

Resources for Children, Teens and Self Advocates with Intellectual Disabilities

Body rights, ownership and empowerment

Because it's My Body by Joanne Sherman (2002). Published by S.A.F.E for Children Publishing ISBN: 09711735-9-1 www.safeforchildren.com. Excellent introduction to body rights and a child's right to decide who can touch them and when. Identifies socially appropriate ways to respond to adults and childhood peers when affection or touching is undesirable.

It's My Body by Lory Freeman (1982). Published by Parenting Press ISBN: 0-943990-03-3 www.parentingpress.com A good introduction to body rights. Encourages children to recognize touches that feel good and say no to those they don't want. The key message "your body is special and belongs to you" is emphasized. A Spanish version, *Mi Cuerpo es MIO*, is also available.

Loving Touches by Lory Freeman (1986). Published by Parenting Press ISBN: 0-943990-20-3 www.parentingpress.com. A simply illustrated book about the need for touch throughout life and feelings associated with healthy touch. Geared towards younger children.

Just Because I Am: A Child's Book of Affirmation by Lauren Murphy Payne (1994). Free Spirit Publishing ISBN: 0-915793-60-1 www.freespirit.com. A simple book that encourages appreciation of individual uniqueness. Includes empowering messages about the body, feelings, boundary awareness, touch and feeling safe.

My Body is Private by Linda Walvoord Girard (1984) Published by Albert Whitman & Company ISBN: 0-8075-5319-0 www.awhitmanco.com A young girl, Julie, discusses the word private and her understanding related to things, her body and body parts. The story includes her family rules and discussions related to her rights and what to do when those rights are violated.

The Right Touch: A Read-Aloud Story to Help Prevent Child Sexual Abuse by Sandy Kleven (1997) Published by Illumination Arts Publishing Company ISBN: 0-935699-10-4 www.illumina.com A mother helps her son understand the difference between healthy affection and problem touching. Emphasizes paying attention to body warning signs and reporting.

Your Body Belongs to You by Cornelia Spelman (1997). Published by Albert Whitman & Company ISBN: 0-8075-9474-1 www.awhitmanco.com

This children's book, written by a social worker, is designed to help children understand their touching rights. The book balances messages regarding the need we all have for healthy affection with our right to determine who touches us. Includes multi-cultural drawings.

Private Body Parts/Gender differences

Amazing You: Getting Smart About Your Private Parts by Dr. Gail Saltz (2005)- An animated, informational book designed for pre-schoolers that describes private parts of the male and female body as well as their relationship to reproduction. This book is useful for normalizing communication about the body and includes questions that trigger discussion. Animated illustrations of internal body parts may be hard to decipher for children with intellectual disabilities but a good resource for introducing private body parts.

Bellybuttons are Navels- by Mark Schoen - A classic story about two young children discovering their body parts while bathing together. Useful for helping children understand differences between boy and girl bodies and identifying correct names for genitals. Available on Amazon. 1990. ISBN:087955857

Teach-A-Bodies- This company carries a line of handmade dolls and puppets that are anatomically complete. For more information contact them at 956-581-9959 or on the web at <http://www.teach-a-bodies.com/>

The Bare Naked Book- Kathy Stinson (1988) Published by Firefly Books ISBN: 0920303528 Available on Amazon - A good introduction to teaching all body parts, including the genitals. Realistic illustrations highlight a specific body part on each page.

What's the Big Secret: Talking About Sex with Girls and Boys- by Marc Brown and Laurie Krasny Brown (2000). Published by Little Brown and Company. ISBN: 0316101834, \$5.95 An easy to read storybook with animated drawings for young children that help distinguish difference between boy and girl bodies (come to find out body difference are the only difference). The book discusses societal rules related to talking, looking, touching and being touched, and reproduction.

Puberty

The Boy's Guide to Growing Up: Choices & Changes During Puberty by Terri Couwenhoven (2012). A book designed specifically for puberty-aged males with more moderate developmental disabilities (3rd grade reading level). Content includes information about body changes, handling sexual feelings, all with an emphasis on social appropriateness. Available at www.woodbinehouse.com or on Amazon.

A Girl's Guide to Growing Up: Choices and Changes in the Tween Years by Terri Couwenhoven (December 2011). A book designed specifically for puberty-aged girls with more moderate developmental disabilities (3rd grade reading level). Content includes information about body changes, periods, managing periods, handling sexual feelings, all with an emphasis on social appropriateness. Includes fun activities to check understanding. Available at www.woodbinehouse.com or on Amazon.

Changes in You by Peggy Siegel (1991). Another book written specifically for girls and boys with cognitive disabilities, this book uses realistic drawings and straightforward language to explain the physical, emotional, and social changes of puberty. Separate books are available for males and females. For sale at www.specialneeds.com for about \$10.00.

Changing You: A Guide to Body Changes and Sexuality by Dr. Gail Saltz (2007). Using a direct approach and colorful illustrations of the body the author helps children understand the changes that will happen during puberty, male and female reproductive anatomy (internal and external), pregnancy and birth. Some illustrations may be confusing and abstract for pre-teens with intellectual disabilities. Available on www.amazon.com.

What's Happening to Me?: An Illustrated Guide to Puberty by Peter Mayle (1981). Published by Lyle Stuart. ISBN: 081803128 A humorous approach to male and female puberty. Mostly animated pictures with a few realistic drawings on body changes. For sale at www.amazon.com

It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health by Robie Harris (1996). Published by Candlewick Press ISBN: 1564021599. A comprehensive book that uses colored, animated illustrations to address male and female puberty, reproduction, birth, sexual orientation, decision making, and staying healthy. This book is a bit more advanced so parents may want to read this with their child.

The Care and Keeping of You: A Body Book for Girls by Valerie Lee Schaefer (1998). Published by Pleasant Company Publications ISBN: 1562476661 www.americangirlstore.com - This American Girl "head-to-toe" advice book addresses female puberty changes, hygiene issues, self esteem, fitness, sleep and emotions. Lots of colored pictures (animated) and easier text makes it fun reading for girls with lower reading levels. Includes empowering messages about the body.

The Period Book: Everything You Don't Want to Ask but Need to Know by Karen & Jennifer Gravelle (1996). \$7.95 Published by Walker and Company ISBN: 0802774784 www.newmooncatalog.com. A more advanced book for females that

covers "changes you can see" and "changes you can't see" but includes information on tampon use, first pelvic exams, and how to handle common problems.

The Period Diaries (on youtube.com)- This series of videos is archived on youtube from the www.beinggirl.com web site. Designed for puberty-aged, typically developing females who are about to or already have their periods, the videos address numerous topics. These short videos are *fast moving* and don't always provide visuals to illustrate what Sarah (the main character) is discussing but for *some girls* these *might* work. Episode 3- Protect those panties illustrates how to insert a pad into panties and can reinforce the importance of pad usage. Other episodes include:

Episode 1- Period 101
Episode 2- Know your cycle
Episode 3- Protect those panties (using a pad)
Episode 4- Pads vs. liners
Episode 5- Fact or fiction
Episode 6- Acne
And more.....

Dating and Relationships

Making Connections: A Humorous Look at Dating By and For Persons with Disabilities Choices (1995) by Choices, Inc. & American Film Video
<http://www.choicesineducationalvideos.org/choicesinc/index.php> - People with cognitive and physical disabilities act out dating experiences (some go well and others not so well) resulting from a video dating service and then others discuss what they have learned from the film.

Exploitation Prevention

A Touching Book for Little People and for Big People by Jan Hindman (2002). Published by AlexAndria Associates. Written by a social worker who works with offenders, the author talks lots about the body (including correct names for body parts- male and female, embarrassment that others often feel about talking about the body, societal rules for private body parts, and identifying characteristics of exploitative touch and what to do about it). The author uses funny pictures (animations are a bit abstract and distorted) of the naked body and humor to relax the reader while sharing important exploitation prevention messages. Appropriate for elementary school-aged children. Available at www.amazon.com.

Out of Harm's Way: A Safety Kit for People with Disabilities Who Feel Unsafe and Want to Do Something About It (1997) www.roeher.ca/english/about/about/htm A

unique tool for helping self advocates (designed more for teens or adults) examine places they live, work, study and play. It helps them define what is an unsafe environment, services, or relationships. Suggestions for changing their surroundings are included.

Stand Up for Yourself & Your Friends by Patti Kelley Criswell (2009) An American Girl book that defines bullying, explores reasons why people bully and ways to address it when it happens to you or others.

Conception and Reproduction

Did the Sun Shine Before You Were Born? by Sol and Judith Gordon (1992). Published by Prometheus Books, this book designed for young children explains facts about sex, reproduction, and the birth process in clear and concise language within the context of families. Available at http://www.prometheusbooks.com/index.php?main_page=index&cPath=96_127

How You Were Born by Joanne Cole. Actual photographs describe conception, fetal development and birth. www.barnesandnoble.com

Reproductive Health & Self Care

Taking Care of Myself: A Hygiene, Puberty and Personal Curriculum for Young People with Autism by Mary Wrobel Published by Future Horizons ISBN: 1-885477-94-5 www.futurehorizons-autism.com. This book is essentially a social stories curriculum for teaching about body changes, appropriate sexual behavior, and encouraging independence with hygiene and self care. Great ideas for creating teaching tools using Boardmaker © and Picture This © picture symbol programs.

Books Beyond Words publishes a series of picture books designed to teach teens and/or adults about caring for the body and reproductive health. Verbal scripts designed to be used with the pictures are included in the back of the book. Books for teaching about pelvic, breast, and testicular exams can be accessed at <http://www.rcpsych.ac.uk/publications/bbw/>

General Sexuality Resources Designed for Teens and Adults with Cognitive Disabilities

An Easy Guide to Loving Carefully for Women and Men by Lynn McKee, Winnifred Kempton, and Lynne Stiggall-Muccigrosso (1997 third edition). www.amazon.com This book can be used as an advanced sequel to the above *Changes in You* book. It is designed to help people with developmental disabilities understand how pregnancy occurs (includes drawings of vaginal intercourse) and describes how to prevent pregnancy and sexually transmitted diseases. Methods of contraception, including abstinence, are discussed as are male and female reproductive health

exams. Sexual orientation and alternate lifestyles are addressed as well. Nicely illustrated and ideal for individuals who are thinking about becoming sexually active. Caution: Newer methods of contraception are not presented in this third edition.

Talk To Me: A Personal Development Manual for Women and Girls with Down syndrome, and Their Parents by the Down Syndrome Association of NSW, Inc (1999). A nice teaching resource designed to help parents of teens and adults with Down syndrome teach sexuality. A section designed to prepare parents for teaching accompanies actual worksheets that can be used during teaching sessions. Although the title insinuates females as a target audience, most of the content is relevant for males. The section designed for the young adults covers feelings, self esteem, friendships and dating, public and private, body changes, masturbation, relationships, intercourse, and sexual assault. Can be downloaded from http://www.downsyndromensw.org.au/data/Talk_to_Me.pdf

Making Sense of Sex: A Forthright Guide to Puberty, Sex and Relationships for People with Asperger's Syndrome by Sarah Attwood (2008). Jessica Kingsley Publishers www.amazon.com. A comprehensive resource/reference book for high school level readers that includes information about the body, puberty, hygiene, understanding emotions, relationships, friendships, sex, sexual relationships and sexual health.

