

# 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  
4-Part Webinar Series**



**Recorded Webinar Series**

|  |   |
|--|---|
| <p><b>Part 1</b><br/><b>Building Healthy Relationships</b></p> <ul style="list-style-type: none"><li>• Healthy relationships begin with self-awareness &amp; self-respect.</li><li>• Understand healthy vs. unhealthy relationships.</li></ul> | <p><b>Part 2</b><br/><b>Navigating Sexuality</b></p> <ul style="list-style-type: none"><li>• Learn ways to teach about sexuality.</li><li>• Learn skills to support relationship development.</li></ul>   |
| <p><b>Part 3</b><br/><b>Abuse Prevention &amp; Empowerment</b></p> <ul style="list-style-type: none"><li>• Raising awareness about abuse and recognize signs.</li><li>• Learning skills to prevent abuse and empower individuals.</li></ul>    | <p><b>Part 4</b><br/><b>Understanding Gender &amp; Sexual Diversity In Youth/Young Adults with Disabilities</b></p> <ul style="list-style-type: none"><li>• Explore terminology and key concepts related to gender and sexual diversity .</li></ul> |

 **Link to Recordings:** <https://tinyurl.com/reachsexualityseries> 

SPAN Parent Advocacy Network, 35 Halsey St | Newark, NJ | 07102, 973-642-8100 [www.spanadvocacy.org](http://www.spanadvocacy.org)

# 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**

**LUNCHTIME LEARNING WEBINAR**

Two-Part Series  
Disability & Sexuality



**Part 1: Building Healthy Relationships**  
Presenter: Katie Smith, Youth Leadership Coordinator  
PEAL Center, Serving families across PA  
Tuesday, May 8, 2018, 12:00 – 1:00 pm

Link To Register:  
<https://p1-healthyrelationships.eventbrite.com>

**Part 2: Navigating Sexuality**  
Presenter: Shawn McGill, CEO & Founder  
Shawn McGill Consulting, Inc.  
Tuesday, June 12, 2018, 12:00 – 1:00 pm

Link To Register:  
<https://p2-navigatingsexuality.eventbrite.com>

Registration Required!  
Register early, limited  
number of tickets available.

Questions contact:  
Dawn Monaco  
dmonaco@spannj.org  
973-642-8100 x 193

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



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# Disability & Sexuality Series

## 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.



# Disability & Sexuality Series

## Part 1: Building Healthy Relationships

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

### 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?

# Disability & Sexuality Series

## Part 1: Building Healthy Relationships

- Identify the characteristics of healthy and unhealthy relationships.

### Qualities of Healthy Relationships

| Quality                 | What Does It Look Like?  |
|-------------------------|--|
| Trust                   | Accepting each others words  |
| Cooperation             | Making decisions together  |
| Honesty                 | Communicating openly and truthfully                                  |
| Support                 | Offering encouragement, listening without judgement                  |
| Safety                  | Respecting physical space  |
| Effective Communication | Actively listening and openly sharing                                |
| Accountability          | Following through with agreements and promises, admitting when wrong |
| Equality                | Giving as much as you take   |
| Anger Management        | Utilizing healthy anger management techniques                        |

# Disability & Sexuality Series

## Part 1: Building Healthy Relationships

- Understand importance of continually developing self confidence and resilience.

### Self-Acceptance Fosters Self-Confidence

- Understand and accept that everyone is different
- We all bring something unique to the table
- Allow yourself to share what you have to offer



# Disability & Sexuality Series

## Part 2: Navigating Sexuality

**Presenter: Shawn McGill,  
MSW, LSW**

**LUNCHTIME LEARNING WEBINAR**

Two-Part Series  
Disability & Sexuality



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**REACH**  
PROFESSIONALS



# Disability & Sexuality Series

## 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.



# Disability & Sexuality Series

## 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

# Disability & Sexuality Series

## 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

# Disability & Sexuality Series

## Part 2: Navigating Sexuality

- Learn how to teach fundamental skills to aid in managing sexual feelings and support relationship development.

### Causes for Problematic Sexual Behaviors

- Limited opportunities for sexual expression
- Being told that their typical, legal sexual behavior is “inappropriate”
- Lack of social and sexual education, therefore they navigate sexuality on their own
- Challenges with impulse control
- ***Teach Legal vs. Illegal not “appropriate vs. inappropriate”***

# Disability & Sexuality Series

## Part 2: Navigating Sexuality

- Learn how to teach fundamental skills to aid in managing sexual feelings and support relationship development (cont.)

### Teach Private vs. Public Behavior



© Shawn McGill Consulting

# Disability & Sexuality Series

## Part 3: Abuse Prevention & Empowerment

### Presenters:

Tracy A. Higgins, MA, LPC,  
Melissa Keyes DiGioia, CSE  
*Finding Your Individuality*

**LUNCHTIME LEARNING WEBINAR**

Disability & Sexuality, Part 3  
"Abuse Prevention and Empowerment"

**Raising Awareness about Abuse and Sources of Support with Individuals with Intellectual & Developmental Disabilities**

For a variety of reasons, individuals with intellectual and developmental disabilities are especially vulnerable to abuse. It can be hard to recognize abuse as well as disclose a history of abuse if we do not know what abuse is. In this webinar attendees will learn about abuse and strategies to communicate about abuse and sources of support with individuals with intellectual and developmental disabilities.

Presented by:

Tracy A. Higgins, LPC  
Co-Founder and Director of Counseling  
*Finding Your Individuality*

Melissa Keyes DiGioia, CSE  
Co-Founder & Director of Education  
*Finding Your Individuality*

Wednesday  
October 10, 2018  
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 193

Link To Register:  
<https://p3-sexuality-disability.eventbrite.com>

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# 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



# Disability & Sexuality Series

## 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.



# Disability & Sexuality Series

## 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

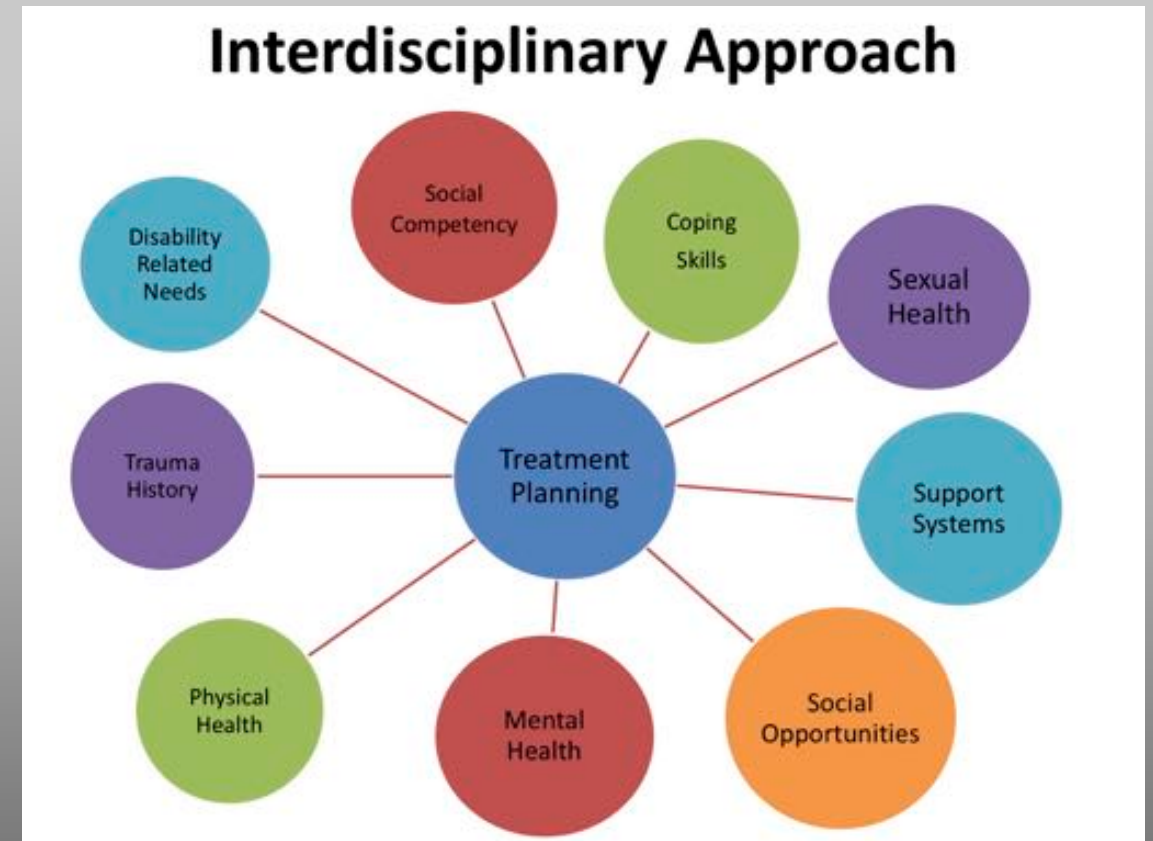
### Post-traumatic stress disorder (PTSD)

- **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?

# Disability & Sexuality Series

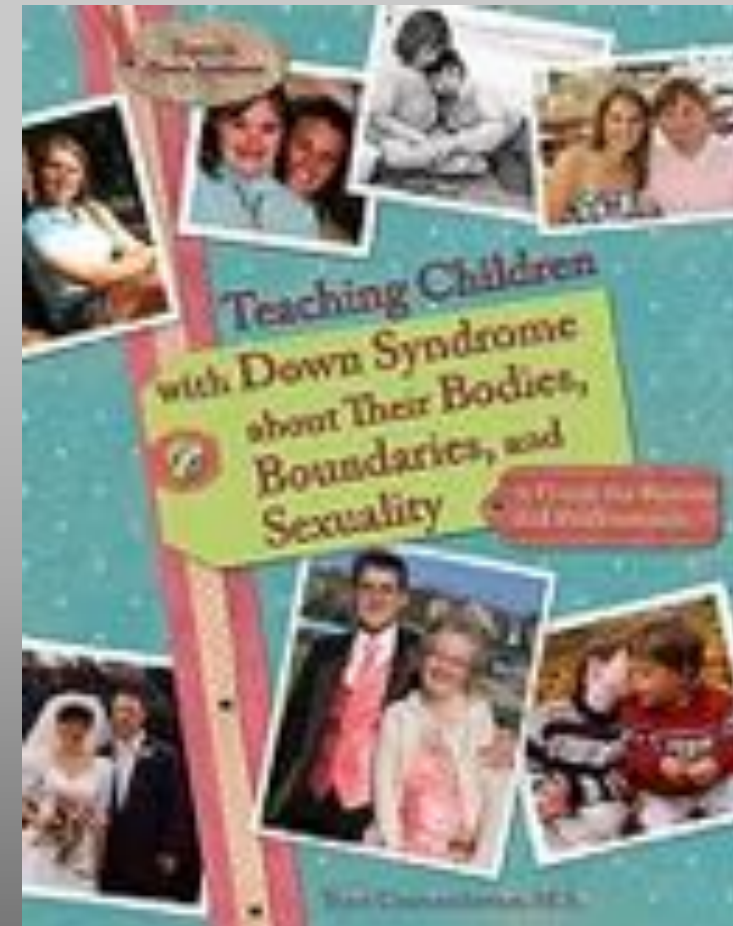
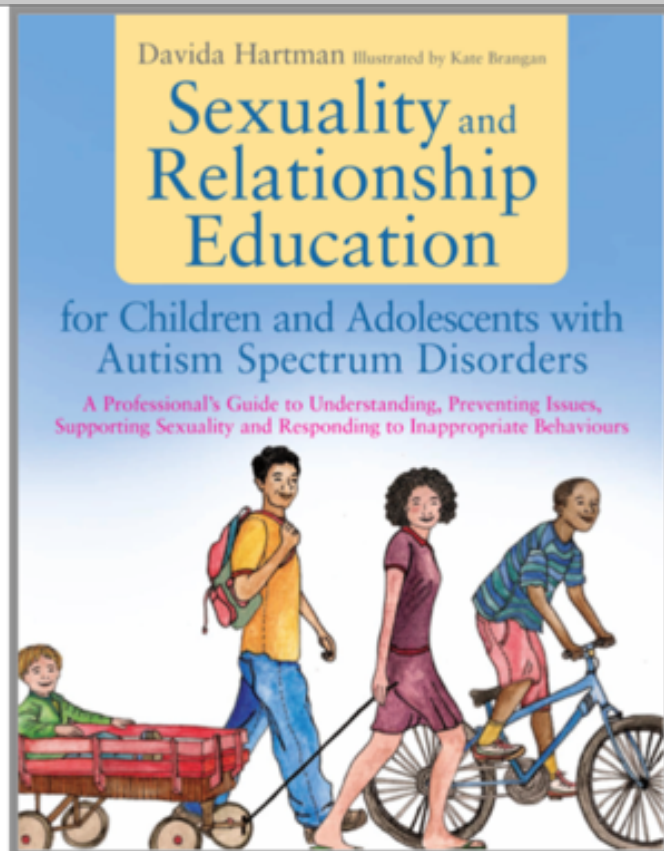
## Part 3: Abuse Prevention & Empowerment

- 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



# Disability & Sexuality Series

## Part 3: Abuse Prevention & Empowerment



# Disability & Sexuality Series

## 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.

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  
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Link To Register:  
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# Disability & Sexuality Series

## Part 4: Understanding Gender & Sexual Diversity

Learning outcomes:

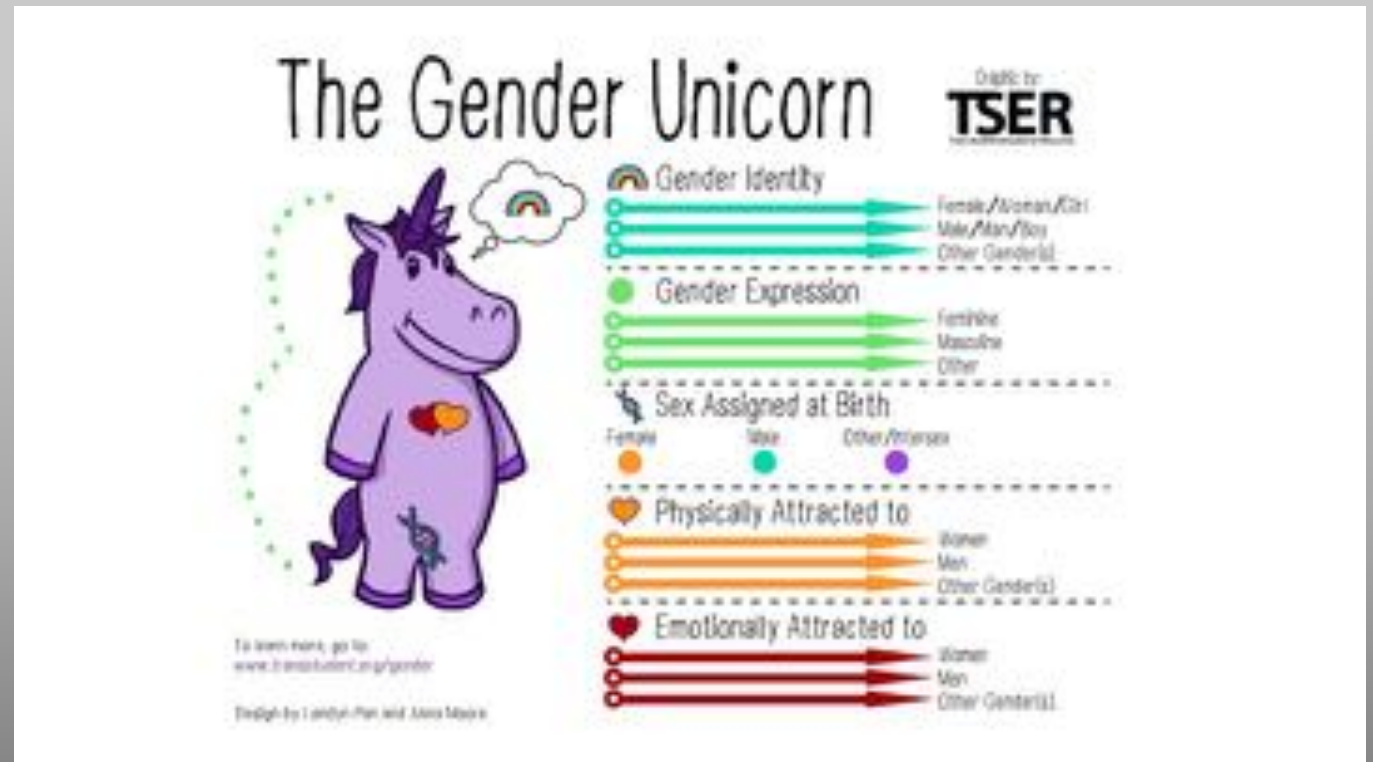
- What is gender identity
- The difference between sexuality identity and sexual orientation
- Gender diverse students in school



# Disability & Sexuality Series

## Part 4: Understanding Gender & Sexual Diversity


- What is gender identity



# Disability & Sexuality Series

## Part 4: Understanding Gender & Sexual Diversity

- The difference between sexual identity and sexual orientation



### Sexual Identity or Sexual Orientation

- Refers to whom individuals are attracted physically, romantically, or emotionally
- Current research indicates that sexual orientation exists along a continuum of emotional and sexual attractions
- This continuum ranges from people who are attracted to:
  - Other sex/gender: heterosexual or straight
  - Same sex/gender: lesbian, gay
  - Both sexes/genders: bisexual
  - None: Asexual
  - Diverse sex and gender: pansexual, omnisexual
- Language is constantly evolving as we learn about different ways to name and claim identities
- LGBTQIA+ (Sexual and Gender Identities)

# Disability & Sexuality Series

## Part 4: Understanding Gender & Sexual Diversity

- Gender diverse students with in school



### Experiences of Gender Diverse Students with Disabilities in Schools

- Prioritizing Needs (False Dichotomy)
- Supports in Schools
- Schools and IEPs
- Bullying
- Homeschooling



# Disability & Sexuality Series

**Disability & Sexuality  
4-Part Webinar Series**



**Recorded Webinar Series**

**Part 1  
Building Healthy Relationships**

- Healthy relationships begin with self-awareness & self-respect.
- Understand healthy vs. unhealthy relationships.

**Part 2  
Navigating Sexuality**

- Learn ways to teach about sexuality.
- Learn skills to support relationship development.

**Part 3  
Abuse Prevention & Empowerment**

- Raising awareness about abuse and recognize signs.
- Learning skills to prevent abuse and empower individuals.

**Part 4  
Understanding Gender & Sexual Diversity In Youth/Young Adults with Disabilities**

- Explore terminology and key concepts related to gender and sexual diversity .


 

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English

**Discapacidad y sexualidad  
Serie de seminarios web de 4 partes**



**Serie de seminarios web grabados**

**Parte 1  
Construir relaciones saludables**

- Las relaciones sanas comienzan con la conciencia propia y la autoestima.
- Comprender las relaciones saludables y las no saludable.

**Parte 2  
Explorando la sexualidad**


- Aprender formas de enseñar sobre sexualidad.
- Aprender destrezas para apoyar el desarrollo de relaciones.

**Parte 3  
Empoderamiento y prevención del abuso**

- Crear conciencia sobre el abuso y reconocer los signos.
- Aprender destrezas para prevenir el abuso y empoderar a las personas.

**Parte 4  
Comprender el género y la diversidad sexual en adolescentes y adultos jóvenes con discapacidades**

Explorar la terminología y los conceptos clave relacionados con el género y la diversidad sexual.

**Enlace a las grabaciones:**  
<https://tinyurl.com/reachsexualityseries>

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Spanish

# Disability & Sexuality Series

Link to Recordings:

<https://tinyurl.com/reachsexualityseries>

REACH for Transition Website

<http://tinyurl.com/reachfortransition>

