

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/access-supports/empowerment#sexuality-and-people-with-developmental-disabilities>

Sex Talk for Self-Advocates Webinar Series

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

AUCD

Part 1 Relationships:

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

Part 2 Sex and Intimacy:

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

Part 3 Safe Sex Practices - Sexually Transmitted Infections (STIs):

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

Part 4 Relationship Experiences:

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

Part 5 Maintaining Relationship Status: An Open Discussion:

https://www.youtube.com/watch?v=4isUkCW_NNQ

Part 6 LGBTQ+ Relationships:

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

Part 7 Marriage:

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

Part 8 Parenting:

<https://www.youtube.com/watch?v=Yq477mLJRz4>

Part 9 Sexual Self-Advocacy:

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

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)

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

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/>

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

By: Vanderbilt Kennedy Center

<https://vkc.mc.vanderbilt.edu/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, at 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

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 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>

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 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>