

# Talking About Sexuality and Healthy Relationships

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*Presented by: Family Service Toronto and Extend-A-Family*

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Government  
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Canada



extend a family

Building an inclusive community



For People For Change

FAMILY SERVICE TORONTO



United Way  
Greater Toronto

# Introductions

## Who we are:

- Celia Saunders- Children's Community Resource Facilitator, Family Service Toronto
- Alyssa Marshall- Coordinator, Extend-a-Family

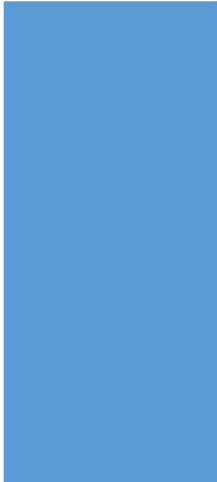
## Who we are not:

- Experts
- Behaviour therapists
- People with lived experience


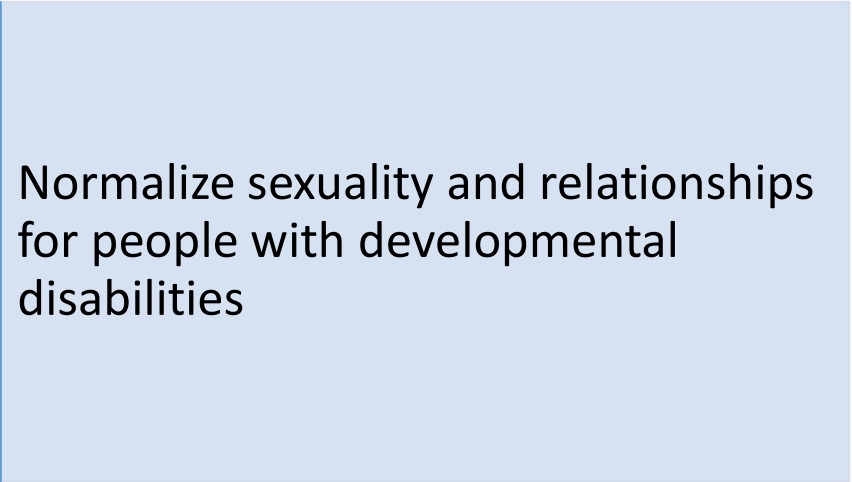
# Good-to-Knows

- Sensitive content: Information discussed might be considered a 'taboo' topic in your family or community
  - No judgement: Any information is better than none
  - Take care of yourself: Content may be triggering
  - Generalization of content
  - Modify content to meet needs
  - Assume capacity
  - Safe place: Ask questions!
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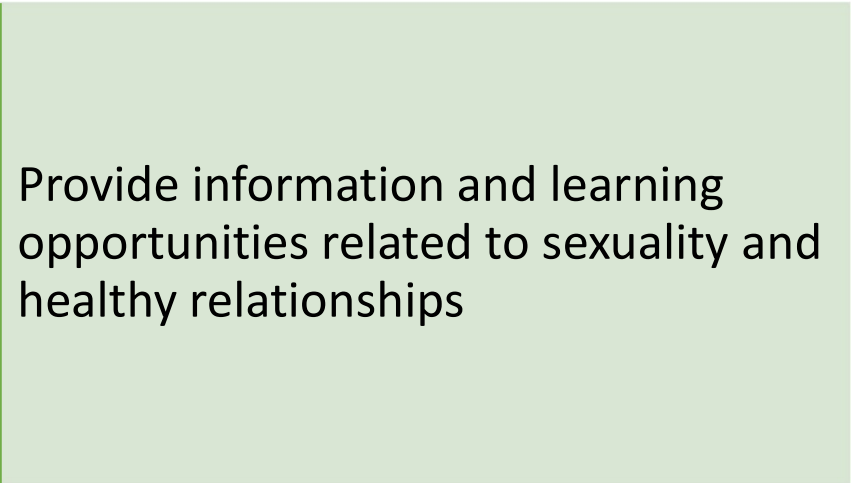
# Objectives



Normalize sexuality and relationships  
for people with developmental  
disabilities



Provide information and learning  
opportunities related to sexuality and  
healthy relationships



# Agenda

## Healthy relationships

- Boundaries
- Public/ private/ be careful
- Decision making

## Safety

- Types of safety
- Red flags
- Internet safety
- Consent

## Physical changes

- Types of changes
- Pleasure
- Hygiene
- Safe sex

## Communication

## Questions

# Reasons to Educate Young People with Disabilities

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Sexual beings with sexual parts, thoughts, feelings, curiosities and interests

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Surrounded by sexual messages in media

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Need accurate information about body changes, health and safety

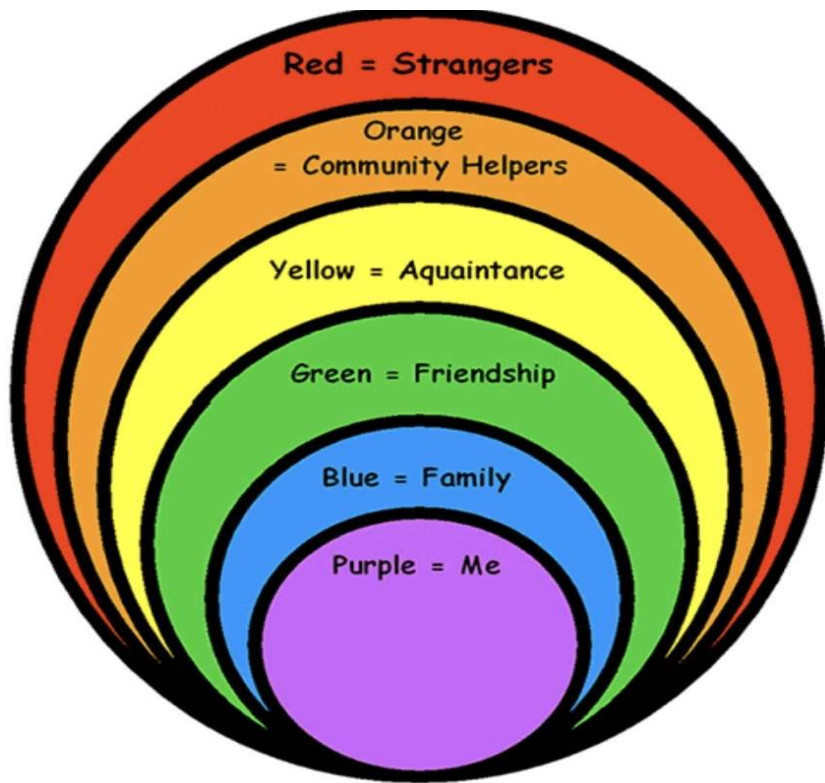
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Friendships and relationships are an important part of life so young people need to know how to communicate with others around language, touch and showing affection

# Healthy Relationships



# Relationship Circle



**Purple circle:** Your own personal space. No one can enter without permission. E.g. you

**Blue circle:** Family and intimate relationships. People in this circle can give an intimate hug. E.g. mother, partner

**Green circle:** Family or close friends. Someone you hug, but not closely. E.g. grandparent, best friend

**Yellow circle:** Acquaintances. Someone who is familiar, but not a friend. A friendly wave is appropriate. E.g. new colleague, sibling's friends, classmate

**Orange circle:** Community helper. Someone you do not know very well. A friendly wave is appropriate. E.g. librarian, TTC driver

**Red circle:** Stranger. Someone you do not know. You do not touch strangers. Strangers do not touch you. E.g. someone on the bus

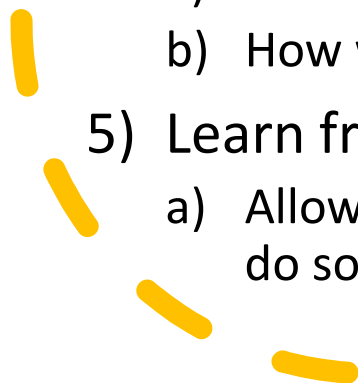


	Public	Private	Be Careful
Places	<ul style="list-style-type: none"> <li>Indoors or out</li> <li>Places where you find people you know and don't know</li> <li>Examples: malls, school, park, beach, camp</li> </ul>	<ul style="list-style-type: none"> <li>Always indoors</li> <li>Places where other people should knock and ask permission before entering</li> <li>Examples: bathroom at home and bedroom</li> </ul>	<ul style="list-style-type: none"> <li>A place to do some private things</li> <li>Examples: public washroom, change room in a store, at a swimming pool or gym</li> </ul>
Body Parts	<ul style="list-style-type: none"> <li>May show anywhere</li> <li>Examples: head, neck, hands, wrists, feet, calves</li> </ul>	<ul style="list-style-type: none"> <li>Should only show in a private place</li> <li>Underwear/bathing suit covers up private body parts</li> </ul>	<ul style="list-style-type: none"> <li>May show in public under certain circumstances but not all</li> <li>Example: at a pool, more body parts are exposed</li> </ul>
Clothing	<ul style="list-style-type: none"> <li>May wear anywhere</li> </ul>	<ul style="list-style-type: none"> <li>Garments we never show in public, covers private body parts</li> <li>Examples: bra and underwear for females, underwear for men</li> </ul>	<ul style="list-style-type: none"> <li>May wear in public but not everywhere</li> <li>Examples: sports clothing, shorts without a shirt for men, low necked tops short skirts for women, bathing suits</li> </ul>
Behaviour	<ul style="list-style-type: none"> <li>Considered acceptable, respectful and safe in public situations</li> </ul>	<ul style="list-style-type: none"> <li>Take place in private places as they are related to private body parts</li> <li>Examples: changing clothes, using the toilet</li> </ul>	<ul style="list-style-type: none"> <li>Requires thinking more, be cautious, consider others</li> <li>Examples: nose blowing, burping, sneezing, farting</li> </ul>



# Decision-Making

- 1) Stay calm- decisions are best made from an emotionally-stable place
- 2) Talk to someone you trust about your options
- 3) Write down your thoughts
- 4) Consider the possible outcomes of different choices
  - a) How will the decision affect you?
  - b) How will the decision affect others?
- 5) Learn from times when you made a less good choice
  - a) Allow people to experience the consequences of their choices (when safe to do so)

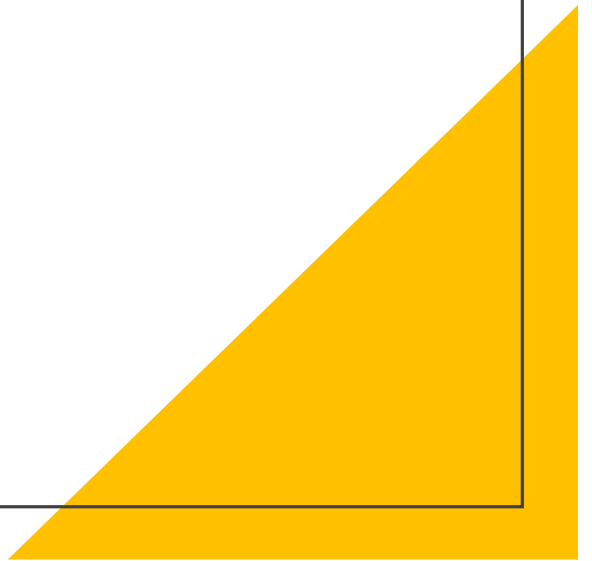


# Teaching Decision- Making

Some people might benefit from explicit instruction on how to make choices. You can teach them the model of making choices we just mentioned, and model it yourself.

To model making a choice, verbalize all the steps you are going through when making a choice. E.g. “I have to decide how to respond to my friend’s party invitation. I will take some breaths to stay calm and help me focus...”

# Safety



# Types of Safety

**Social:** Accepted, feeling of belonging, non-judgement

**Emotional:** Respected and loved, all feelings are valid

**Physical:** Not being physically hurt, taking care of oneself and being taken care of

**Spiritual:** Free to practice your religion or spiritual growth

# Relationship Red Flags

- ▣ Invasions of your privacy
- ▣ Pressuring a partner into unwanted sexual activity
- ▣ Blaming you for problems in the relationship and not taking any responsibility for the same
- ▣ Being controlling
- ▣ Explosive temper
- ▣ Preventing you from going out with or talking to other people
- ▣ Constantly monitoring your whereabouts and checking in to see what you are doing and who you are with
- ▣ Damaging your belongings on purpose
- ▣ Threatening or causing physical violence
- ▣ Saying things to put you down on purpose
- ▣ Stealing money/ asking for personal financial information
- ▣ Etc.

# Internet Safety Tips

Don't be ignorant

Consider using parental control apps to monitor internet usage

'Friend' the person you care for on social media

Teach that some people online might pretend to be someone they're not to try to take advantage of others

Set clear expectations of what is appropriate or not appropriate to share online

Learn about human trafficking

- <https://kidshelpphone.ca/get-info/what-human-trafficking>

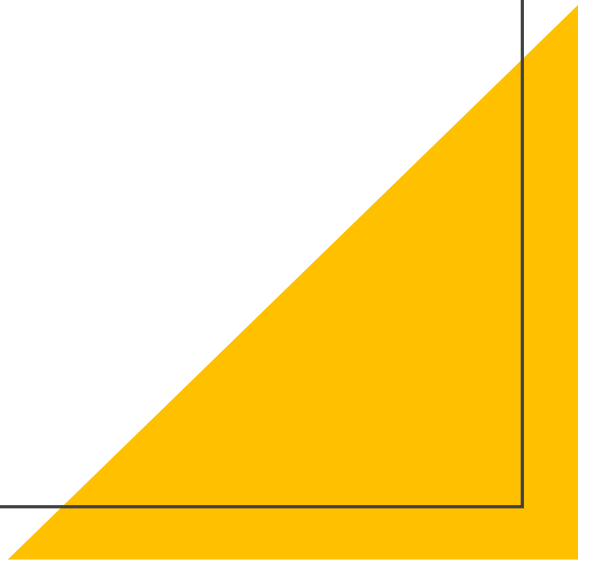
# Consent

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- Giving consent means:
  - Saying “yes” to being touched
  - If it’s not a clear yes, then it is not okay
- You cannot give consent if you’re asleep or affected by drugs or alcohol
- It’s okay to withdraw consent at anytime
- Consent must be given freely by everyone involved. Consent cannot be given freely if someone is pressured or threatened.
- Consent must be given every time



Focus on  
Physical



# Changes in Adolescence



EMOTIONAL



BEHAVIOURAL



PHYSICAL

## Pleasuring and Masturbation

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All humans are sexual beings

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Normalize self pleasure and  
masturbation

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Teach how to masturbate safely  
and appropriately

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Avoid shaming or trying to  
eliminate the behaviour

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# Hygiene Kit



TOOTHBRUSH  
AND TOOTHPASTE



SOAP



TISSUE



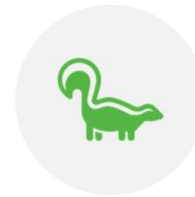
MASK



HAND SANITIZER



RAZOR



DEODORANT



TAMPONS/ PADS

# Safe Sex

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The desire to engage in physical intimacy is typical for adolescents and young adults

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A diagnosis of disability does not necessarily preclude a person from getting pregnant, or impregnating someone else

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Teach the person you care for how to protect against pregnancy and sexually transmitted infections

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Discuss contraception options with your family doctor (if appropriate)

# Communication

# Open Lines of Communication

1

Modify  
information to  
make it accessible  
(e.g. role plays,  
social stories)

2

Stay calm

3

Be non-  
judgemental

4

Normalize  
intimacy, pleasure  
and sexual desires

# More Information

## Extend-a-Family workshop

- <http://extendafamily.ca/our-services/sexuality-workshops-with-a-focus-on-healthy-relationships/>

## About Kids Health

- <https://www.aboutkidshealth.ca/>

## Planned Parenthood

- <https://www.plannedparenthood.org/>

## Family doctor/ pediatrician



# Additional Resources

<https://www.respectability.org/resources/sexual-education-resources/>

<https://asdsexed.org/category/hot-topics/masturbation-hot-topics/>

<https://www.shorecentre.ca/dd/>

[Email: relationship.group.toronto@gmail.com](mailto:relationship.group.toronto@gmail.com)

<https://diverse-city.com/online-store-2/dvds/>

<http://ppt.on.ca/factsheets/exploring-self-pleasure/>

<http://www.thefamilyhelpnetwork.ca/wp-content/uploads/2013/03/sss-vol-2-issue-9-september.pdf>

<https://www.worldcat.org/title/finger-tips-masturbation-instruction-for-women/oclc/877865449>

<https://erikalust.com/lustzine/sex/getting-off-gimp-masturbation-disability>