

Maine CITE welcomes you to today's webinar!

Sexual Education, Intimacy and Disability

June 27, 2023

The webinar will begin soon.

- Melissa Bliss, MS OTR/L

Serving all ages and all abilities!

Maine CITE and partners provide:

- Information and assistance
- Assistive technology training
- Device demonstrations
- Device short-term loans
- Device reuse

Partners include:

- Spurwink ALLTECH
- Pine Tree Society
- Gallant Therapy Services
- University of Maine Farmington



www.mainecite.org



Daily Activities

Assistive Technology (AT) for Sex?



Sex and Intimacy after Stroke: Barriers and Possibilities



Conditions that might affect understanding and/or participation

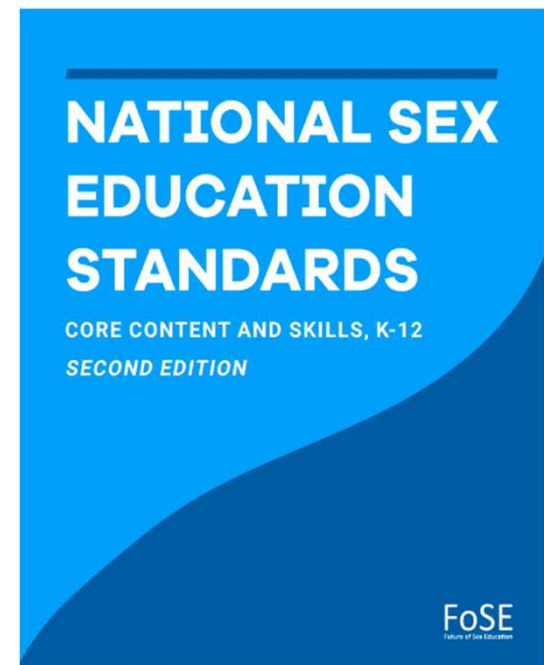
- Intellectual Disability
- Autism/Neurodiversity
- Dementia

- Sensory Deficits
- Blind/Visually Impaired
- Deaf/Hard of Hearing
- Loss of Sensation

- Spinal Cord Injury
- Orthopedic conditions
- Amputation
- Obesity
- Cerebral Palsy
- Brain Injury
- Multiple Sclerosis

Sexual Education: Maine Mandates

- ✓ Medically accurate
- ✓ Age appropriate
- ✓ Cannot promote religion
- ✓ Contraception
- ✓ Stresses abstinence
- ✓ Healthy relationships & decision making
- ✓ Dating and sexual violence prevention
- ✓ Parents can opt-out



Social Inclusion

- United Nations Convention on the Rights of Persons with Disabilities (2006)
- "People with disabilities have the right to the same range and quality of sexual and reproductive health services enjoyed by non-disabled citizens."



Gaps in Reproductive Health Education

Who gets taught
about their
sexual health?



59.2% of
Non-
Disabled
Students

44.6% of
Students
with
Intellectual
Disabilities

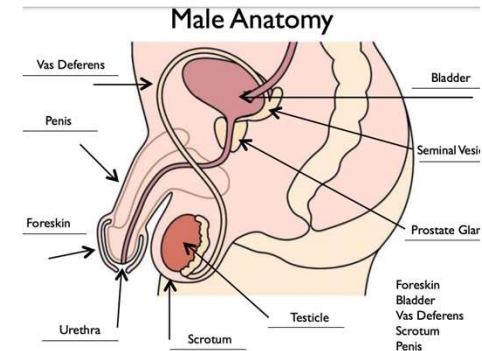
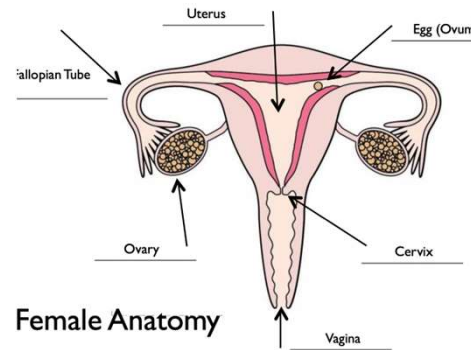
Myths about IDD and Sex

- We are all asexual or heterosexual.
- We only date other people with disabilities.
- We do not understand appropriate sexual behaviors and boundaries.
- We don't have the capacity to give or deny consent.
- We don't need privacy.
- We cannot become parents.



Teaching Strategies

- Use realistic pictures or 3D representations
- Use plain language and proper terms
- Acknowledge slang
- Use demonstrations
- Repetition
- Small bits of info



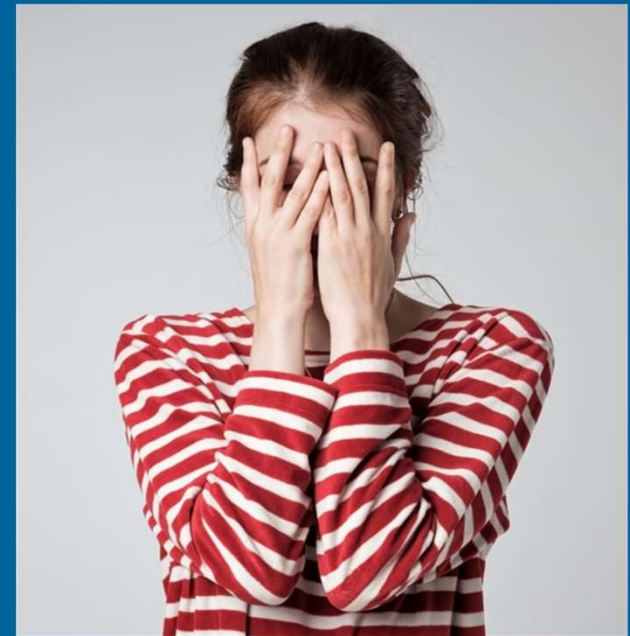
Potential topics:

- Dating
- Consent
- Respect
- Pregnancy
- Cyber safety
- Birth control
- Privacy
- Slang words

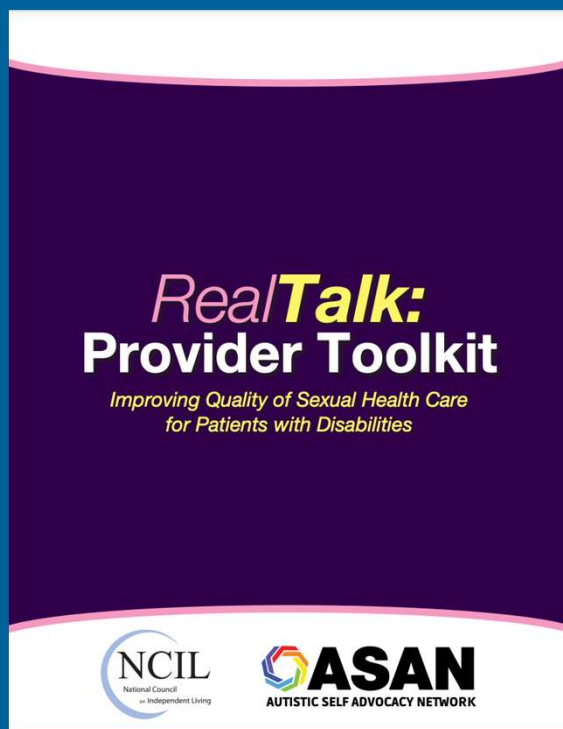


Be prepared to discuss...

Periods
Self-pleasuring
Hygiene
Sexuality
And...
Sex devices
Sex positions



ASAN Autistic Self- Advocacy Network

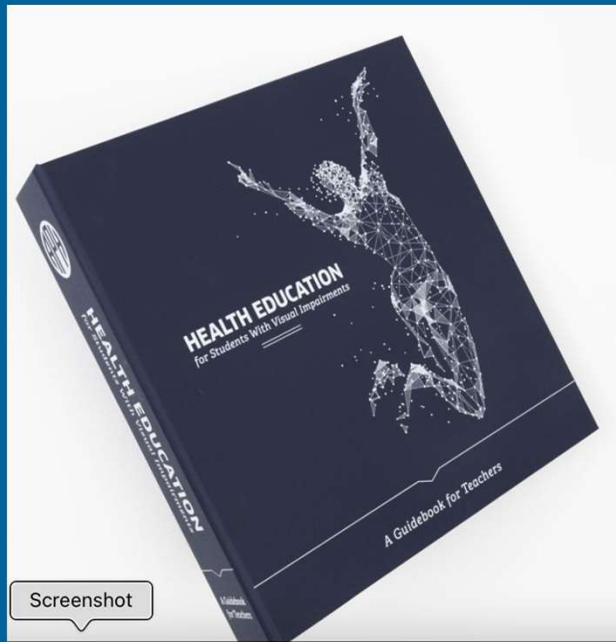


- All materials are available in accessible formats
- Large print, Braille, plain language, visual supports, and digital access
- Audio material should be captioned; sign language interpreters available
- Visual material should be described (alt text)
- Alternate formats should be available in the same manner as default materials, without needing to request them specifically
- Service animals welcome; physical space ADA compliant

3-D Representations



Education for Blind and Visually Impaired Learners



APH: Health Education
for Students with Visual
Impairments

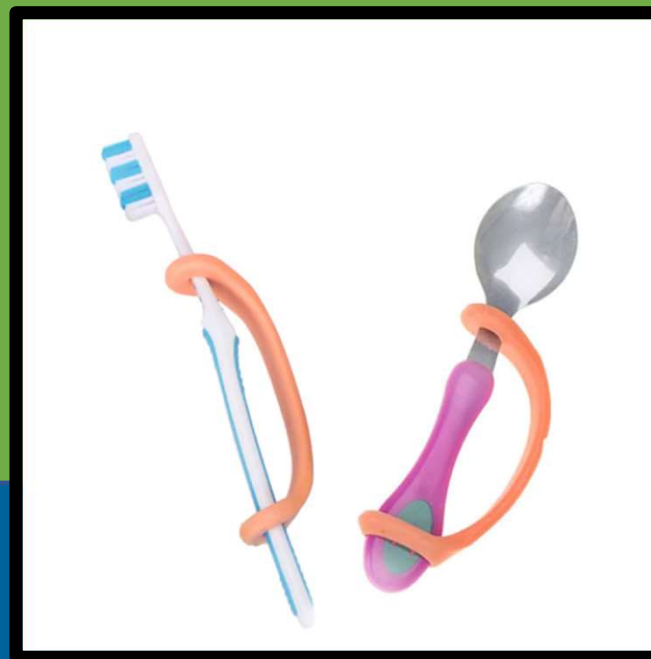
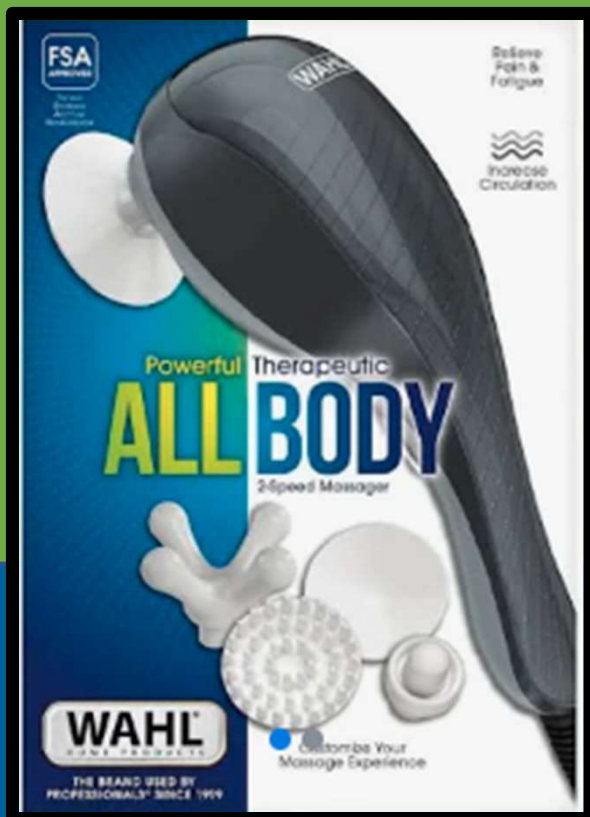
Provide color contrast for students
with low vision.

Ergonomics

Ergonomics, the “laws of work”, teach us to fit our work areas to our bodies’ needs.



Accessibility



Spinal Cord Injury

sexualitysci.org



Sensory AT

Temperature

Texture

Vibration

Light

Oils

Scent

Music



Positioning

- Comply with the weight capacity
- Power OFF
- Apply wheel locks
- Use anti-tipper bars
- Position against a wall



“Wedges can change your life”.



Neurological and Motor-Neuron Conditions

Consult your professional organizations and support groups.



Whole Life Experience

“Mostly though, I feel inadequate as a human. I feel small, patronized, and infantilized by a culture that tells me I’m unworthy of sexual attention.”

Let's Talk
More
About
Love and
Sex



Reach out! We are here to help!



Maine CITE

Assistive Technology for all ages and all abilities

www.mainecite.org

info@mainecite.org

207-621-3195



Maine-CITE