



RESOURCE LIST **FOR SELF-ADVOCATES**

WEBSITES/ONLINE/VIDEOS

Sexuality Information

Sex Talk for Self-Advocates Webinar Series

Self-Advocates and professional sexuality educators answer questions about sexual relationships.

AUCD

Part 1 Relationships:

<https://www.youtube.com/watch?v=4MiVcMz5xFg&t=31s>

Part 2 Sex and Intimacy:

<https://www.youtube.com/watch?v=DkLjonX-KGo&t=13s>

Part 3 Safe Sex Practices - Sexually Transmitted Infections (STIs):

<https://www.youtube.com/watch?v=WS4pNw2dwCo&t=9s>

Part 4 Relationship Experiences:

<https://www.youtube.com/watch?v=QEI4czVpPAG&t=191s>

Part 5 Maintaining Relationship Status: An Open Discussion:

https://www.youtube.com/watch?v=4isUkCW_NNQ

Part 6 LGBTQ+ Relationships:

<https://www.youtube.com/watch?v=Pd2gE2IBx78&t=430s>

Part 7 Marriage:

<https://www.youtube.com/watch?v=GSATIKHguQE>

Part 8 Parenting:

<https://www.youtube.com/watch?v=Yq477mLJRz4>

Part 9 Sexual Self-Advocacy:

<https://www.youtube.com/watch?v=BqTaAnPDxiM>

Sex Ed for Self-Advocates

A sexuality and sex education resource specifically written for people with the autism spectrum age 15+.

Organization for Autism Research (OAR)

<https://researchautism.org/sex-ed-guide/>

Sex Ed By and for People with I/DD: Videos and Guidebook

By: National Council on Independent Living (NCIL)

<https://ncil.org/sex-ed-for-individuals-with-i-dd/>

Amaze

Animated videos for middle school and younger that give you all the answers you actually want to know about sex, your body, and relationships.

<https://amaze.org/>

Healthy Bodies: A Parent's Guide on Puberty for Girls and Boys with Disabilities

By: Vanderbilt Kennedy Center

<https://vkc.mc.vanderbilt.edu/healthybodies/>

Special, Autism in Love-Shows about people with disabilities

Netflix

LGBTQ+

Human Rights Campaign

www.hrc.org

Coming Out

Resources to help you come out and live openly at home, at work and in your community.

https://www.hrc.org/resources/coming-out?gclid=CjwKCAjw1uiEBhBzEiwAO9B_HfwKHD3T1yPQ4JO3-kASBALR4Lg0hAH2_PPk2Za8Eh-yLEumEXkp0hoCPqcQAvD_BwE

PFLAG

LGBTQ+ resources for individuals, parents, and allies.

<https://pflag.org/>

GLAAD

Resources for transgender individuals.

<https://www.glaad.org/transgender/resources>

The Way We Think About Biology is Wrong

A TED talk presented by Emily Quinn

https://www.ted.com/talks/emily_quinn_the_way_we_think_about_biological_sex_is_wrong

Whittington Family, Transgender Child

The Whittington Family share their experiencing raising their transgender child, Ryland.

Part One:

<https://www.youtube.com/watch?v=yAHCqnux2fk>

Part Two:

<https://www.youtube.com/watch?v=-P81vVf3wyU>

CONSENT:

Cup of tea: Consent

A video about consent.

Blue Seat Studio

<https://www.youtube.com/watch?v=oQbei5JGiT8>

Consent for Kids

A video about consent for children, but great messages for anyone about body autonomy

Blue Seat Studio

<https://www.youtube.com/watch?v=h3nhM9UIJjc>

“Pressure Pic Problem – Girlfriend’s Story – That’s Not Cool”

A video clip that you can use for discussion about sending naked pictures (sexting).

<https://www.youtube.com/watch?v=0meBHbUqGjc>

Classic Consent

A video clip on asking for consent and accepting a yes and a no.

<https://www.youtube.com/watch?v=KT5KK551aeg>