

Resource List

Sexuality Education For Persons With Developmental Disabilities

An opportunity for information and wiser decisions

This is a listing of resources that have worked for some sex educators, parents, and staff. Perhaps they will work for you too. The resources are practical and affordable. Most companies have 800 numbers for purchasing information. Good luck!

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Assessment Programs & Curriculum Guides

Introducing a fine new program by Life Cycle Education Consultants, *Life Cycle: How We Grow and Change: A Human Development and Sexuality Education Curriculum*, 2009. The curriculum includes an instructor's guide, pre- and post-tests, chapter quizzes, lesson plans, over 100 student lessons and activities covering all stages of the human life cycle, and a CD with full color illustrations in Power Point™ format to enhance the teaching and learning process. Life Cycle Education Consultants, LLC, www.lifecycleeducation.com.

Being Me Training Program, Step Ahead Consulting Pty Ltd, Australia.
www.stepaheadconsulting.com.au.

Personal SPACE - A Violence Prevention Program for Women, Developed by The Arc of Maryland in Partnership with The Arc of Southern Maryland and The Arc of the United States, 2001. Contact www.thearcmd.org or call 410/974-6139.

The VISCAT: A tool for measuring sexual consent capacity in people with developmental disabilities, William J. Taverner & Dr. Christopher DeMarco. Contact Taverner@ptd.net.

Relationship Series: Part 1 – The Friendship Series; Part 2 – The Boyfriend/Girlfriend Series; Part 3 – The Sexuality Series. YAI National Institute For People with Disabilities Network, www.yai.org.

Guides & Problem-Solvers

A Guide to Consent, Dinerstein, Herr, & O’Sullivan(editors), 1999. AAMR, www.aamr.org.

Consent Handbook for Self-Advocates and Support Staff, Cathy Ficker Terrill (editor), 1999. AAMR, www.aamr.org.

Learn About Life: Sexuality and Social Skills. (6 booklets covering a wide range of sexual and social concepts). Attainment Co., Inc., 800/327-4269, www.AttainmentCompany.com.

Parent-Child Sex Education: A Training Model (rev. 1989). Jean Brown, YWCA of St. Joseph, MO, 816/232-4481, JBrown@YWCASJ.org.

Lessons For Lifeguards, Dr. Michael A. Carrera, 1996. Donkey Press, www.amazon.com.

Changing Inappropriate Sexual Behavior, Griffiths, Quinsey, & Hingsburger, 1989. Brookes Publishing Co., www.amazon.com.

Understanding and Expressing Sexuality, Rosalyn Kramer Monat-Haller, 1992. Brookes Publishing Co., www.amazon.com.

When a Parent is Mentally Retarded, Whitman & Accardo, 1990. Brookes Publishing Co., www.amazon.com.

Socialization and Sexuality...For Professionals Helping People with Disabilities that Hinder Learning, Winifred Kempton, 1998. Program Development Associates, 800/543-2119, www.disabilitytraining.com.

Changes in You, Peggy C. Siegel, MS, 1990. Books and curriculum about puberty for children and adolescents with special needs. Complete curriculum sold by James Stanfield Co. Inc., 800/421-6534, www.stanfield.com.

James Stanfield Company virtual catalog website, www.stanfield.com.

Vulnerable Populations: Sexual Abuse Treatment for Children, Adult Survivors, Offenders, and Persons with Mental Retardation, Suzanne M. Sgroi, MD, 1989. Free Press, www.amazon.com.

A Life-Span Approach to Nursing Care for Individuals With Developmental Disabilities, Shirley P. Roth and Joyce S. Morse, 1994. Brookes Publishing Co., www.amazon.com.

Sexuality: Your Sons and Daughters with Intellectual Disabilities, Karin Melberg Schwier & Dave Hingsburger, MEd, 2000. Brookes Publishing Co., www.amazon.com.

Sexuality After Spinal Cord Injury, Stanley H. Ducharme, PhD, & Kathleen M. Gill, PhD, 1997. Brookes Publishing Co., www.amazon.com.

Social Skills Activities for Secondary Students with Special Needs, Darlene Mannix, 2001. Jossey-Bass, www.amazon.com.

Down Syndrome, A Promising Future, Together, Terry J. Hassold, PhD, & David Patterson, PhD (eds), 1999. Wiley-Liss, www.amazon.com.

From Diapers to Dating, a Parent's Guide to Raising Sexually Healthy Children, Debra W. Haffner, MPH, 2000. Newmarket Press, www.amazon.com.

PCI Education website (social skills resources), www.pcieducation.com.

HIV/AIDS

The Love Bugs: Facts About Sexually Transmitted Diseases. Krames Communications, 800/333-3032, www.krames.com.

Circles: AIDS: Safer Ways (video and manual). Stanfield, 800/421-6534, www.stanfield.com.

SAFE: Stopping AIDS through Functional Education, 1990, Judith Hylton. Education Resources Information Center, www.eric.ed.gov.

Films, Slides & Videos

Person to Person, produced by Mary Ann Carmody and American Film & Video, 1991. Choices, Inc., 202/364-5303, www.ChoicesIncEducationalVideos.org. (Sensitive approach to sex education for parents and caregivers. DVD format, 52 minutes, Discussion Guide included.)

Roots & Wings, produced by Mary Ann Carmody and American Film & Video, 1995. Choices, Inc., 202/364-5303, www.ChoicesIncEducationalVideos.org. (Educational video about the social-sexual development of adolescents with cognitive disabilities. Great for parents, caregivers, teachers, therapists, and other professionals. DVD format, 35 minutes, Discussion Guide included.)

Making Connections, produced by Mary Ann Carmody and American Film & Video, 1995. Choices, Inc., 202/364-5303, www.ChoicesIncEducationalVideos.org. (A video about dating whose cast is made up primarily of persons with disabilities. A must for young adults, parents, and caregivers. DVD format, 31 minutes, Discussion Guide included.)

Sexuality Education for Persons with Severe Developmental Disabilities. James Stanfield Co., 800/421-6534, www.stanfield.com.

Janet's Got Her Period: Self-Care During Menstruation and ***The GYN Exam Handbook***. James Stanfield Co., 800/421-6534, www.stanfield.com.

Sexual Abuse Prevention Materials

Violence and Abuse in the Lives of People With Disabilities, Dick Sobsey, 1994. Paul H. Brookes Publishing Co., PO Box 10624, Baltimore, MD 21285-0624.

Circles and ***Circles Stop Abuse***. James Stanfield Co., www.stanfield.com.

Interviewing Skills to Use with Abuse Victims Who Have Developmental Disabilities. Disability, Abuse, and Personal Rights Project, 1992. Nora Baladerian, 310/473-6768.

STARS: Skills Training for Assertiveness, Relationship-Building, and Sexual Awareness, 2007. Susan Heighway & Susan Webster. Future Horizons, www.fhautism.com.

Five Rules of Sex Abuse Prevention. Video & training guide, by AIT, 812/339-2203, www.AIT.net.

Anatomically Correct Dolls & Other Aids

Jackson Models. Educational Pelvic Models. Jim Jackson & Co., 617/864-9063, www.jimjacksonanatomymodels.com. (They also offer gender dolls.)

Odds & Ends

Wings to Fly, Sally D. Bailey, R.D.T., 1993. "Bringing Theatre Arts to Students with Special Needs." Woodbine House, www.woodbinehouse.com. (Comprehensive handbook for special ed and drama teachers at K-12 levels; describes concrete, proven techniques and lesson plans to teach drama to students with a wide array of special needs in academic and theatre settings.)

Five Hundred Questions Kids Ask About Sex and Some of the Answers, 1992. Frances Younger, Charles C. Thomas. Education Resources Information Center, www.eric.ed.gov.

Breast Self Exam Model. Health Edco, 800/299-3366, x295, www.healthedco.com.

Signs for Sexuality. A Resource Manual for Deaf & Hard-of-Hearing Individuals, Their Families, and Professionals. Harris Communications, www.harriscomm.com.

Mental Health Aspects of Developmental Disabilities (formerly, The Habilitative Mental Healthcare Newsletter). Psych-Media of NC, www.mhaspectsofdd.com.

Count Us In, Growing Up With Down Syndrome, 1994. Harvest Books, www.harvestbooks.com. (Experiences of [and recorded by] Mitchell Levitz and Jason Kingsley about their challenges growing up with a developmental disability.)

Table Manners. A Guide to the Pelvic Examination for Disabled Women and Health Care Providers, Susan Ferreyra and Katrine Hughes, illustration and design by Anne Walzer. Gold Bamboo, www.goldbamboo.com.

Beginnings: A Parent/Child Sexuality Program For Families With Children Who Have Developmental Disabilities, Terri Couwenhoven, 1991. State Community Education Coordinator, Planned Parenthood of Wisconsin, Wisconsin Council on Developmental Disabilities, PO Box 7851, Madison, WI 53707-7851, 608/266-7826. (A publication presenting useful information to family members and others to assist them in supporting positive development, instilling responsible attitudes and behavior, and preventing sexual abuse.)

Books Beyond Words, Sheila Hollins et al. Publications Department, The Royal College of Psychiatrists, 17 Belgrave Square, London, SW1X 8PG, tel. 0171 235 2351 x146. (Wonderful booklets for covering sensitive topics, including such titles as *Making Friends*, *Feeling Blue*, *Hug Me Touch Me*, *Bob Tells All*, *When Mum Died*, *When Dad Died*, *Jenny Speaks Out*, *Michelle Finds a Voice*, *Peter's New Home*.)

Riding the Bus With My Sister: A True Life Journey, 2002, Rachel Simon. Houghton Mifflin Harcourt, www.hmhco.com.

Sex and Sensibility: The Thinking Parent's Guide to Talking About Sex, Deborah M. Roffman, 2001. DaCapo Press, www.perseusbooksgroup.com/dacapo.

Information Sources

SIECUS (Sexuality Information and Education Council of the United States), 130 West 42nd Street, Suite, 350, New York, NY 10036-7802; 212/819-9770; www.siecus.org.

American Association of Sexuality Educators, Counselors, and Therapists (AASECT), 804-752-0026; www.aasect.org.

Missouri Developmental Disabilities Resource Center (MODDRC), 3rd Floor, Health Sciences Bldg, 2220 Holmes Street, Kansas City, MO 64108-2676; 816-235-1770; www.moddrc.com.

Project MED (Medical Education for Consumers) provides patients (people with cognitive challenges, autism, or reading difficulties, patients with severe mental illness, child and adolescent patients, and people whose first language is not English) with information, in a manner that they can understand, about the medications that they are taking; www.projectmed.org.

SEX, ETC. is a sexuality and health newsletter written by teens for teens. Network for Family Life Education, Rutgers University; www.sxetc.org.

Go Ask Alice! is the health question and answer Internet service provided by Alice!, Columbia University's Health Education program B a division of Columbia University Health and Related Services; www.goaskalice.columbia.edu.