

Provide Holistic Sexual Health Education in Many Ways

Sexuality Information Council of the United States (SIECUS) “SIECUS works to make sure that information, knowledge, and skills are within everybody’s reach”: <http://www.siecus.org/>

The Birds and the Bees website offers resources “support for teaching human sexuality to individuals with autism and developmental disabilities,” including free curricula: www.ASDsexed.org

The **Calgary Sexual Health Centre** believes everyone has the right to good sexual health and good sexual health information: <https://www.calgarysexualhealth.ca/sexual-health-info/>

teachingsexualhealth.ca offers sexual health education resources for teachers and parents, including lessons designed for students with differing abilities: <https://teachingsexualhealth.ca/teachers/grade/differing-abilities/>

Public Health – Seattle & King County offers a curriculum, **Special Education FLASH**, in family life and sexual health for middle & high school students with special needs: <https://www.kingcounty.gov/depts/health/locations/family-planning/education/FLASH/special-education.aspx>

Advocates for Youth “champions efforts that help young people make informed and responsible decisions about their reproductive and sexual health,” which includes information and resources for parents and educators about sexual health education for young people with disabilities:

<http://www.advocatesforyouth.org/developmental-and-intellectual-disabilities-home>

They also provide adaptable individual lesson plans for K-12 sexuality education through the **Rights, Respect, Responsibility** curriculum: <http://www.advocatesforyouth.org/3rs-curric-lessonplans>

The GULP! Newsletter: Talking with your kids about sexuality of Planned Parenthood of Northern New England includes an issue that focuses on developmental disability: <http://www.ppnne.org/parents>.

AMAZE offers “fun, animated videos that give you all the answers you actually want to know about sex, your body and relationships”: <https://amaze.org/>

Sproutflix is “the only distributor of films exclusively featuring people with intellectual and developmental disabilities.” Many videos are available to stream for free and address themes of relationships, romance and sexuality: <http://sproutflix.org/browse/genre-free/page/3/>

Support Young Peoples’ Goals

The Learning Community for Person Centered Practices “envisions a world where all people have positive control over the lives they have chosen for themselves”: <http://tlcpcp.com/>

The **National Resource Center for Supported Decision-Making** provides “information about the Right to Make Choices – the right we all have to make our own decisions and direct our own lives”: <http://www.supporteddecisionmaking.org/>

Create Environments that Foster Peer Connection

Calgary Sexual Health Centre and Disability Action Hall support the **Right to Love (R2L)** Advocacy Group in Canada, which “is a group of people with disabilities and our allies working together to make healthy choices about love”: <https://www.calgarysexualhealth.ca/programs-workshops/people-developmental-disabilities/>. Check out the R2L YouTube channel here: <https://www.youtube.com/user/DActionHall?feature=watch>

Build the Capacity of Support People to Provide Sexual Health Education and Support to Young People Experiencing I/DD

Put Policies and Procedures in Place to Support Relationships and Sexuality

Oregon Law and Policy for K-12 Sexual Health Education: <http://www.oregon.gov/ode/rules-and-policies/StateRules/Pages/Oregon-Law-and-Policy-for-Sexual-Health-Education.aspx>

Impact Newsletter A Sexuality Policy That Truly Supports People with Disabilities:
<https://ici.umn.edu/products/impact/232/15.html>

The Arc and AAIDD's joint position statement on sexuality: <https://www.thearc.org/who-we-are/position-statements/life-in-the-community/sexuality>

NCRI Policy Recommendations to promote healthy social and emotional relationships for people with intellectual and developmental disabilities:
<https://www.hsri.org/files/NCRI/NCRI%20Policy%20Recommendations.pdf>

Provide Tools and Strategies to Collaborate Around Sexual Health Education and Support

The **Innovative Teen Pregnancy Prevention Program (iTP3)** provides resources in **Design Thinking** principles that offer solution based approaches to solving problems: <https://itp3.org/design-thinking-principles/>

+Acumen offers a free **Systems Practice** course to learn how to make sense of complex environments and uncover the dynamics that have the greatest potential for impact:
<https://www.plusacumen.org/courses/systems-practice>

Multnomah County provides **Popular Education** Workshops to create healthier and more just communities
<https://multco.us/health/public-health-practice/popular-education-workshops>

The **Collective Action Toolkit** from **Frog Design** is a community-based solutions framework:
<https://www.frogdesign.com/work/frog-collective-action-toolkit.html>

Provide Training Opportunities

IPPF European Network's Keep Me Safe: A best practice manual for designing, delivering and evaluating programmes about sexual rights and human rights for young people with learning disabilities and their intermediaries: <https://ec.europa.eu/justice/grants/results/daphne-toolkit/en/file/3205/download?token=7ECU9Q0H>

IPPF European Network's Keep Me Safe: Training manual for sensitizing intermediaries on sexual rights of young people with learning disabilities. "Developed for organisations who wish to educate and sensitize staff, teachers and carers about the sexual and reproductive health and rights of young people with mild to moderate learning disabilities": <https://www.ippfen.org/resource/keep-me-safe-training-manual>

To keep in touch with the SHEIDD Project, please contact:

April Kayser, Health Educator
Youth Sexual Health Equity Program
Multnomah County Health Department
[\(971\) 801-5121](tel:(971)801-5121)
april.kayser@multco.us