



Education Resources

This resource guide lists helpful websites, books, articles, toolkits, and videos that may be helpful for parents and other family members of people with disabilities, caregivers and supporters, self-advocates, and service providers to learn more about healthy relationships, sexuality, and the prevention of sexual violence.



NCEDSV
Nevada Coalition to **END** Domestic and Sexual Violence

HELPFUL WEBSITES

The websites listed below cover a variety of topics relating to sexuality education, healthy relationships, sexual assault and its prevention. It also includes several types of disabilities including Autism Spectrum Disorder, Down Syndrome, and general developmental disabilities as well as materials suitable for a variety of audiences including parents and educators. Please review to meet your specific needs.

Autism Speaks

www.autismspeaks.org

This website includes information on puberty and sexuality education for parents who have sons/daughters on the Autism Spectrum.

National Down Syndrome Society

www.ndss.org

The National Down Syndrome Society offers resources on the health and well-being for people with Down Syndrome.

PACER Center: Champions for Children with Disabilities

www.pacer.org

This Minnesota-based parent-to-parent organization has published numerous items of interest to families of children with disabilities.

Planned Parenthood Federation of America, Inc.

www.plannedparenthood.org/

Planned Parenthood Federation of America, Inc. serves as a clearinghouse and library of curricula, pamphlets, and Resource Guides on reproductive health and sex education.

SexEd Library

www.sexedlibrary.org/

SexEdLibrary is a comprehensive online sexuality education resource, with up-to-date, relevant content and the tools with which it is taught. Topics include sexual and reproductive health, puberty, abstinence, relationships, sexual orientation, body image, self-esteem, sexually transmitted diseases, HIV/AIDS, unintended pregnancy, and more.

Center for Parent Information and Resources

www.parentcenterhub.org/

The Center for Parent Information and Resources includes information on defining sexuality and how it develops, social skills, teaching children about sexuality, effects of disability on sexuality, and relationship issues for young adults.

Vera Institute of Justice

www.endabusepwd.org <https://vera.org>

The Vera Institute of Justice is a justice reform change agent that inspires change in the systems people rely upon for safety and justice. In 2015, The Vera Institute of Justice launched the first website exclusively dedicated to ending abuse against people with disabilities.

The Arc Minnesota Abuse Prevention Project

<https://arcminnesota.org/topic/abuse-prevention/>

This website offers online videos, PowerPoint presentations, articles and newsletters related to prevention - need to complete survey monkey to view presentation)

Topics: Romantic Relationships in the Lives of People with Intellectual and Developmental Disabilities; Understanding the Vulnerability of People with Intellectual and Developmental Disabilities to Sexual Violence from a New Lens; Arc Guide to Risk Factors for Abuse; Arc Guide to How to Empower Individuals to Prevent Abuse; Arc Guide to Tips Case Managers Can Use to Help Prevent Abuse of People with Disabilities, Safety Planning (safety plan examples & blank forms)

Violence Against Women with Disabilities and Deaf Women Project of Wisconsin

www.disabilityrightswi.org

Illinois Coalition Against Sexual Assault (ICASA)

Illinois Imagines is a statewide systems change initiative that brings together the Illinois Department of Human Services and several key agencies and individuals working in the field of disability and sexual assault. These organizations include, The Self-Advocacy Alliance, Illinois Coalition Against Sexual Assault (ICASA), Illinois Family Violence Coordinating Council (IFVCC), Illinois Network of Centers for Independent Living (INCIL), and the Blue Tower Training Center. With the ultimate goal of systems change, the vision of Illinois Imagines is for all women with disabilities to be guaranteed an environment free from sexual violence, where they are empowered to speak and act for themselves.

Illinois Imagines: Guide for Parents and Guardians

[Download 59 Page PDF](#)

American Association on Intellectual & Developmental Disabilities

www.aaid.org

The world's largest and oldest organization of intellectual disability professionals founded in 1876 and according to their website has the latest scientific understanding of the condition. Has a collection of webinars.

National Sexual Violence Resource Center

www.nsvrc.org

The NSVRC is the leading nonprofit in providing information and tools to prevent and respond to sexual violence.

BOOKS

[Sexuality for People with Developmental Disabilities](#)

Anderson, O. H. (2003). *Doing what comes naturally: Dispelling myths and fallacies about sexuality and people with developmental disabilities*. Decatur, IL: Blue Tower Training Group.

This book first challenges the beliefs and attitudes of family members, educators, and DD professionals concerning the sexuality of people with developmental disabilities. It then guides them in meeting the social-sexual needs of the people they love and serve. Overflowing with passion and filled with wisdom, this book provides a philosophical, yet practical, definition of sexuality.

[Sexual Abuse for People with Developmental Disabilities](#)

Paceley, S. (2003). *My body... my choice*. Decatur, IL: Blue Tower Training Group.

This fully illustrated mini-book is written for adolescents and adults with developmental disabilities. *My Body...My Choice* covers the basics of body safety and is empowering people with disabilities across the nation to resist and report sexual abuse.

[Children with Down Syndrome](#)

Couwenhoven, T. (2007). *Teaching children with down syndrome about their bodies, boundaries, and sexuality: A guide for parents and professionals*. Bethesda, MD: Woodbine House

A comprehensive “how to teach sexuality” resource that offers practical information on teaching ideas for addressing a wide variety of sexuality issues across the life span. Includes “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.

[Children with Autism](#)

Future Horizons (2003). *Taking care of myself: A hygiene, puberty, and personal curriculum for young people with autism*.

This book is essentially a social stories curriculum for teaching about body changes, appropriate sexual behavior, and encouraging independence with hygiene and self-care. It also includes ideas for teaching tools using Boardmaker© and Picture This© symbol programs.

ARTICLES & TOOLKITS

The Sexual Assault Epidemic No One Talks About

<https://www.npr.org/2018/01/08/570224090/the-sexual-assault-epidemic-no-one-talks-about>

This report published by NPR following a year-long investigation found that people with intellectual disabilities are sexually assaulted at a rate seven times higher than those without disabilities. This report includes graphic and disturbing descriptions of assault involving people with intellectual disabilities.

Impact - Feature Issue on Sexuality and People with Intellectual, Developmental and Other Disabilities. Published by the Institute on Community Integration (UCEDD) and the Research and Training Center on Community Living, College of Education and Human Development, University of Minnesota • Volume 23 • Number 2 • Spring/Summer 2010. www.ici.umn.edu/products/impact/232/

How Safe are Americans with Disabilities? The facts about violent crime and their implications.

<https://www.vera.org/publications/how-safe-are-americans-with-disabilities>

Vera Institute of Justice, April 2017

While people with disabilities make up nearly one-fifth of the U.S. population, they remain largely invisible to society at large, and victim response systems in particular. And despite growing public awareness of violent victimization, it excludes the victimization of people with disabilities, who are at particular risk of serious violent crime, including rape, sexual assault, robbery, and aggravated assault. As victims, people with disabilities face formidable barriers to getting related support. It explains the obstacles people with disabilities encounter when seeking access to the services and supports they need to heal. Finally, it stresses the limits of existing victim-service, human-service, and criminal justice systems, policies, and practices in responding to violence against people with disabilities.

In Their Own Words: People with Intellectual Disabilities Talk About Rape

<https://www.endabusepwd.org/news-article/words-people-intellectual-disabilities-talk-rape/> Vera Institute of Justice, January 22, 2018

West Virginia Sexual Assault Free Environment (SAFE) Training & Collaboration Toolkit to Serving Sexual Violence Victims with Disabilities, Fall 2010, 329 pages

Sections include Collaboration 101; Sexual Violence 101; Disabilities 101; and Tools to Increase Access
[Download Now!](#)

Sexual health education for individuals with disabilities: A call to action

University of Nevada Reno, NEVADAToday publication

<https://www.unr.edu/nevada-today/news/2019/sexual-health-for-individuals-with-disabilities>

February 4, 2019

Disability & Abuse Project

<http://disability-abuse.com/>

The focus of this project is the physical, sexual, and emotional abuse of people with developmental or intellectual disabilities with a mission to disseminate information on how to reduce the risk of abuse, to promote healing for victims, and to seek justice for those who have been victimized. Action areas include public awareness, education and training, policy development, law enforcement, and professional consulting. Check out their Risk & Reduction Workbook for Parents & Service Providers.

Centers for Disease Control Prevention (CDC)

<https://www.cdc.gov/violenceprevention/datasources/nisvs/svandipv.html> This link shares statistics on people with disabilities experiencing sexual assault and other forms of sexual violence. October, 2018.

Disability and Risk of Recent Sexual Violence in the United States

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4985079/>

Basile, Kathleen C.; Breiding, Matthew J.; Smith, Sharon G.

Disability and Risk of Recent Sexual Violence in the United States, American Journal of Public Health; Washington Vol. 106, Iss. 5, (May 2016): 928-933. DOI:10.2105/AJPH.2015.303004

Posted on PMC U.S. National Library of Medicine, National Institutes of Health

National Crime Victimization Survey

<http://www.bjs.gov/content/pub/pdf/capd10st.pdf>

National Crime Victimization Survey, Crime Against Persons with Disabilities 2008-2010 (revised 11/14/2011). U.S. Department of Justice, Office of Justice Programs

Toolkit: Sexual Assault Awareness for People with Disabilities

<http://www.elevatustraining.com/toolkit-sexual-assault-awareness>

Elevatus Training believes that education is the first line of defense in preventing sexual abuse. They created this toolkit filled with educational articles and resources to support the reader.

Become a Sexual Educator/Trainer: This organization offers a 3-day certificate program for anyone who works with people with developmental disabilities and wants to lead sexuality education classes and staff/parent training.

Curriculum: Sexuality Education for People with Developmental Disabilities is a 350-page, one-of-a-kind curriculum that has been field tested and praised by experts and laypeople alike. It's cognitively accessible and designed for teams of self-advocates, staff and teachers to co-lead an inspiring and engaging sexuality class. There is also a section that focuses on helping individual with I/DD learn about healthy relationships and when to recognize when things go bad.

VIDEOS

Alaska Network on Domestic & Sexual Violence shared Sexual Health Special Interest Group (Association of University Centers on Disabilities, 2019

Check under “Resources” and also the “Sex Talk” webinar series
<https://www.aucd.org/template/page.cfm?id=975>

See also Sexual Self Advocacy video (Parent audience 5:17 min.)

#Disability Too

<https://rootedinrights.org/video/disabilitytoo/>

We all know about #MeToo. What we don’t talk about is the epidemic of sexual assault against people with disabilities. Rooted in Rights and the Disability Visibility Project collaborated to lift up the voices of survivors with disabilities so that their stories could be heard. (5:14 min.)

Abuse of People with Disabilities: A Silent Epidemic

<https://www.youtube.com/watch?v=yhLsATw00o4> from the Board Resource Center

“We are all human beings and we all have a right to live our lives without abuse.” Kecia and Molly call on persons with disabilities to work together, educate themselves and speak up to stop cycles of abuse -- be it financial, psychological, physical, sexual or domestic abuse. Reference CDC.

Sex abuse against people with disabilities is widespread - and hard to uncover

https://www.youtube.com/watch?v=n_Ce-FczgWY PBS NewsHour Jan. 17, 2018

People with developmental disabilities become victims of sexual assault at a rate seven times higher than those without disabilities, according to a Justice Department figured uncovered by a year-long NPR investigation. Judy Woodruff sits down with NPR’s Joseph Shapiro and Nancy Thaler from the Pennsylvania Office of Developmental Programs to discuss why the problem has received little attention. (9:01 min.)

Hear Me!

People with Developmental Disabilities Speak Out, Nevada Governor’s Council on Developmental Disabilities, published Aug. 22, 2017

<https://www.nevadaddcouncil.org/hear-me-people-with-developmental-disabilities-speak-out/>

Seven people with varying developmental disabilities came together in a studio one day in Reno, Nevada for a powerful, uncensored and in-depth conversation about their lives, their experiences and their dreams for the future. Everyone—including those of us with developmental disabilities—dreams of a bright future. (58 min.)

Kecia's Story

<https://thearc.org/kecias-metoo-story/>

A woman with developmental disabilities and sexual assault survivor-turned-advocate was raped, but justice was denied to her because of the failings of our criminal justice system. Kecia shares her #MeToo story in this video blog. Published by The Arc. January 25, 2018

To add your favorite resources to this list **CONTACT US.**

This publication is supported by the Nevada State Division of Public and Behavioral Health through Grant Number NB01OT009309-01-00 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Division nor the Centers for Disease Control and Prevention.