



Sex Talk for Self-Advocates

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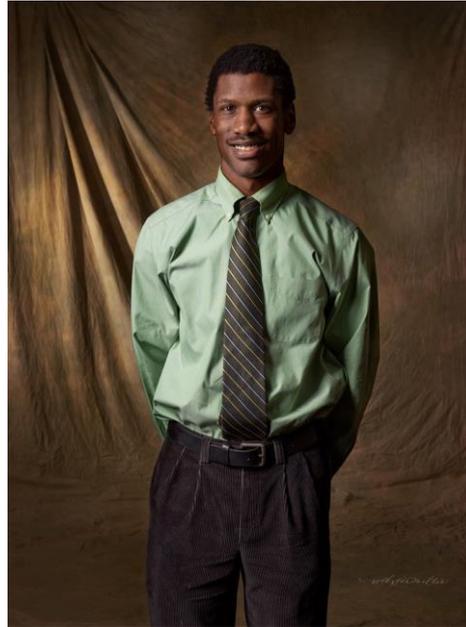
Sex and Intimacy



ASSOCIATION OF UNIVERSITY CENTERS ON DISABILITIES

RESEARCH, EDUCATION, SERVICE

Self-Advocacy Educator - Max Barrows



Sex Educator - Katherine McLaughlin



ELEVATUS TRAINING

LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

www.elevatustraining.com

Sex Educator - Erica Thomas



GEORGETOWN UNIVERSITY
**Center for Child and
Human Development**



Setting the Stage

- Using person first language
- Using participants own words for questions
- Using medical terminology

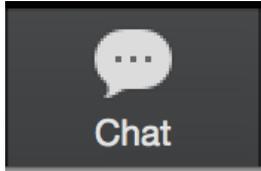


Setting the Stage (Continued)

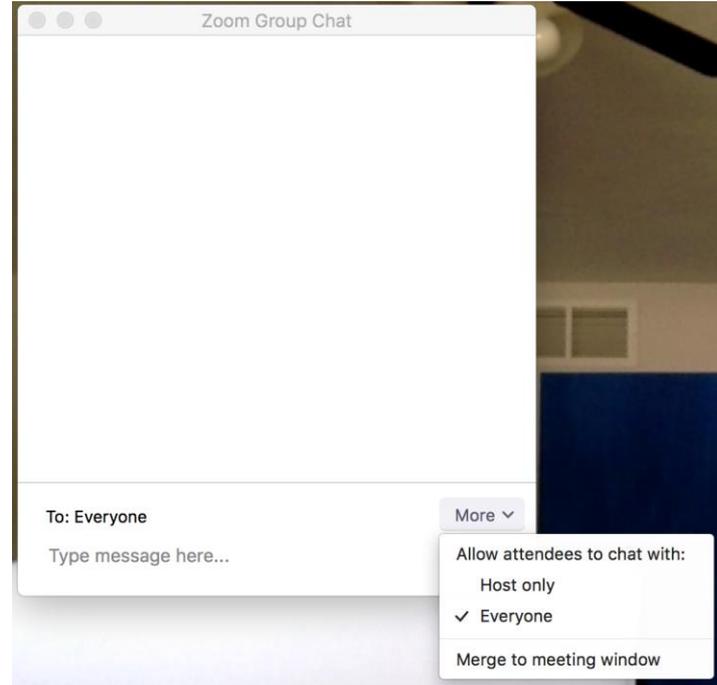
- Relationships and sexuality are very personal topics
- If you feel uncomfortable or are reminded of bad memories you can call the Crisis Call Center at (775) 784-8090

Chat Box for Comments and Questions

Step
1



Step
2





How the Webinar Will Work

- Questions from the Sex Talk Self-Advocate survey
- One educator will lead discussion and other will add to the discussion
- Time at end to answer questions

What is Sexual Self Advocacy?

According to Green Mountain Self Advocates:

"Speaking up for yourself, sexually"

"Getting information we can understand"

"Feeling good about yourself."

"Taking a stand"

"Feeling free to tell your partner what you want to do when having sex and what you don't want to do"

"Learning from your mistakes"



What is Sexual Self Advocacy?

- Being free about your sexuality like if you are gay, straight or lesbian.
- Knowing your rights and responsibilities when in a relationship.
- Not letting people use you, take advantage of you.
- Privacy is important - so, speak up for it.
- Knowing about birth control and safe sex.



Sex Talk for Self-Advocates #1 - Recap

<https://www.youtube.com/watch?v=4MiVcMz5xFg&feature=youtu.be>



1. How do I meet someone?
2. How do you know if someone is your boyfriend or girlfriend?
3. How do I talk to my partner?



Sex Talk for Self-Advocates #1 - Recap

4. Is a non-disabled person at risk for having sex with a disabled person?
5. Will I get in trouble if I date a person with a disability?
6. How do you come out as LGBTQIA (Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual)?



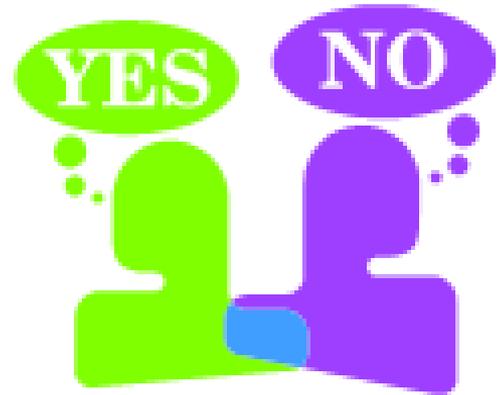


Link to Sex Talk for Self-Advocates #1

<https://www.youtube.com/watch?v=4MiVcMz5xFg&feature=youtu.be>

Consent

- You must ask first
- Both people must say YES
- Sexual acts should feel good to both people
- You can say NO at any time
- Giving consent once does not mean the answer is always yes
- Remember: if you are not sure – ASK!



Consent - It's another word for permission

Getting a “yes” that is “freely chosen”

Freely chosen means:

- No lies,
- No threats
- No pressure,
- No force.



Consent - Each state has a different age of consent.



Also, many states have laws stating that people with I/DD can't consent.

WE DO NOT AGREE WITH THOSE LAWS.

And some agencies require people to pass an test before they can consent.

Justice For All

WE DO NOT AGREE WITH THAT AS WELL

“What is sex?” and “How do I do it?”

When people hear the word “sex” the first thing that comes to mind is Sexual Intercourse. But, we are here to tell you that it’s more than that.

How do I do it?

- There must be consent
- safe,
- legal,
- you use protection,



“What are normal sex activities?” and “What does types of sex mean?”

What is normal and who gets to decide?

There are many different types of sex:

Solo Sex-Self stimulation, masturbation

Rubbing sexual parts together or on other parts of the body

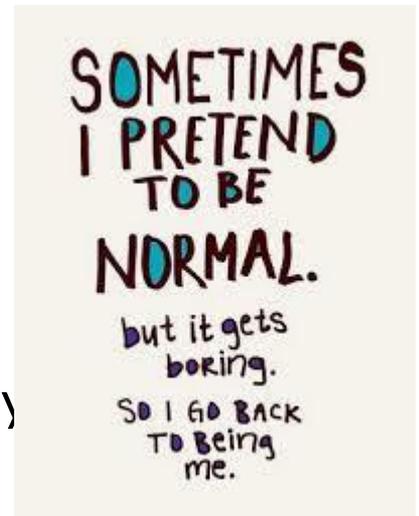
Manual, using your hands on sexual parts

Oral, using your mouth on sexual parts

Anal, inserting into the anus

Penis in vagina

Other sexual acts



“Is sex like it is in the movies?”



Sex in the movies isn't real.

Movies make sex look so easy and nothing bad ever happens like...

loss of erection, don't have an orgasm, people get pregnant or a sexually transmitted infection if they don't use protection, sexual assault/rape

But you would never know this from the sex we see in the movies

Everything goes so well and everyone is happy and satisfied, every time

“Is sex like it is in the movies?”

This can put pressure on people to do it like it is done in the movies.

This pressure can lead to “performance anxiety” or uncomfortable sex.

Real sex can be awkward and can sometimes not go well, but it doesn't mean it won't ever go well.

Great sex takes knowing your body and what you like, good communication between partners, and practice.

It is actually a skill that needs to be developed.



“Where should I have sex?”

Remember the two “P’s”

- Public
- Private



Where should I have sex?

- The mall
- A public restroom
- Your bedroom
- Your job
- The back of a car
- Your hotel room
- On your sofa at home (you live alone)
- An elevator
- In the basement of your home with the door closed
- On the kitchen table at your Mom's house



Masturbation and Self-Stimulation

Masturbation means to touch yourself

People masturbate because they like the way it feels

You can use your hand or a device/sex toy

There is nothing wrong with masturbation

Masturbation is a great way to learn about your body and the way you enjoy being touched

It can be relaxing, sensual and fun



Masturbation and Self-Stimulation - Contd.

There is no “right” or “wrong” way

You can be naked or clothed

You do not have to orgasm

Whatever makes you feel good and brings you joy

All you need is a plan and energy!

Be creative



Sex Toy Quickie

What is a sex toy?

Who uses sex toys?

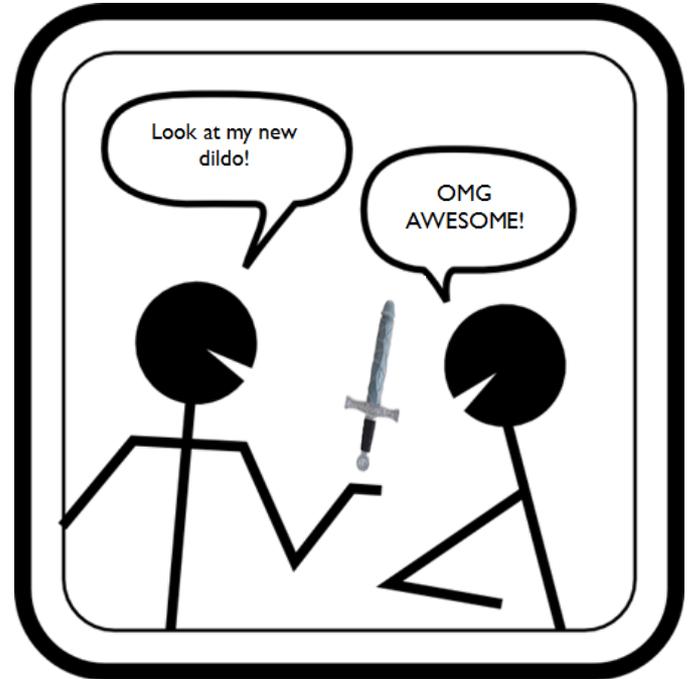
What's out there?

Where do you get a sex toy?



“What is the proper way to clean various sex toys?”

- Read the instructions on the package
- If the toy was purchased online, read the online questions and reviews
- Ask someone (at the store, online seller, trusted staff, family member, friend, etc.)



“What is the proper way to clean various sex toys?” ...Continued



General guidelines:

- **Silicone:** Wash with soap and water or place it in the top rack of your dishwasher. You can also put it in boiling water for 10 minutes to disinfect it.
- **Glass:** Wash with soap and water, and don't expose it to extreme temperatures (like in the dishwasher), to avoid warping.
- **Pyrex:** Pyrex is heat-resistant glass, so it can be boiled, put in the dishwasher, or washed by hand.
- **Stainless steel:** Boil for 10 minutes, soak in bleach and water (then make sure to RINSE THOROUGHLY), or wash in the dishwasher.

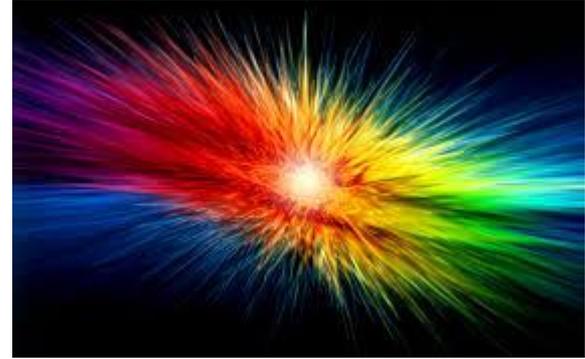
“Pleasure” and safety

Sexual pleasure can lead to an orgasm

What is an orgasm?

Sometimes we have to learn how to have an orgasm-masturbation, self pleasuring

70% of people with a vulva and clitoris need direct stimulation of the clitoris to have an orgasm. In the movies, it looks like no one needs that, but many do.



“Pleasure” and safety

Stages of arousal:

Attraction

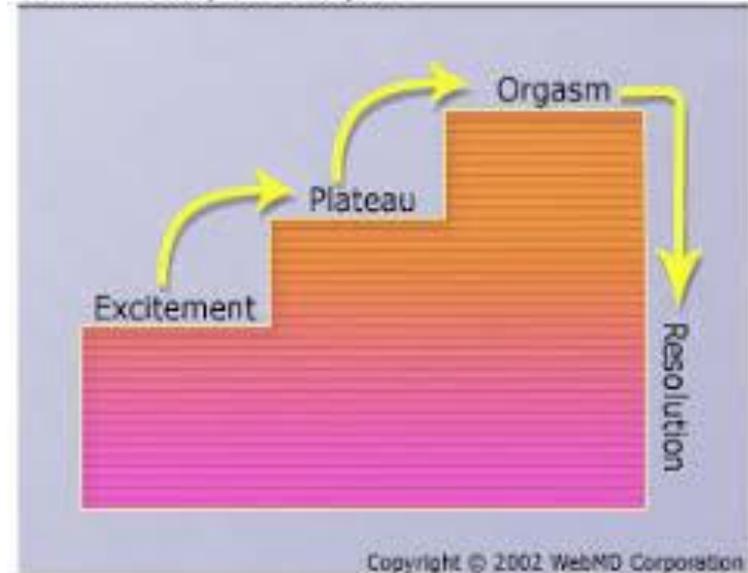
Excitement

Plateau

Climax

resolution

Sexual Response Cycle



Some people can have multiple orgasms, one after another.

“Pleasure” and safety

You need to get consent for ALL sexual acts

Some sexual acts can lead to pregnancy and/or sexually transmitted infections (STIs)

Vaginal Sex: Pregnancy, STIs

Oral Sex: STIs

Anal Sex: STIs

Skin to skin contact: some STIs



Questions and Answers



Questions related to today's topics

Resource List



- pleasureABLE Sexual device manual for people with disabilities:
http://www.dhrn.ca/files/sexualhealthmanual_lowres_2010_0208.pdf
- Come as You Are: <https://www.comeasyouare.com/>
- The Ultimate Guide to Sex and Disability (check Amazon - paperback version and Kindle version available)

Resource List

- 5 Essential Tips for how to Clean Your Sex Toy:
<https://www.womenshealthmag.com/sex-and-love/a19932343/cleaning-sex-toys/>
- 13 Incredibly Useful Tips Everyone with Sex Toys Should Know: https://www.buzzfeed.com/annaborges/long-live-your-vibrator?utm_term=.xbW0Y0Vn37#.vud1214vPw

Resource List



- Sex Toys and Disability:

<http://www.jodivine.com/articles/sex-toy-tips/sex-toys-and-disability>

- My Secret Luxury: <https://www.mysecretluxury.com/>

- Disability and sex: let's be frank about sex toys:

<http://disabilityhorizons.com/2014/07/disability-and-sex-lets-be-frank-about-sex-toys/>

- Oh Joy Sex Toy - A Sex Education and Toy Review Comic:

<https://www.ohjoysextoy.com/>

Next Webinar



What: Sex Talk for Self-Advocates #3

When: On December 6th, 2018 at 2pm ET

How to sign up: Link in chat box or

<https://zoom.us/meeting/register/d5ce408421616ee266858a512be5123a>