Elevatus Self-Study Course for Parents: This 4-module, online self-study course offers you a nuts-and-bolts approach to discussing sexuality and responding to behaviors. You'll come away feeling more skillful, comfortable, and confident addressing sexuality with your own children.

<https://www.elevatustraining.com/workshops-and-products/talking-with-your-kids/>

Elevatus Resource Page: Articles, tips and tools, and websites

<https://www.elevatustraining.com/resources-2/>

Elevatus E-newsletter Sign Up

<https://delevatustraining.us11.list-manage.com/subscribe?u=80766bdd8c5620d45566d1f58&id=c3a9bb8f5a>

Disability Inclusive Sexual Health Network: A Resource for parents with facts sheets, tools, etc.

<https://www.sexedva.org/dshn/resources>

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

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

Amaze: Provides videos on many sexuality and healthy relationships for adolescents. Many of the resources are designed for parents.

<https://amaze.org/parents/>

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-sxwKj347nz1I>

Sex, Gender, and Genitals:

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

Puberty:

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

Masturbation:

https://youtu.be/csMVOylqLkU?si=3qK_EDGWHIsXbZY0

Healthy Relationships:

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

Consent:

<https://youtu.be/09m9Hv0Ajt0?si=vJ9YfYqRZ3-cyhzI>

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

Office for People With Developmental Disabilities 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.

Sexuality and People with Developmental Disabilities

https://youtu.be/cRzVfz_ZvpQ

Sexual Self-Advocacy

<https://youtu.be/Tc9VdCemhoM>

Sexual Feelings and Relationships

<https://youtu.be/iCg3OJ-O9jA>

Consent and Sexual Relationships

<https://youtu.be/UDn1NNWHptQ>