

Resources for Parents

Sexuality Education for Children Who Have Special Needs

Holding On Letting Go: Sex, Sexuality and People with Learning Disabilities by John Drury, Lynne Hutchinson and Jon Wright (2000) www.amazon.com ISBN: 0285635786 Discusses general information about sexuality from the perspective of parents and professionals as well as strategies for working together on issues.

Sex, Sexuality, and the Autism Spectrum by Wendy Lawson (2005) Jessica Kingsley Publishers ISBN:1-84310-284-6 This book, written by a gay woman with autism, shares her own experiences with understanding sexuality.
<http://www.jkp.com/catalogue/index.php/cat/autism>

Sexuality: Your Sons and Daughters with Intellectual Disabilities by Karin Melberg Schweir & David Hingsburger (2000) Paul H. Brookes Publishing ISBN: 1-55766-428-5 www.pbrookes.com General information on sexuality issues and approaches for handling sexuality education in the home.

Shared Feelings: A Parent Guide to Sexuality for Children, Adolescents, and Adults Who Have a Mental Handicap by Diane Maksym (1990) The G. Allan Roehrer Institute ISBN: 0-920121-91-8 www.amazon.com General information on sexuality issues and approaches for handling sexuality education in the home.

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 downloadable curriculum designed to help parents of teens and adults with Down syndrome teach their child. 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/resources.php/5/talk-to-me>

Teaching Children with Down syndrome About their Bodies, Boundaries, and Sexuality: A Guide for Parents and Professionals by Terri Couwenhoven (2007) Woodbine House ISBN: 978-189062733-1 www.woodbinehouse.com . A comprehensive “how-to teach sexuality” resource that offers practical information and teaching ideas for addressing a wide variety of sexuality issues across the life span *for any family that has a child with intellectual disabilities*. Includes loads of “use at home” activities that are useful for teaching about the body, privacy,

relationships, and exploitation prevention. Detailed and realistic drawings that can be used for teaching are included in the appendices.

The Facts of Life and More: Sexuality and Intimacy for People with Intellectual Disabilities by Leslie Walker-Hirsch (2007) Discusses general information about sexuality from the perspective of parents and professionals. Includes information related to risk management and sexual choice making. From <http://www.brookespublishing.com/> or Amazon.

Exploitation Prevention

A Risk Reduction Workbook for Parents and Service Providers: Policies and Practices to Reduce the Risk of Abuse Including Sexual Violence Against People with Intellectual and Developmental Disabilities (2013) by Nora Baladerian. This publication includes background information on sexual abuse and people with developmental disabilities as well as a planning and assessment process for reducing risk. Available to purchase at <http://disabilityandabuse.org/books/index.htm>

Just Say Know: Understanding and Reducing the Risk of Sexual Victimization of People with Developmental Disabilities by David Hingsburger (1995) Published by Diverse City Press ISBN: 1-896230-00-8 www.diverse-city.com. A great book that focuses on what can be done to prevent exploitation in individuals with developmental disabilities.

Predators, Pedophiles, Rapists, and Other Sex Offenders: Who They Are, How they Operate, and How We Can Protect Ourselves and Our Children by Anna C. Salter (2003) Published by Basic Books ISBN: 0-465-07172-4 www.amazon.com. The author interviews people who exploit and shares insights on how they work to exploit others.

Protect Your Child From Sexual Abuse: A Parent's Guide by Janie Hart-Rossi (1994) Published by Parenting Press ISBN: 943990-06-8 www.parentingpress.com. This parent book is designed to accompany the children's book *It's My Body*. The guide includes facts about sexual abuse, a guide for reading the book with your child, and nice reinforcement activities that can be taught at home.

The Gift of Fear and Other Survival Signals That Protect Us from Violence by Gavin De Becker (1997) Dell publishing ISBN: 0-440-50883-5. De Becker, a sought after crime investigator, discusses predictable patterns and behaviors frequently used by criminals and offenders. Available in any bookstore or at www.amazon.com

Protecting The Gift: Keeping Children and Teenagers Safe (and Parents Sane) by Gavin De Becker (1999) Dell publishing ISBN: 0-440-50900-9. The logical sequel to *The Gift of Fear*, this book contains many helpful ideas for parents in their role

as protector and teacher. Available at any bookstore or at www.amazon.com

Hygiene and Self Care

Steps to Independence: Teaching Everyday Skills to Children with Special Needs by Bruce Baker and Alan Brightman (2004) Paul Brookes Publishing ISBN: 1-55766-697-0. Includes basic template for teaching skills for self care, toilet training, home care, and managing behaviors that interfere with learning.

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.

Preparing For Puberty

All Women Have Periods- This video (although amateurish and poor quality) is a repetitive and visual way to teach about feminine hygiene use. No longer available in video but can be watched at <http://www.poetv.com/video.php?vid=10537>

The Boy's Guide to Growing Up: Choices & Changes During Puberty by Terri Couwenhoven (coming December 2012). This book is designed specifically for puberty-aged males with more moderate developmental disabilities (2nd grade reading level). Content includes information about body changes, handling sexual feelings, all with an emphasis on social appropriateness with lots of pictures to help comprehension for concrete learners. 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. This book, designed specifically for girls with developmental disabilities of all kinds, shares information about physical and emotional changes that accompany puberty, menstruation and pad use, and exploitation prevention strategies. Text is written at a third grade reading levels and lots of pics help comprehension for concrete learners. Available through www.woodbinehouse.com or on Amazon.

Before She Gets Her Period: Talking With Your Daughter About Menstruation by Jessica B. Gillooly (1998) Perspective Publishing www.amazon.com . Designed to help mothers prepare their daughters for puberty and menstruation.

Changes in You by Peggy Siegel . These books are 5th grade reading level and designed specifically for pre-adolescents about physical, emotional and social changes that accompany puberty. Separate male and female books. Available at <http://www.specialneedsproject.com/Changes-in-You-for-Girls-7900.htm> or on Amazon.

Stages of Sexual Development (not specific to individuals with cognitive disabilities)

All About Sex: A Family Resource on Sex and Sexuality Planned Parenthood (1997)
A reference book for explaining a wide range of sexuality concepts as well as background info on sexual development. Available on Amazon.

Beyond the Birds and the Bees: Fostering Your Child's Healthy Sexual Development in Today's World by Beverly Engel (1997) Pocket Books ISBN: 0-671-53570-6. A nice resource for understanding what typical sexual development looks like from birth to adolescence. Available through any bookstore or www.amazon.com

Beyond the Big Talk: Every Parent's Guide to Raising Sexually Healthy Teens by Debra Haffner (2001) Newmarket Press ISBN: 1-55704-472-4. Covers physical and psycho-sexual issues from puberty through adolescence. Available through any bookstore or www.amazon.com

From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Children by Debra Haffner (2000) Newmarket Press ISBN: 1-55704-426-0. Covers stages of sexual development birth- 12. Available through any bookstore or www.amazon.com