**Sample Media for Healthy Relationships, Sexuality and Disability Resource Guide Dissemination**

*Website blurb:*

[Healthy Relationships, Sexuality and Disability Resource Guide](http://www.mass.gov/eohhs/docs/dph/com-health/prevention/hrhs-sexuality-and-disability-resource-guide.pdf)
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. Following a statewide needs assessment, the Department of Public Health and Department of Developmental Services compiled resources to assist young people living with disabilities (and those who care about them) in accessing the information and support needed to achieve positive outcomes when navigating relationships and sexuality. The [Healthy Relationships, Sexuality and Disability Resource Guide](http://www.mass.gov/eohhs/docs/dph/com-health/prevention/hrhs-sexuality-and-disability-resource-guide.pdf) contains resources on topics from puberty and development, social skills and relationship development, sexual health and human rights, and abuse prevention in a wide variety of formats (such as books, curricula, decision-making aids and videos) to benefit a diverse audience of people living with disabilities. A sample media guide is available to help share this important guide with your networks.

*Blurb for a newsletter*:

The Department of Public Health and Department of Developmental Services developed the [Healthy Relationships, Sexuality and Disability Resource Guide](http://www.mass.gov/eohhs/docs/dph/com-health/prevention/hrhs-sexuality-and-disability-resource-guide.pdf) to assist young people living with disabilities (and those who care about them) in accessing the information and support needed to achieve healthier outcomes when navigating the developmental milestones of relationships and sexuality. Youth living with disabilities often lack health education that is comprehensive or specific to their unique developmental needs. The guide provides medically accurate and developmentally appropriate health education on sexual development, communication and relationships, social support and safety, and other topics that help people gain an understanding and sense of control over their own bodies, behaviors, emotions, and experiences. Please share the [Healthy Relationships, Sexuality and Disability Resource Guide](http://www.mass.gov/eohhs/docs/dph/com-health/prevention/hrhs-sexuality-and-disability-resource-guide.pdf) with others who may benefit from this unique collection of resources.

*Short Twitter/Facebook posts: [Note: all of the following samples meet Twitter character maximums. Suggested hashtags include: #disability #healthysexuality #sexualhealth #preventabuse.]*

* Get new Healthy Relationships, Sexuality, and #Disability resources! <http://www.mass.gov/eohhs/docs/dph/com-health/prevention/hrhs-sexuality-and-disability-resource-guide.pdf> #healthysexuality
* Developmentally appropriate resources for young people living with a #disability! <http://www.mass.gov/eohhs/docs/dph/com-health/prevention/hrhs-sexuality-and-disability-resource-guide.pdf> #preventabuse
* Great new resources help #preventabuse in young people living with a #disability <http://www.mass.gov/eohhs/docs/dph/com-health/prevention/hrhs-sexuality-and-disability-resource-guide.pdf> #healthysexuality
* New sexuality resources for young persons living with a #disability! <http://www.mass.gov/eohhs/docs/dph/com-health/prevention/hrhs-sexuality-and-disability-resource-guide.pdf> #healthysexuality
* New resources help young people living with a #disability access sexuality info: <http://www.mass.gov/eohhs/docs/dph/com-health/prevention/hrhs-sexuality-and-disability-resource-guide.pdf> #preventabuse
* New resources on puberty, sexuality, and more for young people living with a #disability: <http://www.mass.gov/eohhs/docs/dph/com-health/prevention/hrhs-sexuality-and-disability-resource-guide.pdf> #healthysexuality
* New resources discuss sexual identity and more for young people living with a #disability: <http://www.mass.gov/eohhs/docs/dph/com-health/prevention/hrhs-sexuality-and-disability-resource-guide.pdf> #healthysexuality
* Knowledge is power! New sexuality resources for young people living with a #disability<http://www.mass.gov/eohhs/docs/dph/com-health/prevention/hrhs-sexuality-and-disability-resource-guide.pdf> #healthysexuality
* Sexuality books, curricula, decision-making aids & videos for young people living with a #disability: <http://www.mass.gov/eohhs/docs/dph/com-health/prevention/hrhs-sexuality-and-disability-resource-guide.pdf> #healthysexuality

*More Twitter options for targeted audiences:*

* Puberty can be difficult. Here are some resources for young people living with a disability: <http://www.mass.gov/eohhs/docs/dph/com-health/prevention/hrhs-sexuality-and-disability-resource-guide.pdf> #healthysexuality
* Are you a young person living with a #disability with questions about sexuality? Check out <http://www.mass.gov/eohhs/docs/dph/com-health/prevention/hrhs-sexuality-and-disability-resource-guide.pdf> #healthysexuality
* Living with a #disability and looking for sex education made just for you? <http://www.mass.gov/eohhs/docs/dph/com-health/prevention/hrhs-sexuality-and-disability-resource-guide.pdf> #healthysexuality
* Caring for someone living with a #disability? Get developmentally-appropriate #healthysexuality info: <http://www.mass.gov/eohhs/docs/dph/com-health/prevention/hrhs-sexuality-and-disability-resource-guide.pdf>
* Figuring out your sexual identity as young person living with a #disability? <http://www.mass.gov/eohhs/docs/dph/com-health/prevention/hrhs-sexuality-and-disability-resource-guide.pdf> #healthysexuality
* Help #preventabuse experienced by people living with disabilities with these resources: <http://www.mass.gov/eohhs/docs/dph/com-health/prevention/hrhs-sexuality-and-disability-resource-guide.pdf> #preventabuse
* Time to talk #healthysexuality with someone living with a #disability? Check out this guide: <http://www.mass.gov/eohhs/docs/dph/com-health/prevention/hrhs-sexuality-and-disability-resource-guide.pdf>

*Longer Facebook posts*: *[Note: We recommend including hashtags such as (#disability, #healthysexuality, #sexual health, etc.) in Facebook posts, as these are searchable by topic, similar to Twitter.]*

* Are you a health educator or provider for young people living with a #disability? Check out these medically accurate and developmentally appropriate health education resources that can help people living with disabilities achieve positive outcomes regarding healthy relationships, sexuality and abuse prevention. <http://www.mass.gov/eohhs/docs/dph/com-health/prevention/hrhs-sexuality-and-disability-resource-guide.pdf> #healthysexuality #preventabuse
* Navigating the realm of sexual health and development can be challenging. Fortunately, people living with a #disability can find medically accurate and developmentally appropriate resources here:  <http://www.mass.gov/eohhs/docs/dph/com-health/prevention/hrhs-sexuality-and-disability-resource-guide.pdf> #healthysexuality
* Young people living with a #disability and those who care for them can find medically accurate and developmentally appropriate information about healthy relationships and sexuality here: <http://www.mass.gov/eohhs/docs/dph/com-health/prevention/hrhs-sexuality-and-disability-resource-guide.pdf> #healthysexuality #preventabuse