

## **Teaching Materials for Professionals**

### ***Books on Sexuality and People with Intellectual Disabilities***

*Sexuality: Your Sons and Daughters with Intellectual Disabilities* by David Hingsburger & Karen Melberg Schwier (2000) This book helps parents and professionals identify issues and concerns that commonly surface when working with individuals with intellectual disabilities. Available on Amazon.

*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. 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* edited by Leslie Walker-Hirsch (2006). This book gives social workers, teachers, and direct support professionals comprehensive information they need to educate people with disabilities about sexuality and help them make the best possible choices across the lifespan. Topics addressed include ways to provide sexuality education in culturally sensitive ways, parents’ perspectives on providing information and support, helping individuals with disabilities in manage risks associated with sexual activity, behavioral interventions to encourage appropriate sexual expression and supporting individuals who are gay, lesbian, bisexual or transgendered. \$29.95 Available at <http://www.brookespublishing.com/store/books/walkerhirsch-67144/index.htm>

### ***Comprehensive Sexuality Education Curricula (Multiple Topics)***

*Life Horizons I & II-* by Winifred Kempton- The most comprehensive slide series and teaching script on sexuality designed for people with cognitive disabilities. Part I focuses on the physiological and emotional aspects and includes sections on parts of the body, sexual development, human reproduction, birth control, and STDs. Part II emphasizes the moral, social and legal aspects of sexuality and covers self esteem and relationships, dating skills and learning to love, marriage and other

lifestyles, and parenting. Parts I & II are each sold separately. Published by James Stanfield Company. [www.stanfield.com](http://www.stanfield.com). 800-421-6534

*PossAbilities*- A curriculum designed to help students with disabilities understand and embrace their own sexuality by learning how to make and accept responsibility for making personal choices. Teacher's Manual, Student Manual and Power Point printout provide step-by-step guidance for examining relationship and self-esteem issues, including: self-image, emotions, values, and attitudes; relationships, sexuality, health, safety and positive adult behavior.

<http://www.disabilitytraining.com/sexed.html>

*Sexuality Education for Adults with Developmental Disabilities* by Planned Parenthood of Greater Northern New England and Green Mountain Self Advocates (2010) - A unique curriculum designed to help people establish sexuality education groups and include self advocates as teachers. This comprehensive curriculum focuses mostly on relationships, both friendships and romantic relationships, and the skills and responsibilities needed within those relationships. Can be ordered at <http://www.plannedparenthood.org/ppnne/development-disabilites-sexuality-31307.htm> \$250.00.

*Special Education: Secondary Family Life and Sexual Health (FLASH)* by Jane Stangle- A teacher-friendly curriculum that provides student lessons on teaching relationships, public and private, communication, body changes, feelings, reproduction, STDs, birth control and exploitation prevention. Geared towards high school students with mild/moderate cognitive disabilities. Distributed by Family Planning Publications, Seattle-King County Department of Public Health. Purchase information and unit information can be previewed and downloadable at

<http://www.kingcounty.gov/healthservices/health/personal/famplan/educators/FLASH.aspx> (be sure to scroll down to Lesson Plans for Special Education)

*Socialization and Sex Education: Life Horizons Curriculum Module* by Geraldine Rodriguez Rouse and Carol Pence Birth- Designed to be used with the Life Horizons slide series, this curriculum offers supplemental classroom and group activities. Published by James Stanfield Company. [www.stanfield.com](http://www.stanfield.com). 800-421-6534

*Sexuality Education for Persons with Severe Developmental Disabilities* by Beverly Brekke Ph.D – Designed for students with more limited cognitive abilities these slides address parts of the body (male and female), menstrual hygiene, social behavior and reproductive exams. Published by James Stanfield Company. [www.stanfield.com](http://www.stanfield.com). 800-421-6534

*Socialization and Sexuality: A Comprehensive Training Guide for Professionals Helping People with Disabilities that Hinder Learning* by Winifred Kempton – An everything-you-need- to-know training guide for professionals interested in implementing sexuality education programs. Available at [www.amazon.com](http://www.amazon.com).

## **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 (2<sup>nd</sup> 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.

*A Girl's Guide to Growing Up* A teaching kit designed for students with mild to moderate disabilities this resource includes teaching guide and packets of 10 student booklets. The instructional material is organized in chapter format, allowing for lesson breaks, instructional focus and revision. Topics include external anatomy, physical and emotional changes of puberty, health and hygiene and privacy and safety. Parent teaching materials are available for purchase separately. Available from <http://www.marshmedia.com/> \$149.95

*A Girl's Guide to Puberty & Personal Safety-* This video builds on the above video but also includes information about boy's bodies, more detail on female anatomy and functions of sexual organs, a definition of sexual intercourse with an emphasis on privacy and maturity, societal behavior related to public & private, as well as safety information (touching, secrets and strangers). Teaching guides include pre- and post-test

measures designed to focus on the important ideas from each chapter. Parent teaching materials are available for purchase separately. Available from <http://www.marshmedia.com/> \$149.95

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*A Boy's Guide to Puberty & Personal Safety-* This video builds on the above video but also includes information about girl's bodies, more detail on male anatomy, functions of sexual organs, a definition of sexual intercourse with an emphasis on privacy and maturity. Societal behavior related to public & private, as well as safety information (touching, secrets and strangers) are included. Teaching guides include pre- and post-test measures designed to focus on the important ideas from each chapter. Parent teaching materials are available for purchase separately. Available from <http://www.marshmedia.com/> \$149.95

*Changes in You* by Peggy Siegel . Published by James Stanfield Company - \$299.00. [www.stanfield.com](http://www.stanfield.com) . 800-421-6534. A visual teaching program for teaching pre-adolescents about physical, emotional and social changes that accompany puberty. Includes laminated drawings with optional teaching scripts on the back of each picture. Comes with teacher's guide and male and female *Changes in You* books.

*Janet's Got Her Period* – Published by James Stanfield Company, 1990. [www.stanfield.com](http://www.stanfield.com). 800-421-6534. This training manual provides extensive background information, a video and instructional curriculum for teaching menstrual hygiene with young woman who have moderate or severe cognitive disabilities.

*Video self modeling- changing a pad-*  
[http://handsinautism.org/livingSkills\\_changingPad.html](http://handsinautism.org/livingSkills_changingPad.html)

### ***Hygiene and Self Care***

*First Impressions Can Make a Difference-* Published by James Stanfield Company. [www.stanfield.com](http://www.stanfield.com). 800-421-6534. A four-module video series that addresses male and female hygiene, grooming, dress and attitude using humor and exaggeration. Modules can be purchased separately or as a package.

*Taking Care of Myself: A Hygiene, Puberty and Personal Curriculum for Young People with Autism* by Mary Wrobel (2003) Published by Future Horizons ISBN: 1-885477-94-5 <http://fhautism.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.

### ***Masturbation***

*Finger Tips: Teaching Women with Disabilities About Masturbation Through Understanding and Video* by David Hingsburger and Sandra Haar. Published by Diverse City Press. [www.diverse-city.com](http://www.diverse-city.com) A video and teaching program for adult females with developmental disabilities that models safe and appropriate masturbation.

*Hand Made Love: A Guide for Teaching About Male Masturbation Through Understanding and Video* by David Hingsburger. Published by Diverse City Press. [www.diverse-city.com](http://www.diverse-city.com). A video and teaching program for adult males with developmental disabilities that models safe and appropriate masturbation.

### ***Reproductive Health***

*A Provider's Guide for the Care of Women with Physical Disabilities & Chronic Medical Conditions* (2005) by Dr. Sandra Welner, then updated by Suzanne C. Smeltzer and Nancy C. Sharts-Hopko. The guide is designed for clinicians to improve their knowledge and practice in providing care to women with physical disabilities and chronic health conditions. It includes information on access to general medical care, removing common barriers, comprehensive reproductive health care and health promotion and wellness. Downloadable at <http://www.fpg.unc.edu/~ncodh/pdfs/providersguide.pdf>

*The GYN Exam Handbook: An Illustrated Guide to Gynecologic Examination for Women with Special Needs* (1991) Videos and pictures that help explain pelvic exams. Published by James Stanfield Company. [www.stanfield.com](http://www.stanfield.com). 800-421-6534

*Women Be Healthy: A Curriculum for Women with Mental Retardation and Other Developmental Disabilities* (2002) by Yona Lunsky, Amy Straiko, and Sharon Armstrong. This curriculum was developed to enable women with intellectual disabilities and other developmental disabilities to become more active participants in their health care. Its primary

emphasis is teaching women about reproductive health and breast/cervical cancer screenings. Can be used with videos from *GYN exam handbook* (above) and *Let's Talk About Health* (below). Download pdf document (124 pages) at <http://www.cds.hawaii.edu/sites/default/files/downloads/resources/womenshealth/WomenBeHealthy.pdf>

### ***Social Skills, Relationships & Dating***

*Being With People: An Eight Part Video Series to Teach Essential Social Skills to Special Needs Students* by James Stanfield Company [www.stanfield.com](http://www.stanfield.com) . A people-skills program that includes instruction geared towards being with friends, housemates, a date, or authority figures.

*Circles I: Intimacy and Relationships* by Leslie Walker-Hirsch. Published by James Stanfield Company [www.stanfield.com](http://www.stanfield.com) . A well respected program that uses videos and vignettes to teach social distance, changing relationships, and relationship-building skills. Appropriate for students from middle school through adulthood.

*Intimate Relationships and Sexual Health* by Catherine Davies MEd & Melissa Dubie MS <http://www.aapcpublishing.net> (2012) A curriculum that focuses specifically on helping people with high functioning autism spectrum disorders or other social challenges understand dating and relationship. Units include anatomy, reproductive health, sexual response cycle, contraception and STI's, dating, stages of relationships, attitudes, values and differences. Each unit includes web site resources and youtube videos for homework supplementation.

*Mike's Crush* by Nancy Nowell [www.socialsignaled.com](http://www.socialsignaled.com) (2011) A social skills curriculum that revolves around vignettes involving "Mike" (on DVD)- a high school student who needs help understanding relationships. Lessons plans address hygiene, relationships, body language, basic relationships skills, rules and laws, and aspects of healthy relationships.

*Promoting Social Success: A Curriculum for Children with Special Needs* (2004) by Gary N. Siperstein and Emily Paige Rickards. An excellent and comprehensive teaching curricula that includes detailed lesson plans for facilitating skill development in the areas of understanding feelings and actions, noticing and interpreting social cues, problem-solving in social situations, friendships. Available from Brookes Publishing [www.brookespublishing.com](http://www.brookespublishing.com).

*Relationship Series* by the Young Adult Institute (YAI). A comprehensive video series for adults that includes a friendship series (differences between strangers, acquaintances, and friends, becoming acquaintances and friends, and being a friend), boyfriend/girlfriend series (starting a special relationship, building a relationship I like, and having a good relationship), and sexual relationship series (enjoying your sexual life, working out problems, and sexual acts that are against the law). Available through YAI 212-263-7474 [www.yai.org](http://www.yai.org)

### ***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>

*ESCAPE (Effective Strategy-Based Curriculum for Abuse Prevention and Empowerment) DD- Staff Training and Curriculum* (2005) by Khemka Hickson and Reynolds is a skill-based abuse prevention program- one of the few that has been evaluated and tested over time. The curriculum includes staff training DVD and CD that includes instructors manual, Vignette Booklet, Booklet of Activity Sheet Masters. Contact Linda Hickson at [lh76@columbia.edu](mailto:lh76@columbia.edu) to obtain a copy.

*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](http://www.diverse-city.com). A great book that focuses on what can be done to prevent sexual exploitation in individuals with developmental disabilities.

*No-Go- Tell!*- Published by James Stanfield Company. \$399.00 for complete set. <http://www.stanfield.com/products/family-life-relationships/other-family-ed-programs/no-go-tell/> 800-421-6534. A program designed for children with special needs ages 3-7 by experts who work with children with disabilities. The curriculum package includes pictures, anatomically correct dolls, and lesson plans.

*Safe Life Project Curriculum* by Safe Life Coalition (2006). This comprehensive curriculum includes Beginning (K-3), Intermediate (4-8), and Advanced level (7-12) content specifically designed for individuals with developmental disabilities. Content is different based on grade level

but overall themes include learning about bodies, boundaries, feelings, relationships, identifying abuse and reporting. Overall emphasizes self determination, abuse awareness, and personal safety skills. Available at [www.safelifeproject.org](http://www.safelifeproject.org) .

*Safety Awareness for Empowerment (SAFE)* by Waisman Center's Healthy and Ready to Work Project (2005).

<http://www.waisman.wisc.edu/hrtw/Publications.html> An all-inclusive curricula designed to teach personal safety and prepare teenagers and young adults for life in the community. Numerous sections of this curricula address issues related to sexuality including feelings, relationships, rights to privacy, tactics used by exploiters, safe dating, and exploitation prevention. However broader safety issues are addressed as well (first aid, staying safe in your home, etc.)

*The Ethics of Touch: Establishing and Maintaining Appropriate Boundaries in Service to People with Developmental Disabilities* by David Hingsburger and Mary Harber (1998) Published by Diverse City Press. [www.diverse-city.com](http://www.diverse-city.com) Excellent staff training videos that address issues of privacy, touch, affection and boundaries when providing direct care for individuals with cognitive disabilities.

*The Whole Truth: An Abuse Prevention Programme for People with Intellectual Disabilities* by David Hingsburger and Joe Jobes. This training program was designed to help people with disabilities recognize and report boundary transgressions which lead to abuse. Reporting and what happens after abuse occurs is included. The goal of this program is to ensure people with intellectual disabilities are fully aware of their rights and responsibilities as mature citizens. Information for providers regarding hiring staff and reporting when abuse does occur. Available through <http://www.diverse-city.com/>

*We Can Stop Abuse: A Sexual Abuse Prevention Curriculum for Persons with Developmental Disabilities* by Sandy Laesch and Shirly Pacey (2004) Published by Program Development Associates.

[http://www.disabilitytraining.com/product-info.php?We Can Stop Abuse-pid695.html](http://www.disabilitytraining.com/product-info.php?We%20Can%20Stop%20Abuse-pid695.html) Eight-session curriculum that includes information on identifying and expressing feelings, recognizing and naming body parts, identifying safe people to tell, saying no, and boundary information. Includes parent component as well.