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.
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](http://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](http://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](http://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/](http://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/](http://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/](http://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](http://www.endabusepwd.org)  [https://vera.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.

Updated 11/2019
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)

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 (INCL), 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.aaidd.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.

Updated 11/2019
Sexuality for People with Developmental Disabilities


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


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


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


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.
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.
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
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)

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.
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

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.

Updated 11/2019
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=yhLsATwO0o4 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!
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.