

Healthy Relationships, Sexuality and Disability Resource Guide 2011

*Prepared by a partnership between the
Massachusetts Department of Public Health (MDPH) and the
Massachusetts Department of Developmental Services (MDDS)*

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Resource guide contents do not necessarily represent the official views of the CDC.*

Acknowledgements

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The resource guide was developed following a needs and resources assessment survey conducted by Marci Diamond, Jeanne Ward, and Piale Roy of the MDPH Bureau of Community Health and Prevention, and Janice O’Keefe and staff of the MDDS Office of Quality Management. Substantial input to the survey was provided by Susan Love of the Disabled Persons Protection Commission and members of the DPH Children with Special Health Care Needs Young Adult Advisory Council.

Lenore Tsikitas, Health Access and Promotion Coordinator of the MDPH Family Planning Program oversaw production of this resource guide with the input and expertise of Patricia Carney, Training Coordinator of the MDDS Office of Learning and Development, and the contribution of several MDPH interns: Adeolu Odewale, Hannah Zangwill and Jayne Greenberg.

Introduction

In 2009, the Massachusetts Department of Public Health (MDPH) and Department of Developmental Services (MDDS), with the support of the Disabled Persons Protection Commission (DPPC) and other stakeholders, worked together to survey youth in Massachusetts living with disabilities—as well as the parents, providers and program partners who support them—about their experiences with and opinions about sexuality education and abuse prevention. Health education on these topics helps people develop an understanding of and sense of control over their own bodies, behaviors, emotions, and relationships, which is essential to achieving sexual health and wellbeing. This needs assessment survey, along with a follow up survey conducted by DDS with its vendor network, was designed to understand and address sexuality education gaps experienced by people living with disabilities was a key part of the [2009-2016 Massachusetts Sexual Violence Prevention Plan](#) to reduce sexual violence in Massachusetts. Many of the diverse resources listed here in the *Healthy Relationships, Sexuality and Disability Resource Guide (2011)* were first suggested by Massachusetts residents who took part in this unique survey to identify and share locally recommended sexual health and wellness resources that support people living with disabilities. Additional resources were suggested by MDPH and MDDS program partners and staff.

Learning how to access medically accurate, developmentally appropriate health information and resources about sexual health, development and safety is an important developmental task for all youth, and a skill that is needed throughout adulthood. Yet according to the 2009 needs assessment survey, many youth living with disabilities in Massachusetts have not received health education and related supports that are adequate or specific to their needs. Many youth reported lacking support for developing healthy, supportive, respectful and equitable relationships, as well as recognizing and reporting abuse. Parents and providers echoed the need for additional resources to help them support people with disabilities have practical access to these human rights. This preventative resource guide was created to share a variety of resources to assist people living with disabilities and those who care about them in accessing the information and guidance they may need to support a broad spectrum of developmentally appropriate tasks related to the reduction of health risks and promotion of healthy relationships and sexuality.

Youth and adults with a wide range of intellectual, developmental and physical abilities and disabilities can benefit from the various types resources listed here which include books, CD/DVDs, curricula and trainings, websites, helplines and support groups. Brief descriptions of each of the resources and how to access them are also included so that the reader can review them and decide which meet their needs best. International Standard Book Numbers (ISBN numbers) have been provided for resources that can be found in multiple places, such as libraries or online bookstores. The cost of these resources vary; some are affordable for individuals and families and others, like curricula, may be more easily purchased by schools and/or other larger systems of care.

The *Healthy Relationships, Sexuality and Disability Resource Guide 2011* is intended for DPH/DDS program staff and the public that may be periodically updated. The presence of resources and information in this guide does not constitute an endorsement by MDPH or MDSS of any particular organization or philosophy. (For example, please note that some of the older resources may contain the now-outdated term “mental retardation,” which is no longer considered an appropriate way to describe people living with intellectual and developmental disabilities in Massachusetts. Only those resources that contain a lot of valuable information despite the use of this term have been included for your reference). Not every resource here is necessary or appropriate for every person or situation, and some resources may be appropriate for multiple types of people or situations. You can decide what resources best fit your own needs, situation, personal and familial values.

If you would like to talk to someone about which of these resources may best meet your needs, please contact the **Children With Special Health Care Needs Support Line** at **1-(800) 882-1435** or **(617) 624-5992 (TTY)**. This toll free support line has bilingual capacity in Spanish, and is staffed by social workers with years of experience assisting families of children and youth with special health care needs. They can help identify additional resources for residents who wish to begin or need help to continue conversations about sexual health and development across the lifespan. They can also provide information about other helpful community resources, public benefits, and state programs. If you are aware of additional resources that may benefit people living with disabilities in Massachusetts, please contact **Lenore Tsikitas** at **617-624-6060** or lenore.tsikitas@state.ma.us.

Thank you for your efforts to continue to share these important resources. Improving access to medically and factually accurate resources which promote healthy, respectful and equitable attitudes and beliefs about sexuality will not only help to reduce the incidence of sexual violence in Massachusetts, but will also to enable people living with disabilities to enjoy healthier and more fulfilling lives.

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Table of Contents

Topic:	Page number:
Puberty and Human Development	4
Puberty and Human Development: Autism Spectrum Disorders (ASD)	8
General Sexuality Education	10
Social Skills and Relationship Development	16
Sexual Orientation and Identity	17
Sexual Health and Human Rights	19
Sexual Abuse Prevention	22

Puberty and Human Development	Contact Information & Availability	Resource Type & Overview	Intended Audience
<p>Talking Together... About Growing Up: A Workbook for Parents of Children with Learning Disabilities</p>	<p>Lorna Scott, Lesley Kerr-Edwards, and Nic Watts Published by: Family Planning Association (2010) ISBN: 190550618X</p>	<p>This workbook offers support for parents and caregivers of children with learning disabilities who are approaching or are around the age of puberty. The easy-to-follow style and clear, picture based stories are suitable for young people who may not be able to read. Schools can adapt and use it as part of their sex and relationships education program and to develop their partnership with parents to support this work at home.</p>	<ul style="list-style-type: none"> • Parents • Children/Youth with disabilities
<p>Girls are Girls and Boys are Boys, So What's the Difference?</p>	<p>Sol Gordon Published by: Prometheus Books (1991) ISBN: 0879756861</p>	<p>This book explains the facts of human reproduction and the physical differences between boys and girls. It contains good illustrations of human development appropriate for all youth.</p>	<ul style="list-style-type: none"> • Parents • Children/Youth
<p>Teaching Children with Down Syndrome about Their Bodies, Boundaries, and Sexuality: a Guide for Parents and Professionals</p>	<p>Terri Couwenhoven Published by: Woodbine House (2007) ISBN: 189062733X</p>	<p>This training guide covers relevant issues and concerns for children of all ages, as well as later issues that affect teenagers and young adults. Relevant and helpful for any youth or young adult with developmental or intellectual disabilities (DD/ID).</p>	<ul style="list-style-type: none"> • Parents of children with DD/ID • Educators and direct support professionals • Health care professionals

Puberty and Human Development	Contact Information & Availability	Resource Type & Overview	Intended Audience
“Where Did I Come From?”	Peter Mayle Published by: Lyle Stuart (2000) ISBN: 0818402539	This book covers the basic facts from love-making, orgasm, conception and growth inside the womb, through to the actual birth day. Names all the names and shows all the important parts of the body with colorful illustrations.	<ul style="list-style-type: none"> • Children/Youth • Parents
Janet’s Got Her Period: Training in Menstrual Self-Care for Girls and Young Women with Severe Developmental Disabilities	Judi Gray, Jitka Jilich Published by: James Stanfield Co. 1990 Available at: http://www.stanfield.com/sex-ed-janets-got-her-period.html	This training program is geared to young women with cognitive impairment. It includes a video which is done in story form and features a girl with Down Syndrome and her family. There is an accompanying story/picture book of guidelines for “managing menstruation” and a set of pictographs. Actors have Australian accents.	<ul style="list-style-type: none"> • Health care professionals • Educators and direct support professionals
I Am a Beautiful Person: Sexuality and Me	Produced by: The PACER Center, a National Parent Advocacy Coalition for Educational Rights based in Minneapolis. Available at: http://www.wifacets.org/videos/beautiful.html	This video provides discussion by parents and young people with disabilities about the important, but challenging topic of sexuality. 13 minutes. Closed-captioned.	<ul style="list-style-type: none"> • Children/Youth with disabilities

Puberty and Human Development	Contact Information & Availability	Resource Type & Overview	Intended Audience
Sexuality of Children and Adolescents With Developmental Disabilities	<p>Pediatrics. Official Journal of the American Academy of Pediatrics (2006)</p> <p>Nancy A. Murphy, Ellen Roy Elias, for the Council on Children With Disabilities.</p> <p>Available at: http://pediatrics.aappublications.org/cgi/reprint/118/1/398</p>	<p>This report discusses issues of puberty, contraception, psychosexual development, sexual abuse, and sexuality education specific to children and youths with disabilities and their families.</p>	<ul style="list-style-type: none"> • Health care professionals • Parents of youth with disabilities • Educators

Puberty and Human Development: Autism Spectrum Disorders (ASD)	Contact Information & Availability	Resource Type & Overview	Intended Audience
Asperger's and Girls	<p>Tony Attwood</p> <p>Published by: Future Horizons (2006) ISBN: 193256540X</p>	<p>This book on puberty and relationships was jointly written by girls and women with Asperger's to empower individuals living with Asperger's to successfully transition from girlhood to womanhood.</p>	<ul style="list-style-type: none"> • Adolescent girls with Asperger's • Parents of adolescent girls with Asperger's
Autism-Asperger's & Sexuality: Puberty and Beyond	<p>Jerry & Mary Newport</p> <p>Published by: Future Horizons (2002) ISBN: 1885477880</p>	<p>This book provides first-hand knowledge and practical advice to help guide young autistic adults/adults with Autism Spectrum Disorders (ASD) and their caregivers through the often difficult but important topic of puberty.</p>	<ul style="list-style-type: none"> • Adolescents with ASD • Parents of adolescents with ASD

Puberty and Human Development: Autism Spectrum Disorders (ASD)	Contact Information & Availability	Resource Type & Overview	Intended Audience
Girls Growing Up on the Autism Spectrum: What Parents and Professionals Should Know About the Pre-Teen and Teenage Years	Shana Nichols, with Gina Marie Moravcik & Samara Pulver Tetenbaum Published by: Jessica Kingsley Pub. (2008) ISBN: 1843108550	This book covers the many concerns commonly faced by girls with Autism Spectrum Disorders and their parents, from periods and puberty to worries over friendships and ‘fitting in.’ The authors give candid and realistic advice on a wide range of important teenage topics.	<ul style="list-style-type: none"> • Parents of girls with ASD • Health care professionals
Freaks, Geeks & Asperger Syndrome: A User Guide to Adolescence	Luke Jackson Published by: Jessica Kingsley Pub (2002) ISBN: 1843100983	Drawing from his own experiences and gaining information from his teenage brother and sisters, Luke at 13 years old wrote this enlightening, honest and witty book in an attempt to address difficult topics such as bullying, friendships, when and how to tell others about ASD, school problems, dating, relationships and morality.	<ul style="list-style-type: none"> • Adolescents with ASD
Taking Care of Myself: A Hygiene, Puberty and Personal Curriculum for Young People with Autism	Mary Wrobel Published by: Future Horizons (2003) ISBN 1885477945	This curriculum contains stories with information on health, hygiene, modesty, growth and development, menstruation, touching and personal safety and masturbation.	<ul style="list-style-type: none"> • Educators and direct support professionals

Puberty and Human Development: Autism Spectrum Disorders (ASD)	Contact Information & Availability	Resource Type & Overview	Intended Audience
Living with Autism: Puberty and Children on the Autism Spectrum	Autism Society 4340 East-West Hwy, Suite 350 Bethesda, Maryland 20814 (301) 657-0881 or 1(800)-3-AUTISM (1-800-328-8476) Available at: http://www.autism-society.org/about-us/publications/resource-materials.html	A parent's guide to navigating and discussing puberty with an autistic daughter or son. You must register to use the website to access this resource.	<ul style="list-style-type: none"> • Parents of youth with ASD • Educators and direct support professionals

General Sexuality Education	Contact Information & Availability	Resource Type & Overview	Intended Audience
The Ultimate Guide to Sex and Disability: for All of Us Who Live with Disabilities, Chronic Pain and Illness	Miriam Kaufman, Cory Silverberg and Fran Odette. Published by: Cleis Press (2007) ISBN: 1573443042	This book addresses a wide range of disabilities from chronic fatigue, back pain, and asthma to spinal cord injury, hearing and visual impairment, multiple sclerosis, and more. Provides readers with encouragement, support, and all the information they need to create a sex life that works for them. The authors, a medical doctor, a sex educator, and a disability activist, cover all aspects of sex and disability, including building a positive sexual self-image; positions to minimize stress and maximize pleasure; dealing with fatigue or pain during sex; finding partners and talking with partners about sex and disability; adapting sex toys; and more.	<ul style="list-style-type: none"> • Adults with general physical disabilities

General Sexuality Education	Contact Information & Availability	Resource Type & Overview	Intended Audience
<p>Life Cycle - How We Grow and Change: A Human Development and Sexuality Education Curriculum</p>	<p>Sherrie M. Vavrichek and R. Kay Tolle</p> <p>Published by: Life Cycle Education Consultants, LLC. (2008)</p> <p>Available for order from: http://bluetowertraining.com/online-store/</p>	<p>This curriculum is designed to teach youth and adults with developmental disabilities about psycho-social and sexual development throughout the human life cycle. Self-esteem, privacy awareness, respectful relationships, appropriate/inappropriate touch, abuse prevention, independence, physical growth and change are some of the key concepts emphasized. Life Cycle includes an instructor's guide, pre and post test, quizzes, lesson plans, and over 100 student lessons and activities as well as a CD with full-color illustrations to enhance the teaching and learning process.</p>	<ul style="list-style-type: none"> • Adolescents and adults with DD/ID • Sexuality Educators • Direct Support Professionals
<p>CIRCLES®: Intimacy & Relationships Education</p>	<p>Contact: Tonia Show or Trudy Grable (408) 727-5775 trudy@php.com Parents Heling Parents (PHP) San Jose, CA</p> <p>Published by: James Stanfield Co.</p> <p>Available at: http://www.php.com/services/circles</p>	<p>The CIRCLES curriculum is a 6 weeklong session that teaches social distance and levels of intimacy through the use of six color-coded concentric circles. It assists students to discriminate different degrees of intimacy and to adapt their behaviors accordingly. It also teaches students how relationships can be formed and maintained according to the social norms of our day.</p>	<ul style="list-style-type: none"> • Youth and adults with DD/ID • Sexuality Educators • Social service agencies that work with adults with
<p>Changes In You: An Introduction to Sexual Education Through an Understanding of Puberty</p>	<p>Published by: James Stanfield Co.</p> <p>Available for order from: http://www.stanfield.com/sex-ed-changes-in-you.html</p>	<p>This curriculum provides a gentle and sensitive approach that helps girls and boys feel confident and comfortable with the physical, social and emotional changes during teen years. It includes a trainer's guide, laminated picture cards (11x17 inch), and student texts (5 each, boy/girl).</p>	<ul style="list-style-type: none"> • Educators

General Sexuality Education	Contact Information & Availability	Resource Type & Overview	Intended Audience
Understanding & Expressing Sexuality: Responsible Choices for Individuals with Developmental Disabilities	Rosalyn Kramer Monat-Haller Published by: Paul H. Brookes (1992) ISBN: 1557660735	This book discusses topics and issues including: human anatomy and physiology, maturation and body changes, inappropriate sexual behavior, abuse, and offenders, birth control options, sexually transmitted diseases, aspects of psychosocial-sexual behavior and psychosocial development, and marriage and parenthood.	<ul style="list-style-type: none"> • Adults with DD/ID • Educators and direct support professionals • Disability Advocates
www.mariatalks.com	Produced by AIDS Action Available at: http://www.mariatalks.com	This statewide helpline and website for teens and young adults provides youth-friendly low-literacy information about sexual health topics from anatomy to relationships and communication, sex, birth control, pregnancy options, HIV/STD prevention, sexual identity issues and more. It also provides information about and referrals to sexual health and youth development programs in MA.	<ul style="list-style-type: none"> • Youth • Parents • Educators and direct support professionals • Health care professionals
Sexuality Education Curriculum for Adults with Developmental Disabilities	Planned Parenthood of Northern New England (2009) Written in collaboration with Green Mountain Self Advocacy Available for order from: http://www.plannedparenthood.org/ppnne/development-disabilites-sexuality-31307.htm	A three part curriculum that includes: <ul style="list-style-type: none"> • Manual with tips on how to establish a sexuality education group and be an effective sex educator • Curriculum with a peer education model and 20 lessons with scripts and handouts • Pre/post test instructions for students. 	<ul style="list-style-type: none"> • Adults with developmental disabilities/ intellectual disabilities • Sexuality educators • Direct support professionals

General Sexuality Education	Contact Information & Availability	Resource Type & Overview	Intended Audience
<p>Teaching Sexuality to Developmentally Disabled Youths: <i>What Do I Say? How Do I Say It?</i></p>	<p>Lisa Maurer</p> <p>Published by: Resource Center for Adolescent Pregnancy Prevention</p> <p>Available at: http://www.etr.org/recapp/index.cfm?fuseaction=pages.EducatorSkillsDetail&PageID=96</p>	<p>This online article contains specific suggestions, tips, and ideas for effectively teaching youth with developmental disabilities about sexuality topics.</p>	<ul style="list-style-type: none"> • Educators and direct support professionals
<p>F.L.A.S.H. Lesson Plans: Comprehensive sexuality education curriculum</p>	<p>Contact: Seattle and King County 516 Third Avenue Seattle, WA 98104 206-296-0100 or 800-325-6165 TTY Relay: 711</p> <p>Available for download at: http://www.kingcounty.gov/healthservices/health/personal/famplan/educators/FLASH.aspx</p>	<p>The F.L.A.S.H. curriculum is a sexual education course for schools created by the Seattle, Washington, Office of Public Health. The curriculum can be downloaded at no charge from the website.</p> <p>F.L.A.S.H. consists of lesson plans and transparencies for grades 4 through 12 as well as lesson plans and curriculum designed for special education students and young adults.</p>	<ul style="list-style-type: none"> • Children/Youth • Parents • Educators
<p>All of Us Talking Together: Sex Education for People with Developmental Disabilities (1999)</p>	<p>Available at: www.disabilitytraining.com</p>	<p>This DVD contains a detailed sex education segment includes reproductive anatomy, pregnancy, contraception, and disease prevention. Social skills, desire for friendship, companionship, romance and relationships are considered.</p>	<ul style="list-style-type: none"> • Parents • Children/Youth with disabilities • Educators and direct support professionals

General Sexuality Education	Contact Information & Availability	Resource Type & Overview	Intended Audience
Teaching Sexual Health Resource Lists	Society of Obstetricians and Gynecologists of Canada (SOGC) & Canadian Foundation for Women’s health Available at: http://sexualityandu.ca/en/	This society provides resource lists and guidelines for teachers providing sexual education to youth with intellectual disabilities and physical disabilities.	<ul style="list-style-type: none"> • Educators and direct support professionals
Human Sexuality Education for Students with Special Needs	MarshMedia and the Puberty Education for Students with Special Needs programs (2007) Liz Sweeney Available at: http://www.marshmedia.com/resources2/files/Special-Needs-Puberty-Education.ppt#260,5, Adapting strategies and materials	This Power Point presentation/white paper discusses cultural and developmental considerations related to teaching youth with special needs about sexual health.	<ul style="list-style-type: none"> • Educators
Introduction to Sexuality Education for Individuals Who Are Deaf-Blind and Significantly Developmentally Delayed	The National Information Clearinghouse on Children Who Are Deaf-Blind Available at: http://www.nationaldb.org/documents/products/sex-ed.pdf	This report discusses the importance of providing the deaf-blind population with information and skills on issues such as modesty, appropriate touch and personal boundaries, menstruation, masturbation, sexual health care, and sexual abuse.	<ul style="list-style-type: none"> • Parents • Health care professionals • Adults who are deaf/blind or have significant DD • Educators and direct support professionals

General Sexuality Education	Contact Information & Availability	Resource Type & Overview	Intended Audience
Sex Education for Physically, Emotionally, and Mentally Challenged Youths	Advocates for Youth Available at: http://www.advocatesforyouth.org/storage/advfy/documents/challengedyouth.pdf	This resource guide provides an overview of common myths and facts about the sexuality of people living with disabilities, as well as guidelines for parents of physically or mentally challenged children and youths. Also includes a select, annotated bibliography of sex education materials and resources. PDF also available for download.	<ul style="list-style-type: none"> • Parents • Educators • Health care professionals
Ten Tips for Talking About Sexuality with Your Child who has Developmental Disabilities	Advocates for Youth Available at: http://www.advocatesforyouth.org/parents/172?task=view	This online article provides quick tips to help a child with developmental disabilities understand topics such as puberty, sex, love, self-esteem.	<ul style="list-style-type: none"> • Parents
Teach-A-Bodies	An Effective Resource for Sex Education, Investigation, Therapy and Courtroom Testimony Published by: June Harnest (1983) Available at: http://www.teach-a-bodies.com	This website offers anatomically correct plush dolls of varying ages, ethnicities and both sexes with an accompanying booklet.	<ul style="list-style-type: none"> • Health care professionals • Educators and direct support professionals
SIECUS Report: Sexuality Education for People with Disabilities	Published by: Sexuality Information and Education Council of the United States, Inc Vol. 29, No.3 Feb./Mar. 2001 Available at: http://one.center-school.org/search-document-detail.php?ID=663	This annotated bibliography on sexuality and disability includes information on books, videos, curricula, and organizations with information related to this subject.	<ul style="list-style-type: none"> • Educators and direct support professionals

Social Skills and Relationship Development	Contact Information & Availability	Resource Type & Overview	Intended Audience
The Facts of Life...and More: Sexuality and Intimacy for People with Intellectual Disabilities	<p>Leslie Walker</p> <p>Published by: Paul H Brookes (2007) ISBN: 1557667144</p>	<p>This book contains candid interviews and personal anecdotes that show how real-life couples with intellectual disabilities handle the joys and challenges of their relationships—courtship, sex, parenthood, disagreements, finances, and more. It includes examples of effective sexuality education techniques and vivid case studies illustrating key points.</p>	<ul style="list-style-type: none"> • People with DD/ID • Educators and direct support professionals • Health care professionals
Social Skills Training for Children and Adolescents with Asperger Syndrome and Social-Communications Problems	<p>Jed Baker</p> <p>Published by: Autism Asperger Publishing Co. (2003)</p>	<p>This training guide highlights 70 of the skills that most commonly cause difficulty for individuals with autism spectrum disorders and social-communication problems. Each skill is presented with a reproducible skill handout, as well as activity sheets listing ways teachers and parents can demonstrate, practice and reinforce the skill in the classroom and at home.</p>	<ul style="list-style-type: none"> • Parents of children and adolescents with ASD • Educators and direct support professionals
S.T.A.R.S.: a Social Skills Training Guide for Teaching Assertiveness, Relationship Skills and Sexual Awareness	<p>Susan Heighway</p> <p>Published by: Future Horizons (2007) ISBN: 1932565256</p>	<p>This training guide was designed to teach youths and adults with developmental disabilities about: understanding relationships, building social skills, and sexual awareness and assertiveness—with the goals of promoting positive sexuality and preventing sexual abuse.</p>	<ul style="list-style-type: none"> • Parents • Educators and direct support professionals

Social Skills and Relationship Development	Contact Information & Availability	Resource Type & Overview	Intended Audience
Sexuality: Your Sons and Daughters with Intellectual Disabilities	Karin Melberg Schwier and Dave Hingsburger Published by: Paul H. Brookes Pub. (2000) ISBN: 1557664285 Available at: www.brookespublishing.com	A reassuring book for parents that describes how to interact with children in a way that increases self-esteem, encourages appropriate behavior, empowers them to recognize and respond to abuse, and enables them to develop life long healthy relationships.	<ul style="list-style-type: none"> • Parents of children with DD/ID • Educators and direct support professionals
Online Mentoring Program	Partners on Line (POL) Meryl Libbey Partners Online Program National Coordinator (617) 556-4075 x19 mllibbey@pyd.org	Online mentoring sponsored by Partners for Youths with Disabilities.	<ul style="list-style-type: none"> • Children/Youth with disabilities

Sexual Orientation and Identity	Contact Information & Availability	Resource Type & Overview	Intended Audience
Gay, Lesbian, Bisexual, and Transgender People with Developmental Disabilities and Mental Retardation: Stories of the Rainbow Support Group	John D. Allen Published by: Harrington Park Press (2003) ISBN: 1560233958	This book describes the history behind the Rainbow Support Group and how it has been shattering myths and stereotypes surrounding people with developmental disabilities and mental retardation. Addresses the fears and concerns of its members and the positive aspects of group membership.	<ul style="list-style-type: none"> • People with DD/ID • Educators and direct support professionals

Sexual Orientation and Identity	Contact Information & Availability	Resource Type & Overview	Intended Audience
<p>Rainbow Support Group of Massachusetts</p>	<p>Statewide Coordinators:</p> <p>Pauline Bosma, Project Consultant Rainbow Support Group of Massachusetts 500 Harrison Avenue, Boston, MA 02118 rainbows_58@yahoo.com (866) 426-2253</p> <p>Ed Bielecki, Coordinator Massachusetts Advocates Standing Strong 500 Harrison Avenue Boston, MA 02118 (866) 426-2253 mass1998@earthlink.net</p> <p>Pat Carney, Trainer Department of Developmental Services, Central West Region Office of Learning and Development 171 State Avenue Palmer, MA 01069 (413) 284-5083 patricia.carney@state.ma.us</p>	<p>Rainbow Support Groups are regional support groups for LGBTQ adults with developmental disabilities in MA. You can call the statewide coordinators listed in the contact information section or the numbers listed below for information and support, as well as to learn more about the current schedule and locations of the Rainbow Support Groups currently held in:</p> <p>Greater Boston (617) 876-4210, ext. 158 Cambridge Family & Children’s Services 60 Gore Street Cambridge, MA</p> <p>Metro Boston (781) 762-8539 Riverside Community Care 450 Washington St., Suite 201 Dedham, MA 02026</p> <p>Central Massachusetts (508)-755-2340 Seven Hills Foundation 81 Hope Avenue Worcester, MA 01603</p> <p>Western Massachusetts (413) 536-2410 Western MA Training Consortium 187 High Street Suite 202 Holyoke, MA 01040</p>	<ul style="list-style-type: none"> • LGBTQ advocates and educators • LGBTQ Adults with disabilities

Sexual Health and Human Rights	Contact Information & Availability	Resource Type & Overview	Intended Audience
Choices: A Guide to Sex Counseling with Physically Disabled Adults	Maureen E. Neistadt and Maureen Freda Published by: Krieger Pub. (1987) ISBN: 0898749034	This guide contains guidelines for sexuality counseling and examines issues of intimacy and communication, as well as the sexual response cycle. It discusses functional and sexual difficulties caused by disabilities and the impact of disability on social issues such as privacy, dating, marriage, and childbearing. Reading and resource lists are included.	<ul style="list-style-type: none"> • Health care professionals • Counselors and clinicians
Sexuality, Learning Disabilities, and Doings What's Right	Gavin Fairbairn, Denis Rowley, and Maggie Bowen Published by: David Fulton Pub. (1995) ISBN: 1853462926	This book addresses sexuality and people with learning disabilities. It explores the rights that individuals have to be informed about sexuality issues, to form relationships, and to express themselves sexually.	<ul style="list-style-type: none"> • Parents • Educators and direct support professionals • Disability advocates
Sticks and Stones: Disabled People's Stories of Abuse, Defiance and Resilience	Marsha Saxton Published by: World Institute on Disability (2009) Available at : http://bluetowertraining.com/online-store/	This book contains a collection of over 50 stories about facing abuse and violence written by a diverse group of people with disabilities, family members, service providers, and other allies covering a wide range of mistreatment and recovery experiences. It helps educators and trainers build creative and meaningful activities around the stories.	<ul style="list-style-type: none"> • Health care professionals • Educators and direct support professionals • Disability advocates

Sexual Health and Human Rights	Contact Information & Availability	Resource Type & Overview	Intended Audience
Those are MY PRIVATE PARTS	<p>Diane Hansen</p> <p>Published by: Empowerment productions (2004) ISBN: 0976198800</p> <p>Available at: http://bluetowertraining.com/online-store/</p>	<p>This book helps children open healthy communication about what is okay and what is not okay when it comes to touching private parts of the body. It uses child-friendly rhyming and colorful illustrations by a four-year-old to incorporate messages about sexual abuse prevention. Statistics and information on childhood sexual abuse are included for parents and educators.</p>	<ul style="list-style-type: none"> • Children with disabilities • Parents • Educators and direct support professionals
Impact: Feature Issue on Sexuality and People with Intellectual, developmental, and Other Disabilities	<p>Institute on Community Integration & Research and Training Center on Community Living</p> <p>Volume 23: Number 2 Spring/Summer 2010</p> <p>Contact: University of Minnesota, 109 Pattee Hall, 150 Pillsbury Dr. SE, Minneapolis, MN 55455 (612) 624-4512 icipub@umn.edu</p>	<p>This publication is comprised of several articles written by people with disabilities and those who have supported them on their journey to learn about and experience sexuality, dating, intimacy, relationships, marriage and parenting. It was compiled to provide information and inspiration to further support the right and opportunity for people with disabilities to understand and express this essential dimension of human life, throughout the lifespan. Several additional resources, many written by self advocates, are included.</p>	<ul style="list-style-type: none"> • Adolescents and adults with disabilities • Parents of adolescents and adults with disabilities • Educators and direct support professionals • Disability advocates
Me HIV+...What Do? A Guide for Deaf People Living with HIV Disease	<p>AIDS Services of Austin</p> <p>Available at: http://cira.med.yale.edu/globalsurvey/warthling_lopez.pdf</p>	<p>A guide to taking care of your health after being infected with HIV that includes information on how to deal with your emotions and medical follow-up needs after being diagnosed. Several sections are devoted to insurance and social support services, and one chapter specifically addressed women's health needs.</p>	<ul style="list-style-type: none"> • Deaf individuals living with HIV

Sexual Health and Human Rights	Contact Information & Availability	Resource Type & Overview	Intended Audience
A Training Manual for Direct Care Staff	<p>Mark Steege and Shannon L. Peck.</p> <p>Contact: 5410 Fredericksburg Road, Suite 111 San Antonio, Texas 78229 (877) 560-1739 orders@steegepublications.com</p> <p>Published by: The Steege Corporations</p>	<p>A manual designed to help direct care staff overcome their discomfort with the sexual behavior of individuals with intellectual disabilities. The manual is the outgrowth of workshops presented by the authors and is designed to be used for individual rather than group work so that each staff member can work through their own discomfort using the exercises in the manual.</p>	<ul style="list-style-type: none"> • Health care professionals • Direct Support Professionals
The GYN Exam Handbook & Exam Video	<p>Maria Oliva Taylor</p> <p>Published by: James Stanfield Co. Inc. Santa Barbara, CA. 1991.</p> <p>Available for order from: http://www.stanfield.com/sex-ed-gyn-exam.html</p>	<p>This handbook and video was designed for females with special needs. Illustrates the essentials of gynecological/pelvic exam. Includes video and training manual for pelvic exam, Pap smear, and breast exam.</p>	<ul style="list-style-type: none"> • Health care professionals

Sexual Abuse Prevention	Contact Information & Availability	Resource Type & Overview	Intended Audience
<p>Awareness & Action: Educating Persons with Disabilities on Recognizing, Reporting and Responding to Abuse Massachusetts Trainer Guide, Curriculum, Video and Participant Workbook</p>	<p>Contact: Building Partnerships Initiative (BPI) c/o Disabled Persons Protection Commission (DPPC) 300 Granite Street, Suite 404 Braintree, MA 02184 (617) 727-6465 (888) 822-0350 TTY www.mass.gov/dppc</p>	<p>The Awareness and Action: Educating Persons with Disabilities on Recognizing, Reporting and Responding to Abuse curriculum and supporting materials (PowerPoint slide presentation, video, participant workbook and trainer guide) were developed by persons with disabilities in partnership with the Building Partnerships for the Protection of Persons with Disabilities Initiative (BPI) to educate persons with disabilities and others about abuse committed against persons with disabilities.</p> <p>The three-hour training, taught by persons with disabilities and others, and accompany video and participant workbook, introduces the abuse of persons with disabilities and closely examines how to recognize, report and respond to five different types of abuse (physical, sexual, neglect, verbal and financial) through five powerful vignettes, a slide presentation, group activities, skits and worksheets. At the end of the three-hour training, participants take home reporting and learning materials including a backpack, DVD of Abuse Stories, participant workbook, state and local resources and more.</p>	<ul style="list-style-type: none"> • Persons with Disabilities • Support Staff • Family members • Social service agencies that work people with disabilities • Health care professionals • Educators and direct support professionals

Sexual Abuse Prevention	Contact Information & Availability	Resource Type & Overview	Intended Audience
Just Say Know! Understanding and Reducing the Risk of Sexual Victimization of People with Developmental Disabilities	Dave Hingsburger Published by: Diverse City Press (1995) ISBN: 1896230008	This book offers inspiration and practical guidance for families and clinicians on the subject of sexual abuse and the vulnerability of people with developmental disabilities.	<ul style="list-style-type: none"> • Parents • Health care professionals • Educators and direct support professionals
My Body...My Choice	Shirley Paceley Illustrated by Annette Russo Penhallegon (2001) Available at: http://bluetowertraining.com/online-store/	This fully illustrated mini-book covers the basics of body safety, empowering people with disabilities across the nation to resist and report sexual abuse.	<ul style="list-style-type: none"> • Youth with disabilities • Parents • Educators
My Body...My Choice Set	Shirley Paceley Illustrated by Annette Russo Penhallegon (2001) Available at: http://bluetowertraining.com/online-store/	This set includes the fully illustrated mini-book written for youths and adults with developmental disabilities and 15 laminated cards which can be used in group settings to encourage discussions and role play about sexual abuse prevention. The colorful cards are leader friendly, featuring the words from the book on the back of each picture.	<ul style="list-style-type: none"> • Adults and youth with disabilities • Parents • Educators and direct support professionals

Sexual Abuse Prevention	Contact Information & Availability	Resource Type & Overview	Intended Audience
<p>Safe Beginnings: Protecting Our Children from Sexual Abuse</p>	<p>Orieda Horn Anderson and Shirley Paceley</p> <p>Published by: Blue Tower Training Center (2003) ISBN: 1931568200</p> <p>Available at: http://bluetowertraining.com/online-store/</p>	<p>This guidebook contains:</p> <ul style="list-style-type: none"> • Strategies for teaching preschool children about self-respect, self-esteem, sexuality, and safety • Skills for empowering children to resist and report sexual abuse • How to create safe environments in nurseries, preschools, day care centers, and schools • Tips for raising boys and girls • What to do if abuse occurs • Resources and ideas for social change 	<ul style="list-style-type: none"> • Parents of pre-school children • Educators and childcare workers
<p>WE CAN Stop Abuse: A Sexual Abuse Prevention Curriculum for Persons with Developmental Disabilities</p>	<p>Sandy Laesch and Shirley Paceley</p> <p>Published by: Macon Resources, Inc (2004)</p> <p>Available for order from: http://bluetowertraining.com/online-store/</p>	<p>The <i>WE CAN Stop Abuse</i> curriculum has been proven effective for teaching abuse prevention skills to persons with developmental disabilities. The curriculum includes:</p> <ul style="list-style-type: none"> • Eight ready-to-use interactive sessions with several activities • Introductory information for sexual assault center employees • Goals and objectives for individual participants • Evaluation instruments to measure individual skills • Human sexuality resource list • Overview of the WE CAN Stop Abuse Project in Illinois. 	<ul style="list-style-type: none"> • Sexuality educators • Direct support professionals • Adults with DD/ID

Sexual Abuse Prevention	Contact Information & Availability	Resource Type & Overview	Intended Audience
Respect: A Girl's Guide to Getting Respect & Dealing When Your Line Is Crossed	Courtney Macavinta and Andrea Vander Pluym Published by: Free Spirit Publishing (2005) ISBN: 1575421771	This girl's guide covers topics girls deal with daily, including body image, family, friends, the media, school, relationships, and rumors. Confronts tough issues like sexual harassment, date rape, sex, drugs, and alcohol. Thorough guide for parents and girls.	<ul style="list-style-type: none"> • Girls • Parents • Educators and direct service professionals
Teach Me	Lyrics by Shirley Paceley, Music by Jill Dixson Available at: http://bluetowertraining.com/online-store/	A powerful song about sexual abuse of a person with developmental disabilities. Useful in counseling, employee development, prevention education, parent education, and community awareness.	<ul style="list-style-type: none"> • Parents • Educators and direct support professionals • Disability advocates • Counselors and clinicians
No! How!!	Dave Hingsburger and Diverse City Press Available at: http://www.diverse-city.com/display.htm	This DVD includes all of the important elements of sexual abuse prevention as well as a problem-solving process for persons with developmental disabilities. The actors and actresses are people with developmental disabilities teaching others about sexual abuse—what it is and how to prevent it.	<ul style="list-style-type: none"> • Adults with disabilities • Educators and direct support professionals

Sexual Abuse Prevention	Contact Information & Availability	Resource Type & Overview	Intended Audience
<p>Communication is Protection! Brochure Series</p>	<p>Massachusetts Department of Public Health (MDPH)</p> <p>Available at: MDPH 250 Washington St. 4th fl Boston, MA 02108 (800) 882-1435 or (617) 624-6060 (617) 624-5992 (TTY)</p>	<p>The Massachusetts Department of Public Health has developed two brochures for parents and caregivers that communicate the importance about talking about sex and sexuality with young people with disabilities. Includes referral to a statewide support line for children with special health care needs.</p> <ul style="list-style-type: none"> • Communication is Protection! Prevent Sexual Exploitation: Tri-fold brochure (double-sided). Offers communication tips to empower youths and prevent abuse. • Communication is Protection! Sexuality & Youths with disabilities: Tri-fold brochure (double-sided). Offers communication tips to help teens build healthy relationships and promote socialization. 	<ul style="list-style-type: none"> • Parents of youth with disabilities
<p>Kid & Teen Safe</p>	<p>Abuse Prevention Program for Youth with Disabilities</p> <p>Published by: National Resource Center on Domestic Violence (2002)</p> <p>Available at: http://new.vawnet.org/Assoc_Files_VAWnet/NR_C_KTSafe-full.pdf</p>	<p>A school-based program outline and curricula model, this comprehensive online booklet focuses on prevention and intervention of abuse of disabled students. Designed to aid in implementing school programs in abuse prevention.</p>	<ul style="list-style-type: none"> • Educators

Sexual Abuse Prevention	Contact Information & Availability	Resource Type & Overview	Intended Audience
Traumatic Brain Injury and Domestic Violence: Understanding the Intersections	Vawnet Special Collections on Domestic Violence Prevention Published: (2010) Available at: http://www.vawnet.org/special-collections/DVBrainInjury.php	Special collection of best practices in domestic violence prevention and education for those with traumatic brain injuries. Includes screening tools and other resources.	<ul style="list-style-type: none"> • Educators and direct support professionals
Violence in the Lives of the Deaf or Hard of Hearing	Vawnet Special Collections on Domestic Violence Prevention Published: (2009) Available at: http://www.vawnet.org/special-collections/Deaf.php	Special collection of best practices in domestic violence prevention and education for the deaf and hard of hearing. Includes training tools and other resources.	<ul style="list-style-type: none"> • Educators and direct support professionals
SafePlace: Disability Services Online	Available at: http://www.safeplace.org/Page.aspx?pid=317	This website offers educational presentations and training materials aimed at reducing the risk of sexual and domestic abuse of disabled people. Resources include tips on preventing, identifying and responding to abuse.	<ul style="list-style-type: none"> • Health care professionals • Educators and direct support professionals

Thank you for your commitment to sharing these valuable resources. Improving access to medically and factually accurate resources which promote healthy, respectful and equitable attitudes and beliefs about sexuality will not only help to reduce the incidence of sexual violence in Massachusetts, but will also to enable people living with disabilities to enjoy healthier and more fulfilling lives.

If you would like to talk to someone about which of these resources may best meet your needs, please contact the: **Children With Special Health Care Needs Support Line** at **1-(800) 882-1435** or **(617) 624-5992 (TTY)**. If you are aware of additional resources that may benefit people living with disabilities in Massachusetts, please contact **Lenore Tsikitas** at **617-624-6060** or lenore.tsikitas@state.ma.us.