

## **GENDER IDENTITY ISSUES IN PERSONS WITH I/DD**

### **Resources**

**“Sexual and Gender Minorities” – Examines aspects of healthy sexuality and responsible sexual behavior and respecting sexual diversity.**

**“Understanding the “T” in LGBT: Gender Identity & Gender Expression” – A workbook for individuals**

**“Jan’s Story” – For use by and with women with learning difficulties around same sex relationship issues**

**“Phil’s Story” – For use by and with men with learning difficulties around same sex relationship issues**

## **BODY PARTS**

**Utilize (HCQU) Nurse to deliver train around this topic.**

### **Resources**

**“Understanding the Body” – This lesson is used by the nurses to establish basic knowledge about what they do and don’t know about the body and its parts. It is usually used as a starting point followed by a series of training based on what training needs to follow. Permission to do training around this topic should be sought from family or provider. Training is done on a 1:1 basis with the presence of a same sex staff person or one with whom the individual feels comfortable with being present. Trainer needs to be aware of slang or different words used by the person for different body parts.**

**“Pictorial Story of Body Parts” – Read through or assist the individual to read through the story while identifying their own body parts.**

## **BIRTH CONTROL AND STD/STI**

**Utilize (HCQU) Nurse to deliver train around these topics.**

### **Resources**

**“Condoms and Proper Condom Use” – Power point presentation available through HCQU nurse**

**“How to Use a Condom” – Handout that can used for training with individual**

**“Undercover Dick” – David Hingsberger tape and booklet on use of condoms – through HCQU RN**

**“Depo-Provera (the Shot)” – Information for staff regarding injection used for female birth control**

**Website: [www.familyplanning.org/reprofacts\\_birth](http://www.familyplanning.org/reprofacts_birth) - Information about the various forms of birth control**

**“Things You Need to Know” – Power point presentation on STDs available through HCQU nurse**

**“The Difference between STDs and STIs” – article regarding more current terminology**

**“STD: Don’t Risk It” – Pamphlet from Department of Health**

**“STDs and HIV Fact Sheet” – Information form CDC – websites listed**

## **SEXUALITY EDUCATION FOR PERSONS WITH I/DD**

### **Resources**

**“Guidelines for Providing Sexuality Information to Clients with Developmental Disabilities”**

### **Handouts:**

**“Societal Attitudes that Disadvantage People with Developmental Disabilities” – for caregivers**

**“Why is Sexuality Education for Co-Workers Important?”**

**“Education for Protection”**

**“Information for Safety”**

**“Issues in Developing a Sexual Identity”**

**“Sexuality Education for Adults with Developmental Disabilities” – HCQU Manual – curriculum can be provided by HCQU nurse**

**“Project Point of Light” – Phase I: Introduction to Treatment (DD Phase Work)**

## **SEXUALITY ISSUES FOR DIRECT CARE WORKERS**

### **Resources**

**“Sexuality Issues for Direct Care Workers” - Power point presentation available through HCQU Nurse.**

**“Talking” - This handout facilitates talking with DCW’s about their feelings and comfortableness when talking about sexuality and words associated with it.**

**Handout: “Questions of Confidentiality” - Provides a good discussion regarding confidentiality around sexuality matters of others**

**Quizzes (2) from Sharon Potter - Can be given to caregivers to assess knowledge**

**“Sexuality Across the Lifespan” - An instructional guide for Educators of individuals with developmental disabilities**

**“Sexually Related Side Effects of Medications” - by Sandy Shertz RN**

**Sexual Side Effect of Antipsychotic Drugs - Article for information**

## **BOUNDARIES**

### **Resources**

**“Building Healthy Boundaries” – Power point presentation available through HCQU Nurse. Clipart in power point may be removed based on it being contraindicated for the viewer such as pictures of children.**

**“Boundaries and Personal Space” – Workbook about different boundaries that can be delivered by HCQU nurse or caregivers. The survey does not have to be used. Training from this should be personalized and using examples can be helpful.**

**“Appropriate/Inappropriate” – Worksheets that can be done by caregivers with individuals and can be used for various topics such as relationships, boundaries, friendships, etc. Can also be used for non-speaking individuals.**

**“Healthy Boundaries” – Utilize a hula hoop for this training. Caregivers can provide this training and should have discussion with person or group around the various boundaries.**

**“Personal Rights” – Handout to review with individuals**

**“Personal Safety: Keeping myself Safe”- Power point presentation available through HCQU Nurse. Clipart in power point may be removed based on it being contraindicated for the viewer such as pictures of children.**

**“My Relationship Map”- Activity worksheet that can be used with training or stand-alone.**

**“Touch Test” – Activity worksheet for individuals. Can be used with non-speaking individuals. This is often used for persons who don’t have any relationships. Ask what these the pictures mean to them first to assess understanding. Talk about the words on the left and see how the person matches the words to the pictures.**

**“Relationship Boundaries Worksheet” – This is generally helpful to couples already dating and/or having an intimate relationship. It can be conducted at different times for each person in the relationship to get a better sense of each one’s knowledge. The presenter may need to explain the terms listed. Also, the presenter needs to be mindful of religious references. The HCQU nurse primarily conducts this.**

**“Boundaries Quiz” – This quiz is for caregivers/supporters. The question about accepting gifts from consumers may be relevant to agency policy.**

**“Professional Boundaries for Staff” – HCQU nurse delivers the training from this manual to staff using a facilitator guide. Because agency policies vary it specifies in manual to “follow your facility policy.”**

**“You Just Don’t Do That” – Service, Support, and Success – The Direct Support Worker Newsletter, Volume 1: Issue 13**

#### **NOTES:**

Training on Boundaries for individuals needs to be repetitious/ongoing in all settings.

Holistic Practices such as Reiki and Massage for individuals as it relates to Boundaries should be determined by those supporting the person whether it is in the person’s best interest and its purpose is understood.

## **SEXUAL VIOLENCE SEXUAL HARASSMENT, PERSONAL SAFETY**

### **Resources**

**“Sexual and Domestic Violence and People with Disabilities” – Power point presentation available through HCQU nurse**

**“Handouts: “Sexual Harassment Is:”**

**“3 Safety Rules when Sexually Assaulted”**

**“Supporting People with ID/DD: Sexual Abuse”**

**“How to Help Victims/Survivors of Relationship Abuse”**

**“Health and Safety Alert” – ODP: Victim Assistance with updated phone contacts**

**“Pennsylvania Coalition Against Rape (PCAR): A Guide for Friends, Family & Care Providers of Sexual Violence survivors Who Have Disabilities”**

**“Continuum of Sexual Violence” – For direct support workers/staff**

**“What is Domestic Violence?” On page 6 is a “Power and Control Wheel” that can be made larger (copy included) and used as a handout**

**“Supporting a person who has experience sexual trauma: Issues for caregivers”**

**“Healthy Relationships” – Power point presentation available through HCQU Nurse. Clipart in power point may be removed based on it being contraindicated for the viewer such as pictures of children.**



**“Surviving Sexual Abuse” – Easy to read guide on sexual abuse. G over with individual and have staff reinforce with individual.**

**Handouts: “Sexual Abuse: legal definition USA”**

**“Sexual Assault Indicators”**

**“Vulnerability”**

**“Barriers to Safety for people with developmental disability**

**“Support for the Victim”**

**“Supporting a person who has experienced sexual trauma**

**“A Self Help Guide for Males who have been Sexually Abused” – Information for men, their partners, family, friends, and service providers.**

**“Touching and Personal Safety”** *(This can be under the Boundaries tab also)* - Very good resource; no need to use whole workbook – use parts as appropriate. Also, some parts may be more relevant for HCQU nurse to go over.

**“My Personal Safety Journal” – May be contraindicated for those who have a history of pedophilia. Otherwise the journal allows you to personalize it to the individual.**

**“Safety, Planning, Awareness, Choice, Empowerment” – Some questions are directed towards women, however you can pick and choose those questions you want to ask depending on who you are working with. Good guide to assess knowledge.**

**“Project S.A.R.A.H (Survivors Are Resilient Adults Healing)**

## **MASTURBATION**

**Utilize (HCQU) Nurse to deliver train around this topic.**

### **Resources**

**“A Young Man’s Guide to Masturbation”**

**“Masturbation for Women”**

**HCQU Nurse has access to David Hingsberger articles and resources about masturbation. There are DVDs and booklets for Male - “Hand Made Love” and Female - “Finger Tips.” Both show persons engaging in masturbation.**

**Permission to do training around this topic should be sought from family or provider. Training is done on a 1:1 basis with the presence of a same sex staff person or one with whom the individual feels comfortable with being present.**

**NOTE: The caregiver(s) who will be present with the individual(s) should be given the chance to review the material you are covering first before presenting it to the individual(s)**

## **FRIENDSHIPS/RELATIONSHIPS**

### **Resources**

**“All About Friendships” – Power point presentation available through HCQU Nurse**

**“Friends” – Handout and Workbook that can be delivered by caregivers to individuals**

**“My Friendship Spiral” – Worksheets that can be done by caregivers with individuals**

**“Friends: Connecting people with disabilities and community members” – A manual with activity worksheets that can be used to deliver training by caregivers or used as stand-alone handouts for individuals**

**“Relationship Circle” – Activity worksheet for individuals**

**“Friends vs Non-Friends”- Activity worksheet for individuals especially those who are non-speaking. Different color pictures can be used that better show context of situation.**

**“Healthy Relationships Workbook” – Intended for Adults with I/DD and includes instructor manual**

## **ADDITIONAL SEXUALITY RESOURCES**

### **Resources**

**“Sexual Health, Relationships and Parenthood”** – Designed to assist caregivers in delivering Sexual Health Education to persons with a learning disability. Contains a range of topics – *Contact HCQU to electronically send a copy of the workbook*

**Names and Contact Information of Sexuality Therapists/Counselors**

**HCQU Media Library** – HCQU resources around Sex and Relationships

**Resources on Sexuality and Relationships** – *Includes websites and books*

**LGBT Resources, Central PA**

**Safer Options Manual** – *Contact HCQU for copy*