If We Do Not Talk About It, It Does Not Go Away:

Facilitating the complex conversations about healthy relationship and sexuality education for people with disabilities and their teams

With Katy Park
Supporting Thriving Relationships for People of All Abilities

relate
.with katy park.

Momentum
Integrating Individuals with Intellectual Disabilities into the World

bomb diggity arts
Sexuality Education for People with Developmental Disabilities:

A curriculum for people who need content and tools to teach sexuality classes

Katherine McLaughlin

Live train the trainers available!

Become a Sexuality Educator and Trainer

Resources and Trainings at: disabilityworkshops.com
Be Here Now
find your intention
Let’s introduce ourselves!

- Name?
- Why are you here?
- What is your intention?
My intention is to cultivate safe spaces to listen, learn, grow, collaborate, and heal together.
Let’s talk tools!
Embodied cognition experiment!
GROUP AGREEMENTS:

HOW CAN WE MAKE THIS A SAFE PLACE TO LEARN TOGETHER?
GROUP/LEARNING AGREEMENTS:

- WE ARE ALL IN THIS TOGETHER...LET’S BE A GOOD TEAM AND GIVE EACH OTHER THE BENEFIT OF THE DOUBT!
- PRACTICE KINDNESS (FOR YOURSELF AND OTHERS)
- TAKE RISKS...BE BRAVE AND ASK QUESTIONS (BUT NOT PERSONAL ONES)...THE FACILITATOR WILL LET US KNOW :) 
- IT'S OKAY NOT TO KNOW THE ANSWERS!
- DEFINE YOUR OWN AND RESPECT OTHERS BOUNDARIES
- LISTEN TO EACH OTHER, IT'S OKAY TO HAVE DIFFERENT OPINIONS
- IDENTIFY YOUR SAFE PERSON
- TAKE RESPONSIBILITY FOR YOUR OWN LEARNING & USE YOUR COPING SKILLS
Let’s Use Our Coping Skills:

• Take 3 deep breathes
• Doodle
• Stand up and stretch
• Use a sensory or fidget tool
• Try a new tool that seem to work for others!
• Self-hug, Tap, Dance, ect.
Barriers & Challenges
The rate of rape and sexual assault against people with intellectual disabilities is more than seven times the rate against people without disabilities. Among women with intellectual disabilities, it is about 12 times the rate.

Approximately 80% of women and 30% of men with developmental disabilities have been sexually assaulted, 1/2 of these women have been assaulted more than 10 times.

Joseph Shapiro of NPR: “Abused and Betrayed” series “The sexual assault epidemic no one talks about”
Strategies and Solutions!

Starting with the building blocks for individuals, teams, systems, culture.
Healthy relationships starts with a healthy me... (and a healthy team)!
SELF HUGS, SELF LOVE
COMMUNICATION!

And providing resources and support for families and providers
YOUR BODY IS GOOD!

& IT IS IMPORTANT TO KNOW HOW YOUR BODY WORKS,

& HOW TO TAKE CARE OF AND HEAL YOUR BODY!
SEXUAL FEELINGS ARE NATURAL

Moving beyond pathology...
Cultivating awareness of vulnerability and ways to prevent and protect.
WHAT TOOLS DO WE NEED FOR MAKING THOUGHTFUL DECISIONS ABOUT RELATIONSHIPS, SEX, AND SEXUALITY?

& what are the avenues for people to explore their sexuality safely?
DECISION MAKING SKILLS
RESPONSIBILITY, AND POTENTIAL CONSEQUENCES OF WHAT WE DO WITH OUR SEXUAL FEELINGS
It is not our job to teach values...but some that we can all get behind:

- It is important to respect each other by treating each other well and listening to each other.
- Consent is not optional...strong and mutual yeses are the foundation for sexual activity.
- It is important to be responsible in a romantic relationship.
- No relationship is perfect, but they should be equal and positive without violence or abuse.
- Sex should be safe and pleasurable for all involved.

Katherine MacLaughlin, Disability Workshops
www.disabilityworkshops.com
Continued invitations and reckonings:

» Keep talking about it...working with systems and teams is fundamental to integrated solutions!

» How do we invite and involve folks of all abilities in these conversations?

» How do we prioritize keeping people safe, yet still honor desires and choice?

» How are we paying attention to rights?

» What is each individual developmentally capable of integrating in their world and how much support do they need? (*Developmental assessments)

» On-going support around mutually thriving and consensual relationships!
STOP
THINK
ACT

PRACTICE,
PRACTICE,
PRACTICE
ANY QUESTIONS?
STAY IN TOUCH FOR LIVE TRAININGS, EVENTS, CONVERSATIONS, & ON-GOING RESOURCES!

FIND RELATE WITH KATY PARK ON FACEBOOK & INSTAGRAM!

RELATEWITHKATYPARK.COM