Disability & Sexuality Series

Presenter:
Dawn Monaco
Co-Director, REACH for Transition
SPAN Parent Advocacy Network
Disability & Sexuality Series

Webinar Objectives

• briefly review all four parts of the webinar series

• Review where to find the webinar recordings
Disability & Sexuality Series

Part 1: Building Healthy Relationships

Presenter: Katy Smith, Youth Leadership Coordinator for the Parent Education and Advocacy Leadership Center (PEAL) in Pennsylvania
Part 1: Building Healthy Relationships

Learning Outcomes:
• Understanding the foundation for healthy relationships lies in having strong self-awareness and self-respect
• Identify the characteristics of healthy and unhealthy relationships.
• Understand importance of continually developing self confidence and resilience.
Part 1: Building Healthy Relationships

- Understanding the foundation for healthy relationships lies in having strong self-awareness and self-respect.

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Essential Questions of Self-Awareness

Goals, needs, wants, and desires
- What are your goals in and after high school?
- What do I need in order to accomplish them?
- What do I want to do after high school?
- What careers interest me?
- What do I enjoy doing?
- Why do I enjoy these things?
- Who do I enjoy or work well with?

Strengths and areas for growth
- What do I do well?
- What comes easily?
- What is hard for me to do?
- What skills or areas do I need to work on?
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Part 1: Building Healthy Relationships

- Identify the characteristics of healthy and unhealthy relationships.
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Part 1: Building Healthy Relationships

• Understand importance of continually developing self confidence and resilience.
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Part 2: Navigating Sexuality

Presenter: Shawn McGill, MSW, LSW
Part 2: Navigating Sexuality

Learning Outcomes:

• Find useful ways to teach about sexuality, rather than ignore or dismiss sexual feelings

• Learn how to teach fundamental skills to aid in managing sexual feelings and support relationship development.
Part 2: Navigating Sexuality

- Find useful ways to teach about sexuality, rather than ignore or dismiss sexual feelings

**Ideas to Help Boys with Puberty**
- Explain what is happening
- Do not overreact
- Do not under react
- Purchase books and videos that explain puberty and physical changes

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Part 2: Navigating Sexuality

• Find useful ways to teach about sexuality, rather than ignore or dismiss sexual feelings (cont.)

Ideas to Help Girls with Puberty
- Put red food coloring in underwear
- Demonstrate how a pad is used
- Mark underwear to show where pad goes
- Try different brands of pads
- Create a visual schedule

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Part 2: Navigating Sexuality

• Learn how to teach fundamental skills to aid in managing sexual feelings and support relationship development.
Part 2: Navigating Sexuality

• Learn how to teach fundamental skills to aid in managing sexual feelings and support relationship development (cont.)
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Part 3: Abuse Prevention & Empowerment

Presenters:
Tracy A. Higgins, MA, LPC,
Melissa Keyes DiGioia, CSE

Finding Your Individuality
Disability & Sexuality Series

Part 3: Abuse Prevention & Empowerment

Learning outcomes

• Risk factors that contribute to the prevalence of sexual abuse associated with people with I/DD
• Explain ways that people with I/DD are impacted by a history of sexual trauma and other forms of abuse
• Define Trauma Focused Care in supporting people with I/DD
• Identify three benefits for taking an interdisciplinary approach in supporting people with I/DD with a history of abuse
Part 3: Abuse Prevention & Empowerment

- Risk factors that contribute to the prevalence of sexual abuse associated with people with I/DD

- Why are people with I/DD more vulnerable?
  - May view everyone as a “friend”.
  - Limited social opportunities.
  - Low self-esteem and strong need for acceptance.
  - Lack of assertiveness.
  - Frequently fail to disclose because of fear of not being believed or taken seriously.
  - People are not taught to reduce their risk of abuse.
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Part 3: Abuse Prevention & Empowerment

• Explain ways that people with I/DD are impacted by a history of sexual trauma and other forms of abuse

Post-traumatic stress disorder (PTSD)

• Triggers can be seen, felt, heard, smelled
• What they are experiencing feels “REAL”
• PTSD – Re-experiencing, Avoiding and Hyper-arousal
• How does Sexual Trauma and PTSD impact behavior and learning?
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Part 3: Abuse Prevention & Empowerment

- Define Trauma Focused Care in supporting people with I/DD
- Identify three benefits for taking an interdisciplinary approach in supporting people with I/DD with a history of abuse
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Part 3: Abuse Prevention & Empowerment

Sexuality and Relationship Education for Children and Adolescents with Autism Spectrum Disorders

Teaching Children with Down Syndrome about Their Bodies, Boundaries, and Sexuality
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Part 4: Understanding Gender & Sexual Diversity
Presenter: Graciela Slesaransky-Poe, Ph.D. (she/her/hers)

LUNCHTIME LEARNING WEBINAR
Disability & Sexuality, Part 4
“Understanding Gender & Sexual Diversity in Youth/Young Adults with Disabilities”

This webinar will explore terminology and key concepts related to gender and sexual diversity in youth/young adults with disabilities.

Graciela Slesaransky-Poe, Ph.D. (she/her/hers) is an Education Professor and the former Founding Dean of the School of Education at Arcadia University, in Glenside, Pennsylvania. She is a parent, advocate and ally to the disability and the LGBTQ+ communities. She has over 25 years of experience on creating inclusive, welcoming, and affirming communities for all.

Wednesday
March 27, 2019
12:00 – 1:00

Registration Required
Register early, limited number of tickets available.

Instructions on how to join webinar will be sent with registration confirmation.

Questions contact:
Dawn Monaco
dmonaco@spanadvocacy.org
973-642-8100 x 195

Link To Register: https://p4-disability-sexuality.eventbrite.com

SPAN Parent Advocacy Network | 33 Valley St, Newark, NJ 07105 | 973-642-8100 www.spanadvocacy.org
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Part 4: Understanding Gender & Sexual Diversity

Learning outcomes:
• What is gender identity
• The difference between sexuality identity and sexual orientation
• Gender diverse students in school
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Part 4: Understanding Gender & Sexual Diversity

- What is gender identity
• The difference between sexual identity and sexual orientation
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Part 4: Understanding Gender & Sexual Diversity

- Gender diverse students with in school
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Link to Recordings:
https://tinyurl.com/reachsexualityseries

REACH for Transition Website
http://tinyurl.com/reachfortransition

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