

# RESOURCES

## BOOKS

*What Makes a Baby* - by Cory Silverberg

*Sex is a Funny Word* - by Cory Silverberg

*Changing Inappropriate Behaviors* - by Dave Hingsburger

*Teaching Children with Down Syndrome about Their Bodies, Boundaries and Sexuality* - by Terri Cowenhoven, MS

*Sexuality and Relationship Education for children and Adolescents with Autism Spectrum Disorders* - by David Hartman

*Taking Care of Myself* - by Mary Wrobel

*Unwritten Rules of Social Relationships* – by Temple Brandin and Sean Barron

*The Autism Spectrum, Sexuality and the Law* – by Tony Atwood, Isabelle Henault and Nick Dubin

*5 is Against the Law* – by Kari Dunn Buron

*Queers on Wheels* - by Eva Sweeney

*It's So Amazing!: A Book about Eggs, Sperm, Birth, Babies and Families* - by Robie H. Harris

*It's not the Stork!: A Book About Girls, Boys, Babies, Bodies, Families and Friends* - by Robie H. Harris

*I Said No! A Kid-to-Kid Guide to Keeping Private Parts Private* - by Zack King and Sue Rama

*Don't Call Me Inspirational A Disabled Feminist Talks Back* - by Harilyn Rousso

## WEBSITES/ONLINE

### **Human Rights Campaign** [www.hrc.org](http://www.hrc.org)

#### **Individuals:**

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

<https://www.hrc.org/explore/topic/coming-out>

#### **School Systems:**

Schools in Transition: A Guide for Supporting Transgender Students in K-12 Schools provides a blueprint for safe, supportive and inclusive schools environments for transgender youth.

<https://www.hrc.org/resources/schools-in-transition-a-guide-for-supporting-transgender-students-in-k-12-s>

#### **For Parents and Professionals:**

Transgender Children & Youth

<https://www.hrc.org/resources/topic/transgender-children-youth>

### **PFLAG**

LGBTQ+ resources for individuals, parents, and allies.

<https://pflag.org/>

### **GLAAD**

Resources for transgender individuals.

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

### **Gender Diversity**

Education and support services.

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

## **National Coalition for Sexual Health**

General sexual health knowledge.

<https://nationalcoalitionforsexualhealth.org/>

## **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 and Guidebook**

By: National Council on Independent Living (NCIL)

<https://ncil.org/sex-ed-for-individuals-with-i-dd/>

## **This is how we do it-VICE, a series of sex and stigma**

[https://www.vice.com/en\\_us/topic/this-is-how-we-do-it](https://www.vice.com/en_us/topic/this-is-how-we-do-it)

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

By: Vanderbilt Kennedy Center

<https://vkc.mc.vanderbilt.edu/healthybodies/>

## **SIECUS Sexuality Information and Education Council of the US**

An organization dedicated to advancing sex ed for social change.

<https://siecus.org/>

## **Lack of State Sex Ed Regulation Puts Students in Danger of Receiving Harmful Lessons, Report Finds**

<https://siecus.org/state-profiles-2019-announcement/>

## **Introduction to Sexuality Education for Individuals Who Are Deaf-Blind and Significantly Developmentally Delayed**

By: Kate Moss and Robbie Blaha

[http://conference.esc13.net/assets/beat\\_the\\_heat/docs/Blaha%20-%20Sex-Education.pdf](http://conference.esc13.net/assets/beat_the_heat/docs/Blaha%20-%20Sex-Education.pdf)

### **VIDEO/SHOWS**

#### **Amaze**

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

<https://amaze.org/>

#### **Amaze Jr. for Parents Playlist**

Designed to help parents engage young children (ages 4-9) in open, honest conversations about bodies and growing up in a fun, engaging, and age appropriate way.

By: Amaze

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

#### **“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>

#### **Pronouns – Shameless, Gender Identify Scene**

TV Series, Shameless

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

#### **10 Myths about Sexuality**

<https://www.youtube.com/watch?v=irt0mflyCcA>

## **The Way We Think About Biology is Wrong**

A TED talk presented by Emily Quinn

[https://www.ted.com/talks/emily\\_quinn\\_the\\_way\\_we\\_think\\_about\\_biological\\_sex\\_is\\_wrong](https://www.ted.com/talks/emily_quinn_the_way_we_think_about_biological_sex_is_wrong)

## **Special, Autism in Love**

Netflix

## **Whittington Family, Transgender Child**

The Whittington Family share their experiencing raising their transgender child, Ryland.

Part One:

<https://www.youtube.com/watch?v=yAHCqnuX2fk>

Part Two:

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

**Sex: a Guide for the Young** No audio, video only

By: Zheng Kaixin

<https://www.youtube.com/watch?v=OuRTXOfP2BY>

## **Homemade Love and Fingertips**

A guide for teaching about masturbation.

<https://diverse-city.com/online-store-2/dvds/>

## **Cup of tea: Consent**

A video about consent.

Blue Seat Studio

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

## **Young person cup of tea: Consent for Kids**

A video about consent for children.

Blue Seat Studio

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

## **Sex Needs a New Metaphor. Here's One...**

A TED talk presented by Al Vernacchio.

[https://www.ted.com/talks/al\\_vernacchio\\_sex\\_needs\\_a\\_new\\_metaphor\\_here\\_s\\_one?language=en](https://www.ted.com/talks/al_vernacchio_sex_needs_a_new_metaphor_here_s_one?language=en)

## **Urinal Etiquette**

A video to help you handle the most complex and confusing bathroom situations

By: DudeDay

[https://www.youtube.com/watch?v=cr0CIHQC\\_pY](https://www.youtube.com/watch?v=cr0CIHQC_pY)

## **Sex Talk for Self-Advocates Webinar Series**

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

AUCD

Part 1: <https://www.youtube.com/watch?v=4MiVcMz5xFg&t=31s>

Part 2: <https://www.youtube.com/watch?v=DkJjonX-KGo&t=13s>

Part 3: <https://www.youtube.com/watch?v=WS4pNw2dwCo&t=9s>

Part 4: <https://www.youtube.com/watch?v=QEI4czVpPAg&t=191s>

Part 5: <https://aucd.adobeconnect.com/pw64srvl9k1x/?proto=true>

Part 6: <https://www.youtube.com/watch?v=Pd2gE2IBx78&t=430s>

## **Abused and Betrayed**

Individuals with I/DD and an epidemic of sexual assault.

NPR Series

<https://www.npr.org/series/575502633/abused-and-betrayed>

## **One Step Out of Loneliness**

This is an excellent video to show parents, guardians, etc about sexuality, love and relationships for people with I/DD.

<https://www.youtube.com/watch?v=q5-yA3rzOB8>

## **Supplemental Resources**

### **SexEd Mart**

These materials have been specifically adapted to help teach concepts of sexual health and healthy relationships to individuals with intellectual differences, developmental delays and Autism Spectrum Disorders.

They specialize in learning sequencing cards, activity kits, and instructional materials.

<https://sexedmart.com/product-category/special-needs-resources/>

*Katherine McLaughlin, M.Ed. is a national expert and trains individuals, staff, and parents on sexuality and developmental disabilities. She teaches sexuality education to people with developmental disabilities and trains them to be peer sexuality educators. She is the author of an agency and school curriculum, "Sexuality Education for People with Developmental Disabilities." She has developed two online courses: "Developmental Disability and Sexuality 101" for professionals and "Talking to Your Kids: Developmental Disabilities and Sexuality" for parents. She has spent her career trying to elevate the status of all people, which is why the name of her growing company is Elevatus Training.*