



The SHEIDD* Project

Supporting Community Inclusion
Efforts with Sex Ed

Multnomah County
Health Department
Youth Sexual Health
Equity Program

*Sexual Health Equity for Individuals with
Intellectual / Developmental Disabilities
(pronounced "sheed")

Agenda

- Introductions
- SHEIDD Collaboration Strategies
- Sex Ed and Community Inclusion: What Does it Mean?
- A Systems Approach
- Building Community Partnerships
- What Young People Experiencing I/DD Want and Need
- What Support People Want and Need
- Putting What We Learned into Practice
- Closing: Head, Heart, ACTION

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The SHEIDD Vision

“To promote comprehensive sexuality education and support for young people (ages 14-21) who experience intellectual/developmental disabilities (I/DD) by working together to build the skills of parents/guardians, caregivers, support workers, teachers, health care providers and others to provide sexual health education and support to the young people in their lives.”



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SHEIDD Collaboration Strategies

Participatory Learning Approach

Human-Centered Design

Person-Centered Planning Approaches

Popular Education



Popular Education

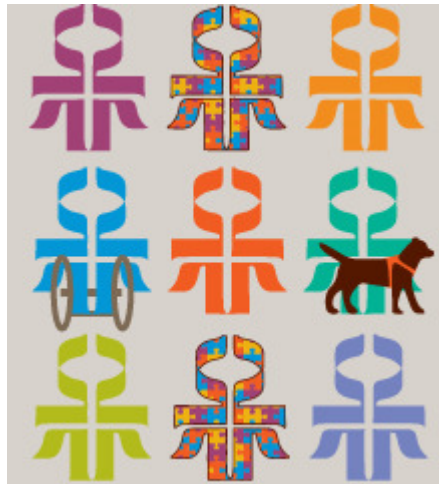
1. We are all teachers and we are all learners.
2. Everyone knows a lot as a result of their life experience.
3. The goal of education should be to create healthier communities.



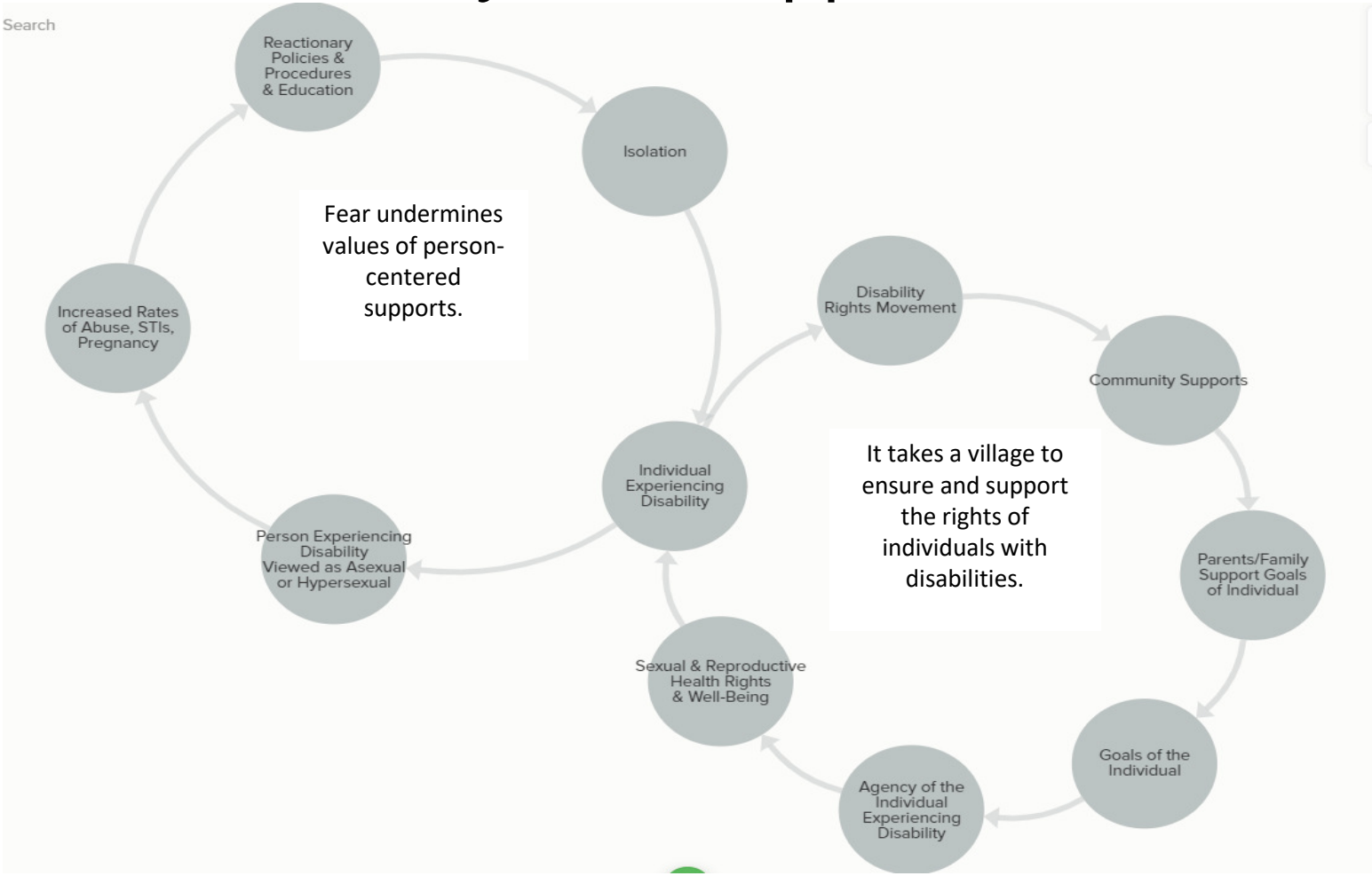
Sex Ed and Community Inclusion?

Brainstorm

How is sexual health education related to community inclusion?



A Systems Approach



Building Community Partnerships

1. Build Community
2. Designate a Community Advisory Group Coordinator
3. Be Transparent
4. Treat CAG Members as the Experts They Are
5. Be Flexible
6. Find Interactive Ways to Get Feedback
7. Share Power and Resources
8. Celebrate
9. Reflect



Key Components of Collaboration

Tour, discuss and write with your partner:

1. Why could this component be important to collaboration?
2. What are ways to put this component into practice?



What Do Young People in Your Community Want and Need?

- **Young people experiencing I/DD** are often not asked what they need and want when it comes to relationships and sexual health education.
- **Members of support networks** often recognize a need for sexual health education and support, but don't feel equipped to provide assistance.



What Young People with I/DD Want and Need

1. Holistic sexual health education
2. Help working towards goals
3. Regular skill-building opportunities
4. Positive peer connection



What Support People Want and Need

1. Policies and procedures
2. Support for collaboration
3. Education materials and resources
4. Training



Putting the Guidelines into Practice

- Break into groups of 4-5 people
- Pretend that you are working together to support a young person experiencing I/DD
- Each group will get:
 - 11 key guidelines for providing holistic sexual health education
 - A scenario



Putting the Guidelines into Practice: Part 1

How could you work together to provide person-centered, holistic, affirming sexual health education and support to this young person?

- Choose at least 2 of the 11 guidelines to apply.
- Plan to use tools and strategies that you already have to help the young person build skills and work toward their goals.
- Each person in your group must have a role in supporting the young person.



Putting the Guidelines into Practice: Part 2

- **Report back:** Plan to share your group's plan in a creative way involving your whole group!
- Examples:
 - Team cheer
 - Acronym
 - Poem, haiku (5-7-5)
 - Short script/role-play
 - Dance
 - Tableau/frozen image made by group participants



Putting the Guidelines into Practice: Part 3

With your group discuss:

What support would *you* need to help you feel more comfortable, confident, and skilled at providing this education and support?



Head, Heart, ACTION!

- **Head:** After today, what is one thing you're thinking?
- **Heart:** After today, what is one thing you're feeling?
- **Action:** After today, what is one thing you're excited about doing to promote and integrate sexual health into your daily work?



THANK YOU!

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