

INFORMATION ABOUT HEALTHY RELATIONSHIPS AND SEXUAL ADVOCACY



2021 SELF-ADVOCATE RESOURCE GUIDE

**CREATED BY PEOPLE WITH DISABILITIES FOR
PEOPLE WITH DISABILITIES**

*with special focus on the Intellectual/Developmental
Disability Community, Families, and Advocates*

UPDATED: MAY 2021

SUPPORTED BY

Self-Advocates Solutions (SAS) Arizona

Youth Action Council of Arizona (YAC-AZ)

People First of Arizona

**Arizona Developmental Disabilities Planning Council
(ADDPC)**

Ability360

The Arc of Arizona

TABLE OF CONTENTS

PURPOSE

Arizona Sexual Violence and I/DD Response Collaborative Page 6

How to Use This Resource and the Rating System Page 7

SECTION 1: DATING AND RELATIONSHIPS

PG Sex talk with Self-Advocates Page 9

R/Mature Relationships and Sexual Education Page 11

PG Sex Ed for Self-Advocates Podcast (Episodes 3 + 4) Page 13

SECTION 2: ABUSE AND NEGLECT

PG Abuse of People with Disabilities: A Silent Epidemic Page 14

PG Abuse: A Peer-to-Peer Guide About Domestic and Sexual Violence Page 16

PG Autism and Safety Toolkit: Safety Tips for Self-Advocates Page 18

PG Safe at Home: Caregiver Abuse during the COVID-19 Pandemic Page 19

SECTION 3: COMMUNICATING WITH YOUR DOCTOR ABOUT YOUR BODY

G	Talking to Your Healthcare Provider About Sexual Violence	Page 21
PG	Charts (Talk About Sexual Violence)	Page 23
G	James Goes to the Doctor: For Medical Staff	Page 25
G	Kecia Meets with Her Doctor	Page 27

SECTION 4: SUPPORT SYSTEMS/PEER SUPPORTS

(DEFINES WHAT PEER SUPPORT IS, EXPLAINS HISTORY OF DISABILITY MOVEMENT, AND TALKS ABOUT SELF-CARE)

G	Peer-to-Peer: Bridging the Gap through Self-Advocacy	Page 29
PG	Starting the Conversation: A Toolkit for Self-Advocates to Talk about Sexual Violence in their Communities	Page 31
G	Talk About Sexual Violence: Survivor Perspectives	Page 33

SECTION 5: NOT REVIEWED RESOURCES

Not Rated Friendships & Dating Page 35

Not Rated Boyfriends + Girlfriends:
A Guide to Dating for
People with Disabilities Page 36

SECTION 6: WHERE TO GET HELP

Contact Information of Places to Get Help Page 37

ARIZONA SEXUAL VIOLENCE & I/DD RESPONSE COLLABORATIVE

The Arizona Sexual Violence & I/DD Response Collaborative is a group of organizations and advocates that are fighting abuse of people with developmental disabilities. Self-advocates in the Collaborative provided input and reviewed information to ensure resources shared are geared towards people with all types of disabilities.

We hope that the following variety of trainings and resources can provide information you need today. Some of the information may include:

- Your body and how you feel about it
- What sex is, how to have good relationships, and how to identify bad relationships
- How to recognize and report abuse
- Healthy boundaries, or setting limits between strangers, your support workers, friends, family, and romantic partners

Warning:

Some of the resources we recommend may contain graphic and mature subject matter. This guide includes information on body parts, sexual relationships, and abuse. Everyone is different. You may not be ready for some of this information right now.

Don't be afraid to speak up if you think you or someone you know is being abused, even if you are not sure. It's better to be safe.

HOW TO USE THIS RESOURCE AND THE RATING SYSTEM

This resource guide is divided into four sections:

- Dating and Relationships
- Abuse and Neglect
- Communicating with the Doctor
- Support Systems/Peer Supports

This resource guide uses a rating system to help you move through the resources in a way that you feel comfortable.

We recommend discussing any of the information viewed with a trusted and knowledgeable person.

The rating system is listed below.

G = Appropriate for people with little or no knowledge about sex, sexual abuse, or healthy romantic relationships. Person may need assistance to understand. This resource has:

- no sexual images;
- if there is descriptive language, it is correct for body parts and to define sex or violence words;
- few or no sexual descriptions;
- sexual consent and information on healthy relationships;
- and/or has easy or plain language materials.

PG = Appropriate for people who have been told about or are aware of human body parts, sex, abuse, and romantic and healthy relationships. This resource has:

- There are sexual descriptions and basic sexual images;
- words and pictures explaining sex and sexual violence;
- and/or information on sexual consent.

R/Mature = Appropriate for people who know about or are aware of sex, sexual body parts, sexual abuse and violence, and intimate romantic and healthy relationships. This resource has:

- full sexual images and videos, detailed words, and sexual positions;
- words and pictures explaining sexual violence, sexual consent;
- and/or resources.

SECTION 1: DATING AND RELATIONSHIPS

Rating: **PG**

SELF-ADVOCATES Sex Talk for Self-Advocates #1-6



Who made it? AUCD

How long does it last? It is between 1 hour and 90 minutes.

Where do I get it?

https://www.aucd.org/resources/webinar_mgt.cfm?keyword=sex+talk×pan=&date

What information is covered?

Webinar 1 Relationships- Basic information

Webinar 2 Sex and intimacy- Real talk with Q and A.

Webinar 3 Safe Sex Practices- STI's- Real information, myth busters and answers to common questions.

Webinar 4 Relationship Experiences- Vocabulary introductions; interview with a member.

Webinar 5 Birth Control – *not available at the time of review*
Webinar 6 LGBTQ+ Relationships- Crisis Call center numbers included. Used the Gender Unicorn, member with a disability interview. It has Q&A and resources. Not just a PowerPoint.

What did self-advocates say about it?

Self-advocates' top questions about sex are addressed in each webinar. You will hear a group of experts and a self-advocate talk about each topic. Questions from the audience are then asked at the end.

Webinar #1 on Relationships: This webinar talks about how to have relationships and what bad relationships are. It also talks about how to come out as gay if you are gay.

Webinar #2 on Sex & Intimacy: Talks about how to have sex, different types of sex, masturbation, and what sex toys are.

Webinar #3 on Safe Sex Practices: Talks about what are sexually transmitted diseases, how to avoid getting them, what to do if you have one, and how to talk to your partner about them.

Webinar #4 on Relationship Experiences: Self advocates with different disabilities share their experiences in different types of relationships.

Webinar #6 on LGBTQ+ Relationships: Five self-advocates share their relationship experiences as part of the LGBTQ community.

Rating: **R/Mature**

Relationships and Sexuality Education



Who made it? Oak Hill

Where do I get it?

<http://relationshipandsexuality.oakhillct.org/workbooks/>

What information is covered? Mostly for adults, the workbook series talks about healthy relationships, respect, trust, consent, commitment, right touch, and responsibility. There are currently 7 different workbooks.

What did self-advocates say about it?

Growing Up, The Life Cycle: Talks about male and female bodies and body parts throughout their lives, masturbation, how babies are made, and how they are born. There are explicit drawings throughout.

Women's Health: Explicit drawings of the female body from

puberty, discusses periods and what to do, how to stay healthy, and what to expect at the doctor's office when they are examining your private parts and how to do a breast self-exam. Men's Health: Explicit drawings of the male body from puberty on. Discusses different parts, what they do, erections, ejaculations, how to stay healthy, and what to expect at the doctor's office.

Say No! To Sex Abuse & Sexual Mistakes: Shares what different types of relationships are, what it means to be gay, how to have healthy sexual relationships, consent, boundaries, different types of abuse, and what to do if you have been abused.

Also, it talks about what a sexual mistake is and what to do if you made one. Includes how to stay safe online.

Ten Tips for Healthy Relationships: Broad review of individuals' rights, including freedom from abuse, and specific information on what they can do to have healthy relationships.

Attractions & Safe Dating: Explicit workbook about different types of relationships, gender identity, sexual orientation, different types of sex with drawings of positions, flirting, how to have a healthy relationship. Includes safe tips for texting and online dating.

Rating: **PG**

Sex Ed for Self-Advocates Podcast (Episodes 3 + 4)

EPISODE 3: HEALTHY RELATIONSHIPS

Graphic that depicts verbal or visual types of sexual harassment and sexual violence in relation to each other, 25:18:



Who made it? Organization for Autism Research

Where do I get it?

<https://researchautism.org/sex-ed-for-self-advocates-podcast/#Ep-3>

How long does it last? 30 and 40 minutes

What information is covered?

Episode 3: Healthy Relationships (discusses how to recognize healthy, unhealthy, and abusive relationships and harassment, assault, and abuse)

Episode 4: Consent (discusses how to set boundaries, what consent is and how to give and receive it)

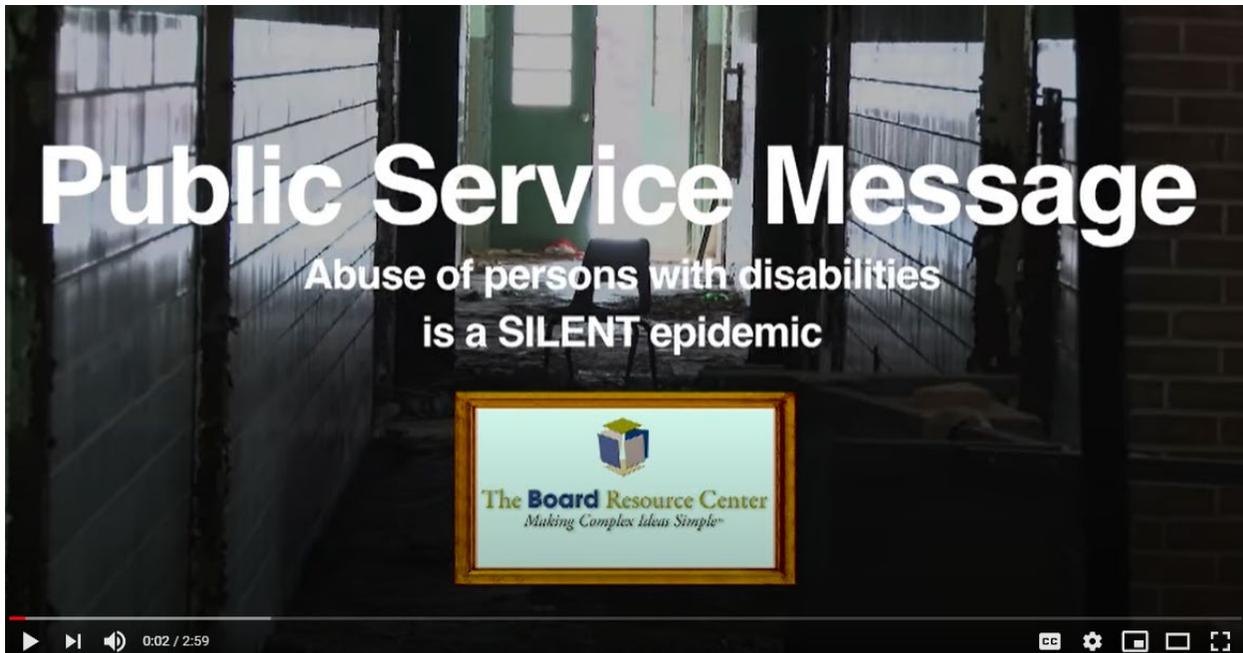
What did self-advocates say about it?

Contains some mention of mature content regarding sex, harassment, and rape.

SECTION 2: ABUSE AND NEGLECT

Rating: **PG**

Abuse of People with Disabilities: A Silent Epidemic



Who made it? Board Resource Center

Where do I get it?

<https://www.youtube.com/watch?v=yhLsATwO0o4>

How long does it last? 3 minutes

What information is covered?

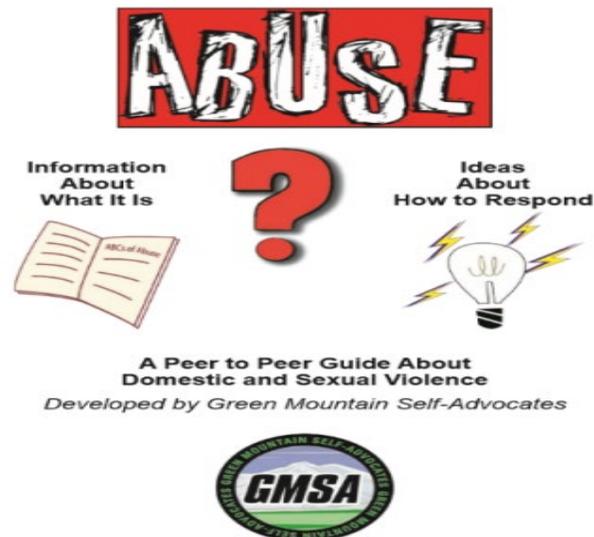
Video by self-advocates discussing what abuse is and what self-advocates can do to prevent abuse for themselves and others. They also discuss sexual abuse.

What did self-advocates say about it?

This video is made by self-advocates. They describe the different forms of abuse and different ways to take action against abuse.

Rating: **PG**

Abuse: A Peer-to-Peer Guide About Domestic and Sexual Violence



Who made it? Green Mountain Self Advocates

How long does it last? 24 pages

Where do I get it?

<http://www.gmsavt.org/wp-content/uploads/2015/07/GMSA-A-Peer-to-Peer-Guide-About-DV-and-SV.pdf>

What information is covered?

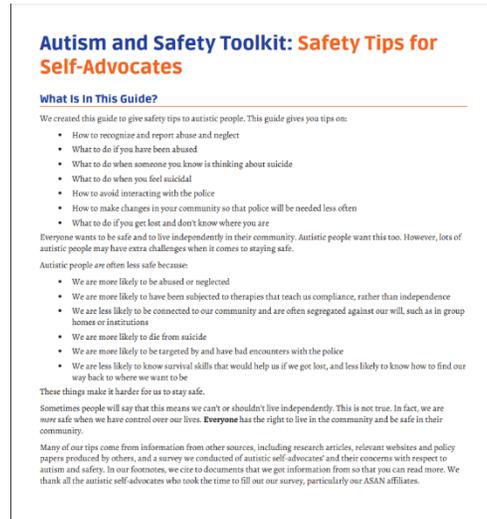
It explains sexual violence in plain language with definitions and examples.

What did self-advocates say about it?

This resource explains what domestic violence is. It also explains how a person can be supportive and encouraging so that the person experiencing the abuse is comfortable. This resource also provides examples.

Rating: **PG**

Autism and Safety Toolkit: Safety Tips for Self-Advocates



Who made it? Autistic Self Advocacy Network (ASAN)

Where do I get it?

<https://autisticadvocacy.org/wp-content/uploads/2017/11/Autism-and-Safety-Pt-2.pdf>

How long does it last? 28 pages

What information is covered?

Explainer on the different kinds of abuse and neglect (in a variety of different settings), guidance for what to do, mental health consequences of abuse/neglect

What did self-advocates say about it?

This resource is put together by self-advocates in plain language. It explains what domestic and sexual violence is. As well as provides examples of what to say in an abusive situation to get out of that situation. It provides definitions of words and illustrations to guide the reader through the document.

Rating: **PG**

Know Your Right to Be Safe at Home: Caregiver Abuse during the COVID-19 Pandemic



Who made it? National Disability Rights Network

Where do I get it?

<https://www.ndrn.org/resource/ndrn-launches-know-your-right-to-be-safe-at-home-caregiver-abuse-during-the-covid-19-pandemic-video/>

How long does it last? 9 minutes

What information is covered?

Video explaining the kinds of violence one can experience from a caregiver. Discusses the difficulties of navigating potentially abusive situation with a caregiver and how to create a safety plan or get help.

What did self-advocates say about it?

Victim advocacy experts from Disability Rights Wisconsin and self-advocates are talking at the camera and stating specific and common examples of all kinds of abuse-no abuse graphics.

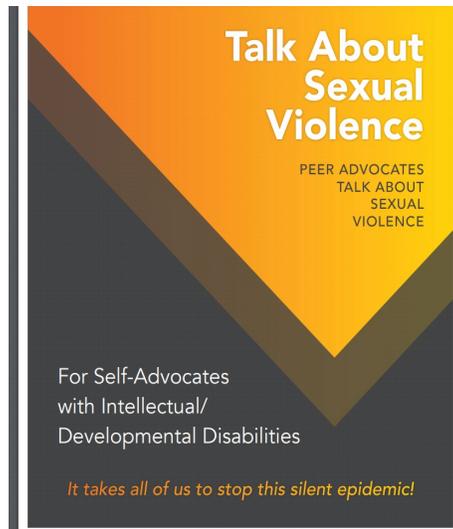
Good examples of abuse are talked about, topics include hurtful and sexual touching; using your property or money for them; withhold, misuse, or delay needed supports; punish and name calling; ignoring you, blaming, threatening, isolation, taking things or people away from you.

Video provides solutions - making a safety plan, how to handle your emotions, and who and how to ask for help. You get to decide what is best for you and know that NO caregiver ever has the right to abuse you.

SECTION 3: COMMUNICATING WITH YOUR DOCTOR

Rating: **G**

Talking to Your Healthcare Provider About Sexual Violence



Who made it? The Arc

Where do I get it?

<http://thearc.org/wp-content/uploads/2019/10/Guide-for-Self-Advocates-English.pdf>

How long does it last? 9 pages

What information is covered?

Easy read booklet on preparing to talk to your healthcare provider about sexual abuse.

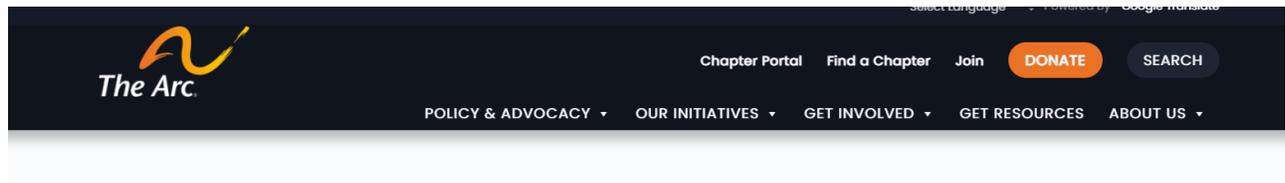
What have self-advocates said about it?

This document helps self-advocates talk to their medical providers. The document is created by self-advocates and is also in plain language. It focuses on three simple steps:

1. Think about how to talk to your healthcare provider.
2. Top with your healthcare provider.
3. Speak up.

Rating: **PG**

Charts (Talk About Sexual Violence)



Talk About Sexual Violence: Charts

Posted July 24, 2019

These charts can be used in tandem with our training videos and training tools (for women and for men).

Body Parts Chart: Female

English | Spanish

Body Parts Chart: Male

English | Spanish

Who made it? The Arc

Where do I get it?

<https://thearc.org/resource/talk-about-sexual-violence-charts/>

How long does it last? 7 handouts in English and Spanish

What information is covered?

Set of charts with body parts, words associated with sexual violence (e.g., hurt, force, rape), and expressions for identifying and talking about sexual abuse

What did self-advocates say about it?

Shows images of men and women describing their body parts using proper names. Also, there are word charts for individuals to use if they cannot speak if they are abused.

Rating: **G**

James Goes to the Doctor - For Medical Staff



Posted October 18, 2019

This video can be used in tandem with our charts and other training tools to discuss sexual violence and support men who have experienced it.



English Transcript | Spanish Transcript

Who made it? The Arc

Where do I get it?

<https://thearc.org/resource/talk-about-sexual-violence-james-goes-to-the-doctor/>

How long does it last? 3 minutes

What information is covered?

Video showing dramatization of self-advocate talking to physician following a sexual assault

What did self-advocates say about it?

James goes to the doctor to talk about being abused and the doctor explains to him the process of reporting while providing James some additional resources. There is no explicit language or images in this video

Rating: **G**

Kecia Meets with Her Doctor



Talk About Sexual Violence: Kecia Meets with Her Doctor

Posted July 24, 2019

This video can be used in tandem with our charts and other training tools to discuss sexual violence and support women who have experienced i



Who made it? The Arc

Where do I get it?

<https://thearc.org/resource/talk-about-sexual-violence-kecia-meets-with-her-doctor/>

How long does it last? 3 minutes

What information is covered?

Video showing dramatization of self-advocate talking to physician following a sexual assault

What did self-advocates say about it?

Kecia goes to the doctor to talk about being abused and the doctor explains to her the process of reporting while providing Kecia some additional resources. The doctor uses a word chart to help her explain what happened. There is no explicit language or images in this video.

SECTION 4: SUPPORT SYSTEMS/PEER SUPPORTS

Rating: **G**

Peer-to-Peer: Bridging the Gap through Self-Advocacy



Who made it? Vera Institute of Justice

Where do I get it?

<https://selfadvocacyinfo.org/wp-content/uploads/2019/06/Training-Manual-To-Help-Self-Advocates-Become-Peer-Supporters.pdf>

How long does it last? 111 pages

What information is covered?

Easy read manual for training other self-advocates to become peer supporters for other community members with I/DD who have been the victims of abuse

What did self-advocates say about it?

This resource contains four classes focusing on peer-to-peer support. These classes are not meant to replace any existing classes.

Class 1: What is a peer supporter and what do they do?

This class discusses how to be a good listener. As well as what your role is as a peer supporter.

Class 2: Take care of yourself

This class provides ways to take care of yourself. You must take care of yourself before you take care of others.

Class 3: Personal Safety for Peer Supporters

This class provides personal safety tips such as knowing your surroundings, establishing boundaries, and understanding different types of relationships.

Class 4: History of the people with disabilities in the United States

Describes the history of the disability movement. As well as, providing some definitions to some words you should know if you want to be a peer supporter. Lastly, it provides a short description of what rights a person with a disability has.

Rating: **PG**

Starting the Conversation: A Toolkit for Self-Advocates to Talk about Sexual Violence in their Communities



Starting the Conversation

A toolkit for self-advocates to talk about sexual violence in their community

Who made it? Self-Advocates Being Empowered (SABE), Self Advocacy Resource and Technical Assistance Center (SARTAC)

Where do I get it?

<https://selfadvocacyinfo.org/wp-content/uploads/2019/03/Talking-about-Sexual-Violence-Toolkit.pdf>

How long does it last? 38 pages

What information is covered?

Plain language guide defining sexual violence, talking about how it relates to people with disabilities, resources, and potential partners. Includes worksheets

What did self-advocates say about it?

This packet was put together by a self-advocate named Kelsey Cowley. She describes her story and provides information so that individuals can be better self-advocates, especially relating to abuse.

Rating: **G**

Talk About Sexual Violence: Survivor Perspectives



Posted March 26, 2020

Two survivors of sexual violence discuss their experiences and journey of healing.



Who made it? The Arc

Where do I get it?

<https://thearc.org/resource/talk-about-sexual-violence-survivor-perspectives/>

How long does it last? 3 minutes

What information is covered?

Two self-advocates interview each other and talk about using self-advocacy skills to talk about sexual violence

What did self-advocates say about it?

Two self-advocates, survivors of sexual assault James and Kecia discuss how empowering it is to talk about their experiences and let individuals know that the sexual assault is not their fault.

SECTION 5: NOT REVIEWED RESOURCES

Rating: **Not Rated**

FRIENDSHIPS & DATING

WYOMING INSTITUTE FOR DISABILITIES HOME

NAVIGATION: STUDENTS | PARENTS | ALUMNI | PEOPLE | PAGES | MOVIES | VIRTUAL TOUR | GIVE | EVENTS

A-Z DIRECTORY Search

WYOMING INSTITUTE FOR DISABILITIES HOME

MENU

- ABOUT FRIENDSHIPS & DATING
- TAKE A FRIENDSHIPS & DATING CLASS
- BECOME A FACILITATOR
- TRAINING FOR DIRECT SUPPORT PROFESSIONALS
- AAIDD & ARC POSITION STATEMENT
- RESEARCH ON ATTITUDES
- RESOURCES

FRIENDSHIPS & DATING

Wyoming Institute for Disabilities (WIND) is partnering with the Wyoming Department of Health and the Wyoming Governors Council on Developmental Disabilities to offer a sexual and reproductive health training course to individuals with disabilities. The Sexual and Reproductive Health project uses the *Friendships & Dating* curriculum, which is a preventative program that teaches individuals with intellectual and related developmental disabilities how to develop and maintain healthy relationships. The *Friendships & Dating Program* was developed by the University of Alaska Anchorage Center for Human Development, and WIND has been in partnership with the Center since 2015.

[Take an online Friendships and Dating class](#)

[Become a facilitator for Friendships and Dating](#)

FDP Weekly Topics

- Staying healthy
- Sexual health
- Personal safety
- Safe dating skills
- Planning dates and activities
- Communication
- Boundaries
- Relationships
- Emotions

Who made it? Wyoming Department of Health and the Wyoming Governor's Council on Developmental Disabilities

Where do I get it?

http://www.uwyo.edu/wind/srh/friendships_dating.htm

How long does it last? Classes are held twice a week for 10 weeks. Each session is about 1.5 hours.

What information is covered?

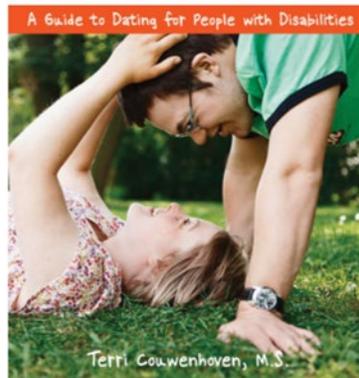
The Friendships & Dating program supports learning in the following areas: Introduction to Friendships & Dating, Feelings and emotions, Communication and meeting others, Types of relationships, Personal boundaries, Planning activities and dates, Safe dating skills, Personal safety, Sexual health, and Staying healthy.

What did self-advocates say about it? Not available

Rating: Not Rated

Boyfriends + Girlfriends: A Guide to Dating for People with Disabilities

Boyfriends + Girlfriends



Who made it? Terri Couwenhoven

Where do I get it?

<https://www.amazon.com/Boyfriends-Girlfriends-Dating-People-Disabilities/dp/1606132555>

How long does it last? 120 pages

What information is covered?

Explains the do's and don'ts of dating and validates their normal, age-appropriate desire for companionship and romance.

The book covers the biggest questions and smallest concerns of every would-be dater.

What did self-advocates say about it? Not available

PLACES TO CALL FOR HELP

ARIZONA COALITION TO END SEXUAL AND DOMESTIC VIOLENCE

(800) 782-6400
TTD/TTY: (602) 279-7270

Email: info@acesdv.org

ADULT PROTECTIVE SERVICES (APS)

(877) 767-2385
You can call from 7:00 a.m. - 7:00 p.m. Monday – Friday AZ Time
10:00 a.m. - 6:00 p.m. Saturday, Sunday and State Holidays

Online: The APS [online reporting form](#) is available 24 hours a day, 7 days a week.

WARM LINE ARIZONA

(602) 347-1100 in Maricopa County
(520) 770-9909 in Pima County
(888) 404-5530 anywhere in Arizona
You can call the Warm Line 24/7, any day of the year, if you need to talk to someone.

Online: <https://www.crisisnetwork.org/>

**For life-threatening emergencies,
call 911 right away.**

**You can text 9-1-1 if you can't call and you live in
Maricopa or Pima County.**