

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

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

SPAN Parent Advocacy Network, 35 Halsey St | Newark, NJ | 07102, 973-642-8100 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?

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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

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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**

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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.



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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

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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”***

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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.

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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.

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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

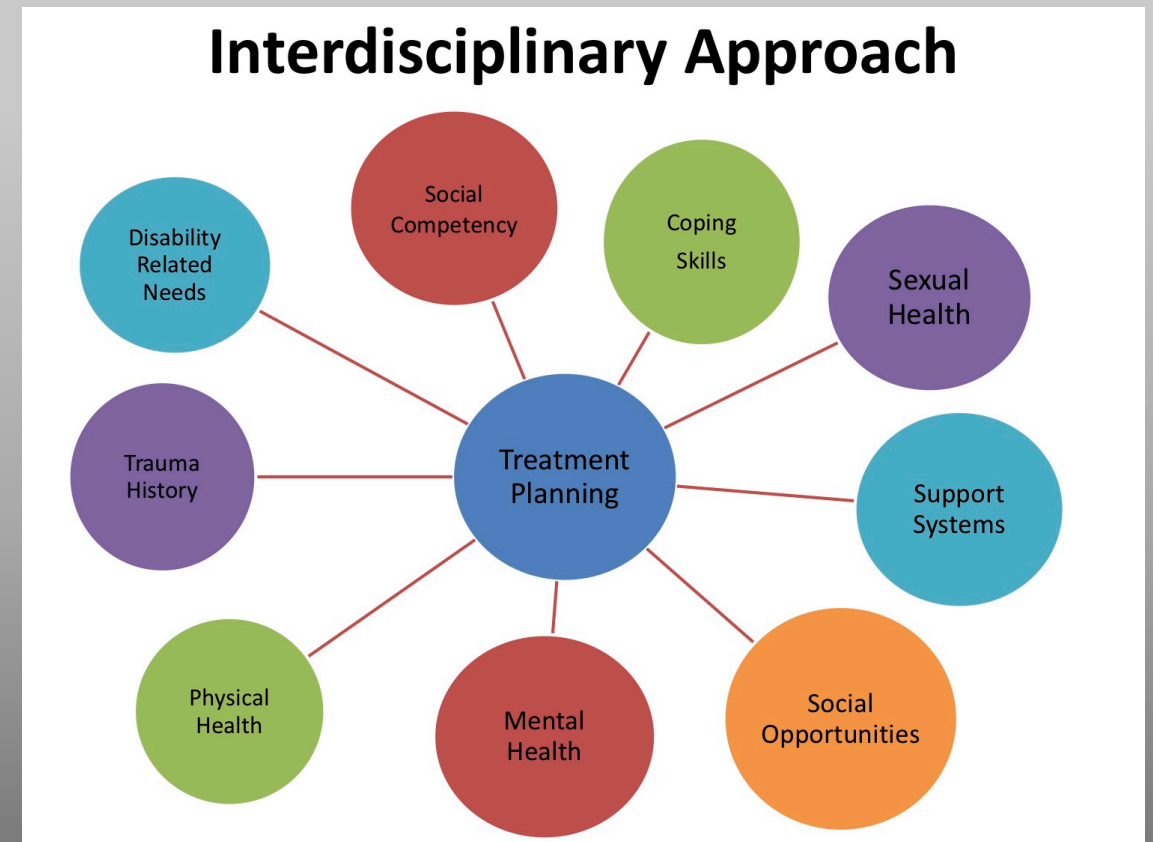
Post-traumatic stress disorder (PTSD)

- **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

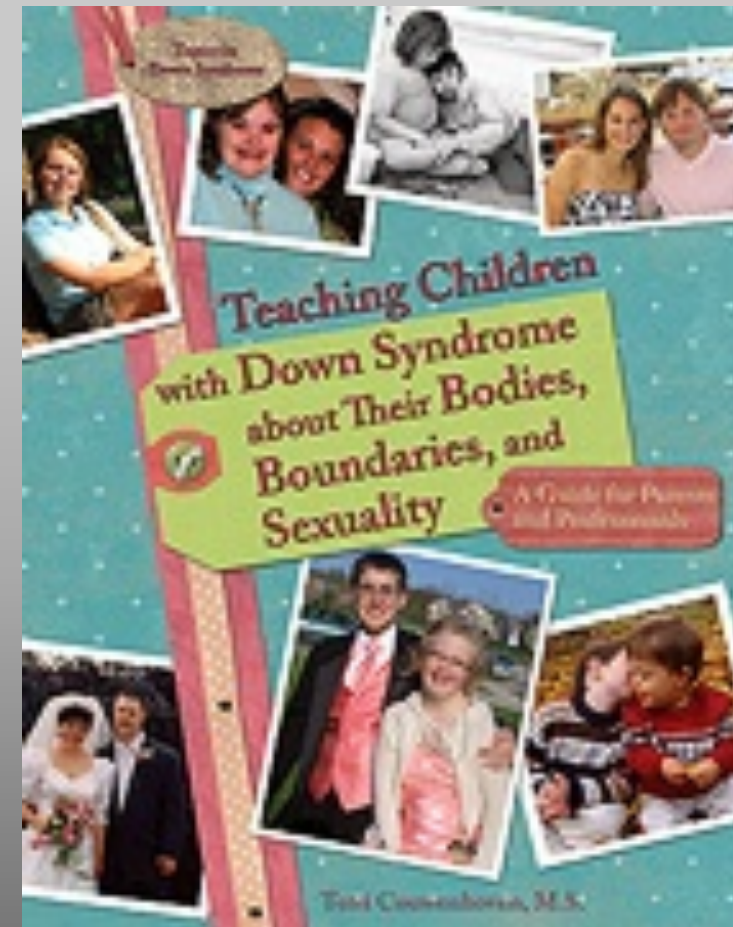
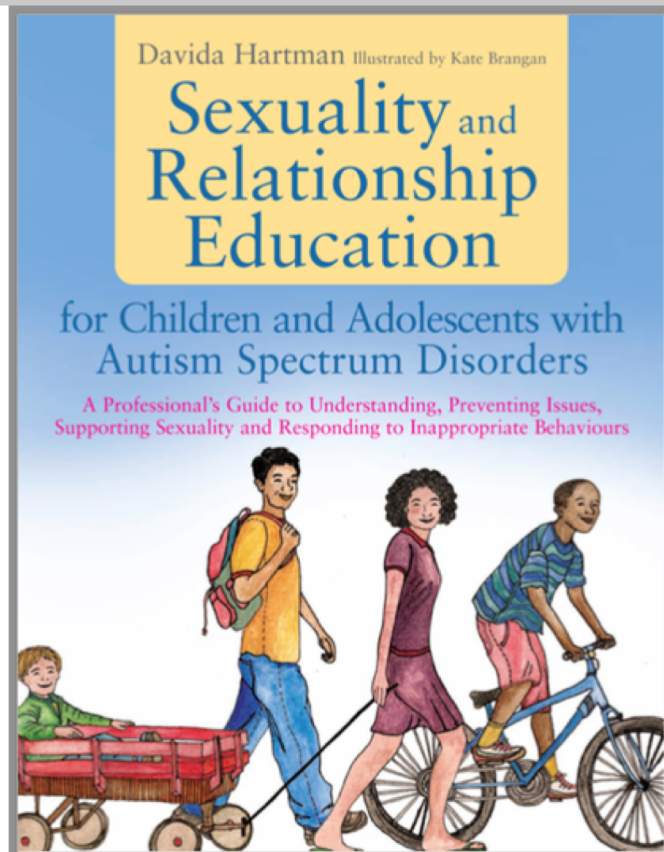
Part 3: Abuse Prevention & Empowerment

- 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.

Wednesday
March 27, 2019
12:00 – 1:00



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.

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Link To Register:
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Disability & Sexuality Series

Part 4: Understanding Gender & Sexual Diversity

Learning outcomes:

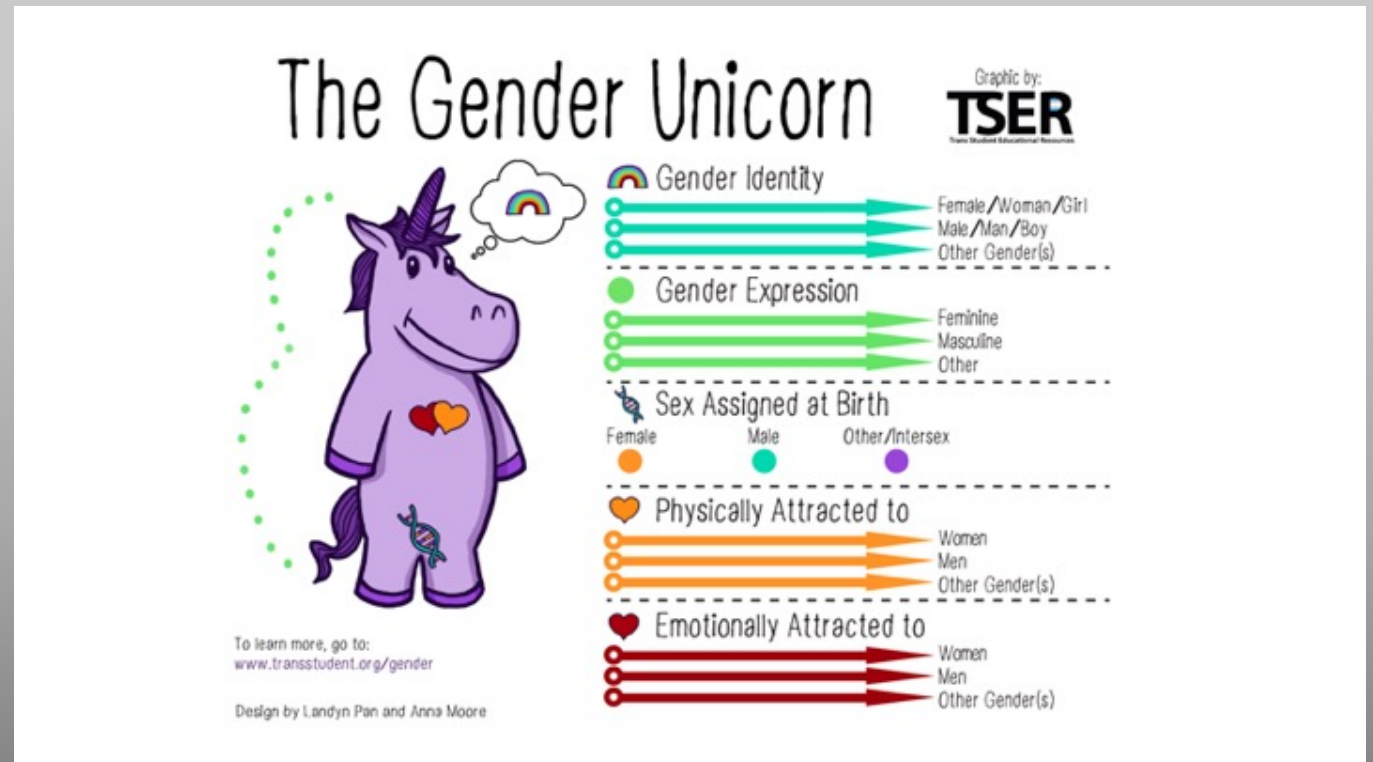
- What is gender identity
- The difference between sexuality identity and sexual orientation
- Gender diverse students in school



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:
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Spanish

Disability & Sexuality Series

Link to Recordings:

<https://tinyurl.com/reachsexualityseries>

REACH for Transition Website

<http://tinyurl.com/reachfortransition>

