Resources for Parents

Sexuality Education for Children Who Have Special Needs


*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](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](http://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.


Exploitation Prevention


Terri Couwenhoven MS tcouwen@execpc.com
as protector and teacher. Available at any bookstore or at www.amazon.com

**Hygiene and 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](http://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?v=10537](http://www.poetv.com/video.php?v=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](http://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](http://www.woodbinehouse.com) or on Amazon.

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)**


