



Work on understanding safe and healthy alternatives. For example, people cannot masturbate at school, but it's ok to do so in their bedroom or their bathroom at home. Also discuss the dangers of meeting up with someone you met online. If they want to meet in-person, what steps can they take to make sure it's done safely? Where is it OK to have sex?

Honor the person's goals. Say yes as much as possible. This helps the individual own their own understanding of their sexuality and sexual health.



RESOURCES

<https://www.ck12.org/biology/puberty-and-adolescence/lesson/Puberty-and-Adolescence-MS-LS/>



<http://www.siecus.org/>



<http://www.maketimeforthetalk.com/>



<https://sexpositivefamilies.com/>



Giving The Talk



<https://www.ohsu.edu/university-center-excellence-development-disability/sexual-health-resources>



<https://teenpregnancy.acf.hhs.gov/resources/sexual-health-toolkit-parents-youth-idd>



Talking with adolescents and children about sexual health and sexuality



How to start "The Talk" with your child or adult with intellectual disabilities



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Each of us deserves to experience ecstatic pleasure, infectious joy and vibrant relationships. We can utilize a combination of science, behavioral studies, intuition, cognitive therapy and somatic practices to help us achieve the quality of life we're aching for.

– Shanya Luther,
founder, and director of *Among Friends*

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Teaching anyone what sex is can be one of the most important safety measures you can teach.

It's just as important as teaching someone how to cross the street or how to cook a meal in the kitchen.

You can use these prompts to talk with individuals about sexuality and sexual health:

- Hey [child's name] everybody needs to learn about relationships and sexuality. You're getting to that age. Have you thought of things you want to know about those topics?
- What do you already know about relationships and sex?
- How do you define sex? What does it mean to you and your friends?
- What are characteristics of healthy relationships?
- What is consent? How does it relate to relationships and sexuality? Are there other times or activities that people ask for consent?
- What are your family's values beliefs around _____ ?
- What things do you talk about as a family related to _____ ?
- What does your religion say about _____ ?
- Are any of your friends talking about relationships or sexuality? Do you have questions about things they've said?

You should talk about things like consent for themselves and the partner, sexual identity, sex, masturbation, porn, dating, toys or fetishes.

More about how to start a talk with individuals about sex and sexual health:

- Be the first to bring it up. Don't make it an unspoken topic.
- Address your fears as a parent. Normalize them. Acknowledge, agree and empathize with yourself and other supporting people in your life.
- There are many ways to be sexual or not sexual. Recognize and name the cultural differences and values. Make them known to your child.
- Work with a counselor, teacher or religious leader.
- Focus on healthy behaviors, not just the wanted outcome.
- Don't leave out the good stuff. Talk about the joyful and healthy parts of sexuality.

