Sex Talk for Self-Advocates

#7 Marriage

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.elevatuustraining.com
Sex Educator - Erica Thomas
Setting the Stage

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

- Please use the chat box for questions and comments
- Can be sent to everyone or to one individual
- Questions will be answered at the end of the presentation
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
Sex Talk for Self-Advocates Series


#5 - Birth Control [https://adobe.ly/2C571wF](https://adobe.ly/2C571wF)

Statistics on Marriage

2018 Marital status among adults 18 years of age or older
View by: Disability Status
Response: Married / Unmarried Couple

CDC Disability & Health Data System 2018 Marital Status

National Core Indicators 2017-2018 Marital Status
The Right to Marry - State by State

- The right to get married is decided by states
- In most states, it is legal for people with disabilities to get married
- Some states still have old laws that say that people with I/DD cannot get married
- Some states have guardianship laws that allow guardians to decide whether a person can get married or not
Does marriage affect my benefits?

From the Social Security Office website:
If you get Social Security disability or retirement benefits and you marry, your benefit will stay the same.

Here’s how marriage may affect other benefits:

Supplemental Security Income (SSI)
- If you marry, your spouse's income and resources may change your SSI benefit; or
- If you and your spouse both get SSI, your benefit amount will change from an individual rate to a couple’s rate.

“Benefits for a married couple, both of whom receive SSI and have no other income, amount to 25 percent less than the total they would receive if they were living together but not as husband and wife.”
If someone tells you that you can’t get married . . .

- Know your rights - learn about what the laws say in your state
- Talk with other advocates
- Talk with another person on your team or someone else you trust
- Contact your state’s Protection and Advocacy organization
  - List is in the resources page
Marriage Equality

- Who can get married?
  - Anyone can get married
- Why do people have to wait?
  - Barriers
- Ableism
- Advocacy for marriage equality
Types of Relationships

- Monogamy
- Polyamory - most states don’t allow more than two people to be married
- Open relationship - can it work in marriage
- LGBTQ+ relationships & marriage equality
Types of Relationships - Monogamy

- Married to one person
- In a sexual relationship with one person
- Exclusive sexual and emotional intimacy with one person
- Partners choose to be in monogamous relationship
Types of Relationships - Polyamory

- Consensual non-monogamy
- Relationships with more than one person
- Agreements are made about sex and relationships
- Not cheating
- Practicing or being open to intimate relationships with more than one person
- Polyamory is a choice
Types of Relationships - Open Relationships

• A relationship where both partners agree that each may have sexual relations with other people
• Both people openly allowed and able to have other sexual and/or romantic partners
• An agreement that having sex or emotional relationships with other people is OK
• Having an open relationship is a choice
Types of Open Relationships

- Both partners engage in physical and/or romantic relationships with other people
- Just one partner does
Do Open Relationships Work?

- Honesty
- Jealousy
- Boundaries
- Safety
- Check-Ins
Types of Relationships - LGBTQ+

- A healthy relationship is a healthy relationship regardless of your sexual orientation
- LGBTQ+ friendships, dating and marriage
- LGBTQ+ relationships are a choice
Myths about counseling for relationships and marriage

In a good relationship:
- All you need is love.
- Partners don't have any fights or problems.
- Partners don't focus on problems because it only makes them worse.
- Seeking counseling is a sign of a weakness.
- Couples should be able to solve their problems on their own.

Why do you think these are not true?
Truths about Counseling: Before and During the Marriage

There is nothing wrong with getting help in your marriage, before or during. Many couples need help in their relationships. It’s important and useful to get help in your relationships.

We often expect certain things in marriage and may not even know we have these expectations until we don’t get what we expect. Ex. Women should clean the house.

Expectations can come from our families and we grew up in different families.
Truths about Counseling: Before

Prepares us for the big adventure.

Before you get married counseling (pre-marital) isn’t just for people who are religious.

Helpful to know how you each think about different topics beforehand.

If you disagree on topics, talking about it ahead of time is important.
Truths about Counseling:

During

Conflict is a sign that we need to focus on this piece.

Don’t just have to have fights to get counseling in your relationship.

Counseling pulls you together and helps you and your partner change any unhealthy parts of the relationship. i.e. don’t communicate well.

Earlier you start working on your relationship, less likely to have your problems get bigger and you can’t fix them. Also, less likely to feel resentments if you talk about the issues.
Sandy and Glen
Raesin and Colette
Ricardo and Donna Thornton
Love Story

- How did you meet?
- How old were you when you got married?
- What’s your marriage story?
- How did you know they were “the one”?
Experience of Marriage

- What did people say when you told them you wanted to get married?
- Who supported you and what were the barriers?
- How do you make decisions as a couple?
- How do you save money to live together?
- Have you had any problems with SSI and how did you solve them?
Success Stories

● How are things for you now?
Questions and Answers

Questions related to today’s topics
Resource List

- Profoundly Normal - movie (Amazon Prime)
- The Center for Disability Rights: Marriage Equality
- State Protection and Advocacy Systems
- National Council on Disability: Report on Guardianship
  https://ncd.gov/sites/default/files/NCD_Turning-Rights-into-Reality_508_0.pdf
People with disabilities and Relationships - Youtube Channels

- Squirmy and Grubs
  [https://www.youtube.com/channel/UCdomP1JqhnyBQGaBmfDI4KQ](https://www.youtube.com/channel/UCdomP1JqhnyBQGaBmfDI4KQ)

- Roll with Cole and Charisma
  [https://www.youtube.com/channel/UCA5Zfb-OOm7eDHHa8iu9izQ](https://www.youtube.com/channel/UCA5Zfb-OOm7eDHHa8iu9izQ)

- The Life of K & K
  [https://www.youtube.com/channel/UCO-44UBBrpb8H7-7XMysCog](https://www.youtube.com/channel/UCO-44UBBrpb8H7-7XMysCog)

- Special Olympics Video - Ricardo Thornton
  [https://www.youtube.com/watch?v=6fJ_q5ta7Qo](https://www.youtube.com/watch?v=6fJ_q5ta7Qo)
Next Webinar

What: Families and Children

When: Late January 2021

How to sign up: Look for email with registration link in the coming months

*Evaluation Reminder