Sexuality, Personal Safety, and Sex Education for Students with Intellectual Disabilities at the Post Secondary Level

for the Florida Center for Students with Unique Abilities at the University of Central Florida

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University of Central Florida
Common Misconceptions About Sexuality Education:

- People with significant disabilities have little or no interest in sex or sexual relationships
- People with DD do not desire intimate relationships with others
- If you teach people with disabilities about sexuality they will become “sex crazed” and want sex constantly
- If you teach people with disabilities about sexuality they will victimize others in their environment
- By teaching about sexuality for the purpose of helping people engage in meaningful relationships means it means I endorse ALL sexual behavior
Compelling Reason’s for Sexuality Education for Individuals with I/DD:

- People with I/DD, especially women, are at a heightened risk for abuse (2-4x higher)
- 90% of women with I/DD will experience some form of sexual abuse in their lifetime
- 92% - 98% of victims reportedly knew the abuser
- 44% of survivors of sexual abuse (with I/DD) had a relationship with the perpetrator SPECIFICALLY related to their disabilities
- ONLY 1-3% of all incidents of sexual abuse are perpetrated by strangers
60% of those surveyed reported interpersonal violence

Types of abuse reported:

- Emotional 50%
- Physical 35%
- Sexual 15%

Nearly 40% DID NOT seek assistance from anyone
Targeted Intervention/Prevention:

- **Recommended Methodologies**: direct instruction, role play, targeted scripts, visual supports, task analysis & video modeling

- Focus on necessary and/or needed info for the individual that is relevant

- Instruction should include: targeted social skills, personal safety, & any necessary information needed

- Should be age/developmentally appropriate
Pre-Assessment

- Have you had training or received information about sexuality? If so, please describe.
- Have you had training or received information about dating? If so, please describe.
- What are “romantic” relationships?
- How old should you be when you start to have a “romantic relationship”? 
- Do you have any fears about entering into a “romantic relationship”?
- What would you like to know about “romantic relationships”?
- What does “dating” mean to you?
- How old should you be when you start dating?
- What kinds of things would you do on a date?
• Do you have any fears about going on a date/dating?
• What would you like to know about dating?
• What things “physically” attract you to another person?
• What things “emotionally” attract you to another person?
• Please list at least 2 specific behaviors a person will show or do when they are physically attracted to you and want to engage in/have a romantic relationship?
• Please list at least 2 specific behaviors a person will show or do when they are *emotionally* attracted to you and want to engage in/have a romantic relationship?

• Please list at least 2 specific behaviors a person will show or do when they are NOT attracted to you emotionally or physically and DO NOT want to have a relationship with you?

• Please list at least 2 specific behaviors a person will show or do when YOU are making them uncomfortable?
What things “physically” attract you to another person?

that she is pretty

What things “emotionally” attract you to another person?

that she talks to me

Please list at least 2 specific behaviors a person will show or do when they are *physically* attracted to you and want to engage in/have a romantic relationship?

I can’t

Please list at least 2 specific behaviors a person will show or do when they are *emotionally* attracted to you and want to engage in/have a romantic relationship?

do not know

Please list at least 2 specific behaviors a person will show or do when they are NOT attracted to you emotionally or physically and DO NOT want to have a relationship with you?

just to be friends

Please list at least 2 specific behaviors a person will show or do when YOU are making them uncomfortable?

scream tell me not to do something

When you are attracted to someone, and would like to ask them on a date, what are two specific pieces of information you should keep in mind before asking that person on a date?

do you like me, are they interested in me

Are you comfortable with physical intimacy?

No

Who are people you can talk to about your desire to have a “romantic relationship”?

mom

What does “sexual harassment” mean?

Yes

How do you know if someone is “sexually harassing” you? What specific behaviors would they engage in?

Touching me where they as need to, or me touching them when not

What does “sexual consent” mean?

I give them permission to touch me

Who decides when you should have sex?

my mom
SAFETY & ROMANTIC RELATIONSHIPS
WHAT ARE ROMANTIC RELATIONSHIPS?

What does having a “romantic relationship” mean?

What does “dating” mean?

What are behaviors we see when people are in a romantic relationship?
IDENTIFYING POSITIVE & DESIRABLE ATTRIBUTES

Nurturing  Strong  Cheerful  Determined  Inspirational  Thoughtful  Lively
Moral    Caring  Loving  Disciplined  Imaginative  Conscientious  Ethical
Tactful  Bright  Honest  Responsive  Persistent  Trustworthy  Warm
Decent  Caring  Attentive  Organized  Cooperative  Hard-working  Elegant
Dynamic  Healthy  Spiritual  Empathetic  Self-reliant  Well-balanced  Alert
Sincere  Attractive  Learned  Persuasive  Tenacious  Compassionate  Active
Generous  Insightful  Resilient  Assertive  Forgiving  Goal-directed  Calm
Helpful  Confident  Accurate  Optimistic  Considerate  Open-minded  Wise
Charming  Sensible  Proactive  Innovative  Enthusiastic  Dependable  Brave
Principled  Polite  Patient  Courteous  Thoughtful  Trustworthy  Expert
Achiever  Sensible  Prepared  Resolute  Committed  Adventurous  Kind
Genuine  Dynamic  Flexible  Adaptable  Enterprising  Responsible  Loyal
Tolerant  Spunky  Sincere  Thorough  Pleasant  High Standards  Smart
Gracious  Mature  Modest  Well-read  Ingenious  Non-judgmental  Joyful
IMPORTANT RELATIONSHIP ATTRIBUTES

- Share similar interests & values
- Support and care for you
- Listen to you
- Be easy to talk to
- Be trustworthy & honest
- Be kind
- Like to have fun with you
- Be interested in who you are
- Accept & appreciate who you are
- Give and receive your calls and/or text messages
- Spend time with you

Your “love” interest, romantic partner, or boyfriend or girlfriend should:
BEING A FRIEND V/S ACTING FRIENDLY

A boyfriend or girlfriend, love interest or romantic partner should:

• Be happy to see you
• Smile when they are around you
• Periodically look at you when they are talk to you
• Listen to you
• Share most of your interests
• Be comfortable with you, and you should be comfortable with him/her
• Want to connect again with you in the near future
• Enjoy spending time with you
SOMEONE WHO IS NOT YOUR FRIEND

• Someone who expects a bribe or gifts to be friends
• Someone who teases you every time they see you or are around you
• Someone who posts negative things on social media or tells other people untrue or unkind things about you
• Someone who only does what he/she wants to do (activities)
• Someone who raises their voice at you frequently
• Someone who makes you feel uncomfortable
A Family Toolkit to Help Youth with Autism Navigate Sexuality and Relationships
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IDENTIFYING “ROMANCE” THAT WORKS FOR YOU

• Regarding touch and physical intimacy – what are you comfortable with?
• What types of behavior from your partner make you feel “loved”? 
• How can you communicate with your romantic partner what you need to feel healthy and loved? 
• How can you get help if you are in a romantic relationship and need help understanding your partner or how to act? 
• Who can you ask for help if you are having difficulty in your romantic relationship?
# HEALTHY OR UNHEALTHY???

<table>
<thead>
<tr>
<th>Relationship Scenario:</th>
<th>Healthy or Unhealthy?</th>
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<tbody>
<tr>
<td>Lisa and Tim want to be in romantic relationship</td>
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<tr>
<td>Sara uses mean words when speaking to her boyfriend</td>
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<tr>
<td>Shelia tries to convince her boyfriend Eric to stop hanging out with his friends</td>
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<tr>
<td>Jamal and Josie are happy when they are together</td>
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<td>Anthony sometimes makes Jessica feel pressured to do things she does not want to</td>
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<tr>
<td>Tim knows his girlfriend has some faults, but accepts them and does not try to change her</td>
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<tr>
<td>Joseph feels that his partner Lily teases him too much in front of his friends, and it is not funny</td>
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<tr>
<td>Tammy always feels safe with her boyfriend</td>
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<tr>
<td>Dominique’s boyfriend posts negative comments on his social media accounts</td>
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SEXUAL HARASSMENT

• Words, gestures, or behaviors of a sexual nature that are unwanted by the person to whom they are directed
• Sexual Harassment in schools, work places, or public is illegal and can take many forms
• Examples of sexual harassment may include:
  • name calling or teasing of a sexual nature
  • making comments about a person’s body
  • grabbing, touching, or pinching a person’s body
  • pressuring someone to do something sexual
  • making sexual jokes
  • repeatedly asking someone on a date who has previously said, “No”
  • showing sexual pictures
  • touching one’s genitals in front of someone else
PREVENTING SEXUAL HARASSMENT

• Your body belongs to you and only you. No one has the right to touch you without your permission, especially your genitals.

• Be as clear as you can when you say, “No” if someone is touching you inappropriately or makes you uncomfortable.

• Be sure to say, “No!” with your words and your actions and body language.

• After telling someone, “No” or “You are making me uncomfortable” – walk or run away from them and tell someone what happened.

• Ask for help from a trusted friend, parent, therapist, etc. if someone is sexually harassing you.
### SEXUAL HARASSMENT OR NOT?

<table>
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<tr>
<th>SIGN:</th>
<th>Harassment</th>
<th>Not Harassment</th>
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<tbody>
<tr>
<td>Calling someone a sexual name</td>
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<td>Making comments about a person’s body</td>
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<td>Telling a funny joke?</td>
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<tr>
<td>Pressuring someone for a hug or a kiss</td>
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<tr>
<td>Asking very personal questions</td>
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<td>Contacting someone multiple times during a day</td>
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<td>Saying “Hi” to someone</td>
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<tr>
<td>Repeatedly asking someone on a date who always says “No”</td>
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<td>Not Harassment:</td>
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<tr>
<td>Giving a compliment on someone’s shirt</td>
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<tr>
<td>Touching a person’s bottom</td>
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<tr>
<td>Touching someone’s arm you are friends with</td>
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<tr>
<td>Sending naked pictures of yourself or another person to someone</td>
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<tr>
<td>Touching a woman’s pantyhose while they are on her legs because you like they way they feel</td>
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DATING SAFETY
GENERAL SAFETY TIPS WHEN DATING

- Find out the age of the person you are interested in dating during the VERY BEGINNING of your communications.
- DO NOT date or attempt to date under-aged minors.
- Find out if the person is married, engaged, seeing other people, etc.
- Do not provide personal information to someone you are dating until you have established that they are trustworthy.
- If a person starts asking intensely personal questions during the first few dates – this is a warning sign that there may be a problem (for example asking about how much money you make or if you are on medication).
- Seek people who have similar interests and values.

“I prefer online dating. Deleting someone with one click is less exhausting than a long and painful breakup!”
On-Line Rules

- Who should I talk to?
- When should I be using the internet?
- What kind of information is ok to share?
- Who else has access to the information I am sharing?
- What should I do if one of my “on-line” friends asks for my social security number or other sensitive information?
PLAY IT SAFE & MEET FACE-TO-FACE

- The safest plan is to meet somewhere in public and to stay in public until you feel like you have enough information about the person.
- Whenever possible, have a friend go with you for the first date or be available in the location you are meeting a person for the first time.
- Make your own arrangements to get to and from the meeting or the date – whether you are driving, taking a cab or Uber – you control your transportation.
- DO NOT let yourself feel pressured to go home with your date – if a person you have met for the first time is pressuring you it is a sign that something is wrong and that their intentions do not align with yours.
- Should you feel comfortable going to someone’s home or private area make sure your expectations align with their expectations (informed consent).
WHEN TO ASK SOMEONE OUT

Your friend noticed a girl at the mall that he does not know and said he was going to ask her out

• Is this an appropriate situation to ask for a date?
• What would you tell him to do?

Someone just started a new job and has been flirting with his co-worker

• Is this appropriate behavior?
• What would you tell him to do?

A boy in your class stood up and asked a girl out in front of the entire classroom and the teacher

• Is this an appropriate way to ask someone on a date?
• What would you tell him to do?

Your sister has a friend who is really cute and you have a crush on her and would like to ask her on a date

* Is this an appropriate person to ask on a date?
* What would you tell him to do?
Thanks for Attending!

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Wrobel, Mary J. (2017). *Taking Care of Myself: Personal Health, Grooming, Relationships, & Sex for Teenagers & Young Adults with ASD*. Future Horizons, Inc.