



Healthy Body Safe Relationships

Tools and Resources for Teaching Concepts Around Sexuality and Puberty to Youth with High Support Needs

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About This Resource

This resource was compiled to be used by teens/young adults with developmental disabilities and their caregiver team for learning about topics related to human sexuality. It was designed to be used by people with a high level of support need, using visual aids, accessible language, and a variety of learning modalities. It

It is not designed to be a comprehensive curriculum, but rather a collection of supplemental resources. Additional curriculums and resources are link in the reference section. I would suggest checking out the Vanderbilt Healthy Bodies Toolkit as a base curriculum, as I have found it to be very accessible.

It was compiled based on the belief that all humans (disabled or not) experience sexuality and that acknowledging and addressing sexuality is a vital part of whole-person care. Having access to fact based, clearly presented, developmentally appropriate information is a basic human right. It has also been well documented that clear education about sexuality decreases the overall vulnerability and risk of abuse in this population.

Yet, talking about sexuality can feel very uncomfortable for many of us. My hope is that these resources can guide and ease some of those conversations, as well as provide teaching tools that will help reinforce important messages around body autonomy, self care, and relationship safety. Most youth with special health care needs already have trusting relationships built with adults in their life- teachers, caregivers, parents, and therapists. My hope is that these resources will empower those adults to be able to open some of these hard conversations. If we don't talk about it, who will?

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* All visual aids are copied directly (with permission) from the Vanderbilt Kennedy Health Bodies Toolkit which is available for free online in multiple languages and is also linked in the references.

** Some videos may require a you tube account, due to age restrictions based on content.

Sex Ed for people with DD: Why it Matters



National Council on Independent Living
662 subscribers

Self Advocates Share Their Experiences with Sexuality



Office for People With Developmental Disabilities
2.17K subscribers

Sex, Gender, and Genitals



National Council on Independent Living
662 subscribers



Planet Puberty
147 subscribers

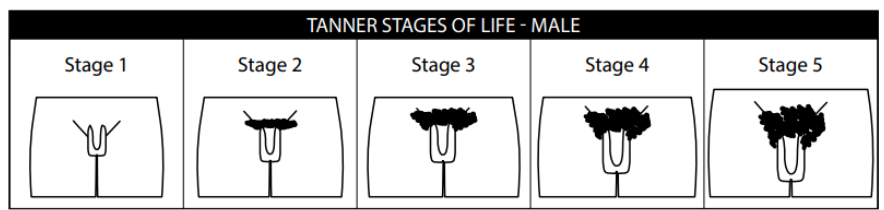
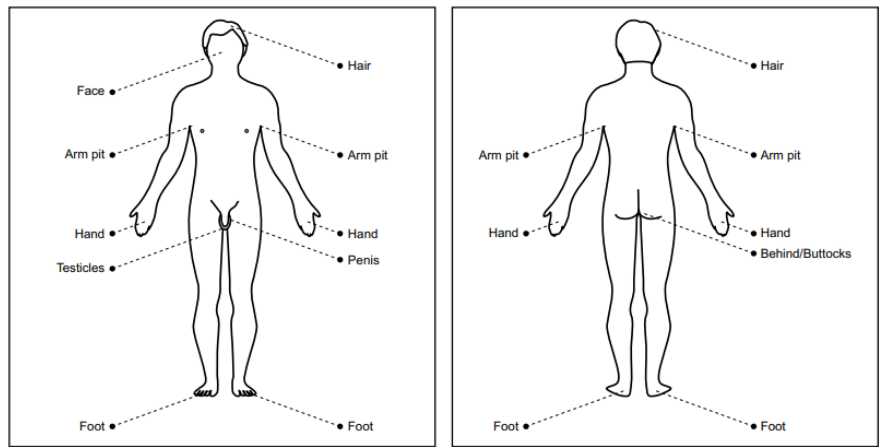


Sex, Gender, and Genitals

Appendix Teaching Body Parts – Visuals

Use these pictures to teach the names of body parts. After teaching, you can cover the names of body parts and make a game out of asking your son to name them. You can also cut out the names and have your son physically place them on the picture.

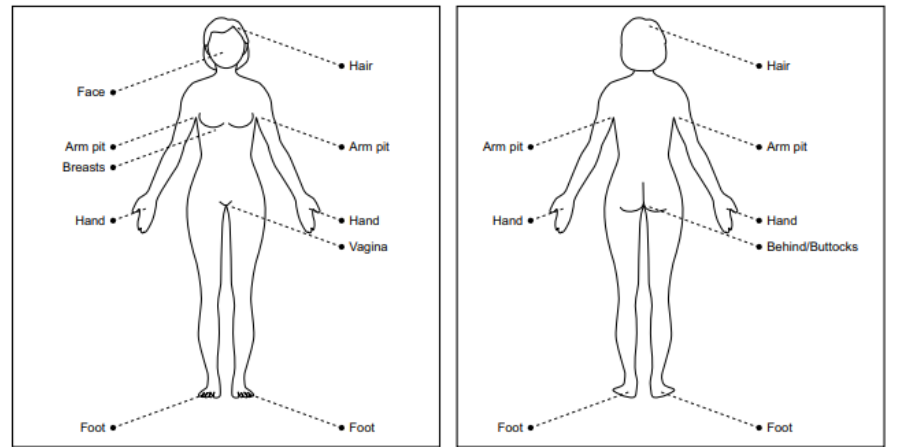
The Tanner Stages (below) can show him how his penis and testicles will change and hair will grow.



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Gender Identity



Puberty



Puberty- Signs of Puberty



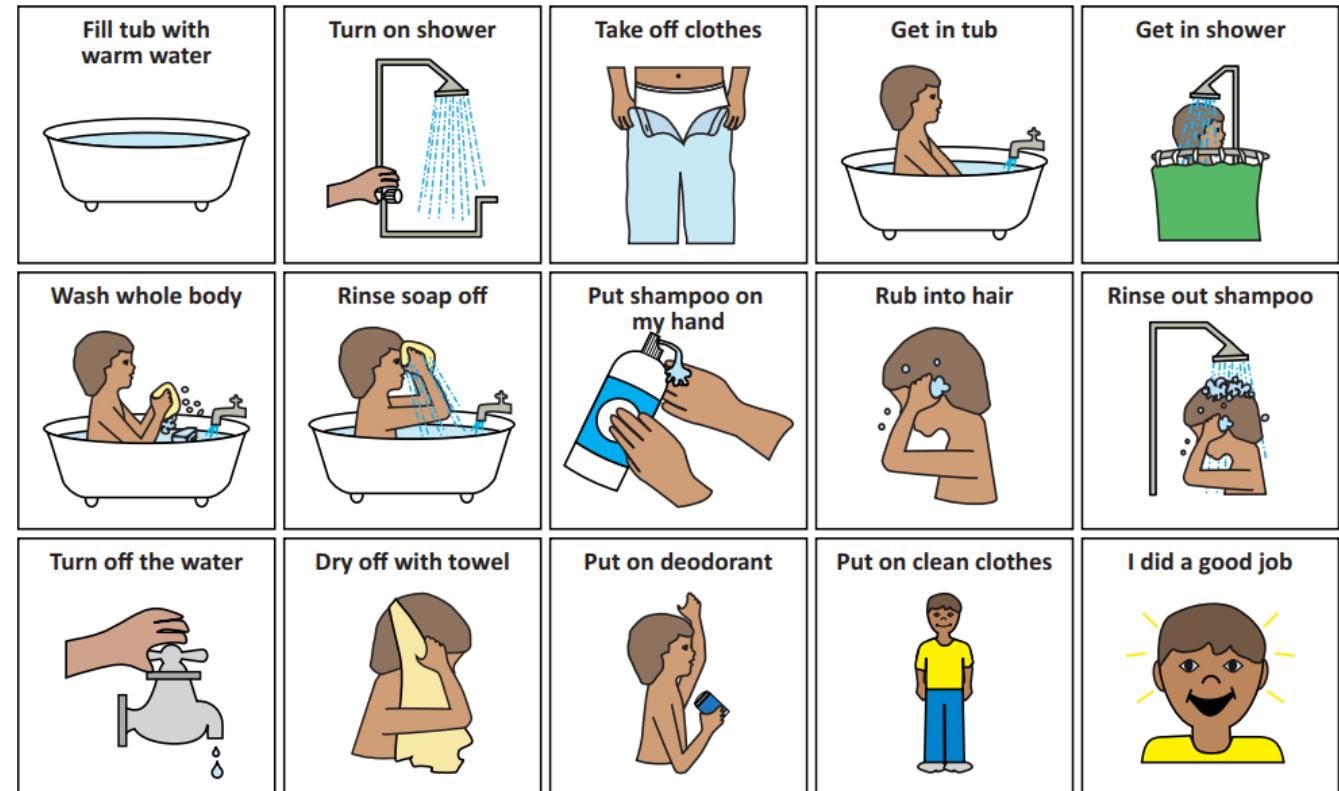
Taking Care of our Bodies

Self-care checklist

- Shower or bath every day
- If you have a penis, gently wash under the foreskin (if uncircumcised)
- If you have a vagina, clean around the vulva
- Wear clean underwear every day
- Wash feet and change socks every day
- Wash hair using shampoo
- Brush hair morning and night
- Wash face with soap and water
- Wash underarms and use deodorant
- Brush teeth at least twice a day
- Keep nails clean and tidy
- Shave facial hair with gel/soap and razor
- Do your laundry
- Use a tissue to blow your nose
- Wash your hands before and after eating and after using the washroom

Appendix






Encouraging Good Hygiene – Showering Schedule Visuals



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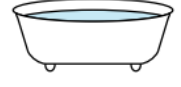

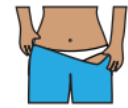












Taking Care of our Bodies

Appendix Encouraging Good Hygiene – Showering Schedule Visuals

<p>Fill tub with warm water</p> 	<p>Turn on shower</p> 	<p>Take off clothes</p> 	<p>Get in tub</p> 	<p>Get in shower</p> 
<p>Wash whole body</p> 	<p>Rinse soap off</p> 	<p>Put shampoo on my hand</p> 	<p>Rub into hair</p> 	<p>Rinse out shampoo</p> 
<p>Turn off the water</p> 	<p>Dry off with towel</p> 	<p>Put on deodorant</p> 	<p>Put on clean clothes</p> 	<p>I did a good job</p> 

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Appendix Encouraging Good Hygiene – Showering Schedule Visuals

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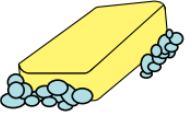


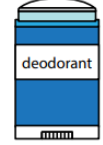


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Taking Care of our Bodies

Appendix Encouraging Good Hygiene – Story

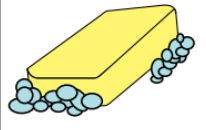
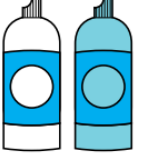
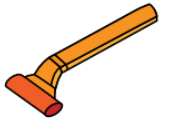











What's That Smell?

I am growing up and my body is changing. I am growing hair in my armpits and on my private parts. Sometimes my armpits and private parts may smell bad. This smell is called body odor. People don't like to smell body odor. If I smell bad, people may not want to be around me. I can stop body odor by washing my hair, armpits, private parts and feet every day with warm water and soap. After I wash, I can put deodorant on my armpits. Deodorant will help my underarms smell nice and stay dry. I will use deodorant under my arms every morning to get rid of my body odor. I like to smell nice. Smelling good will make my parents, friends, and teachers happy too.

<p>Messy vs. neat</p> 	<p>Wash hair</p> 	<p>Soap</p> 
<p>Wash whole body</p> 	<p>Put on deodorant</p> 	<p>Deodorant</p> 
<p>Put on clean clothes</p> 	<p>Smell nice</p> 	

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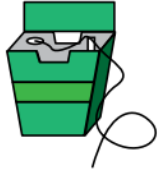
Appendix Encouraging Good Hygiene – Hygiene Supplies Visuals

<p>Soap</p> 	<p>Shampoo/Conditioner</p> 	<p>Razor</p> 	<p>Shaving cream</p> 	<p>Deodorant</p> 
<p>Clean underwear</p> 	<p>Wet wipe</p> 	<p>Lotion</p> 	<p>Hair brush</p> 	<p>Toothbrush</p> 
<p>Toothpaste</p> 	<p>Floss</p> 	<p>Take medicine</p> 	<p>Don't pick at acne</p> 	

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Taking Care of our Bodies

Appendix Encouraging Good Hygiene – Brushing Teeth Schedule Visuals

<p>Toothbrush</p> 	<p>Toothpaste</p> 	<p>Squeeze toothpaste on toothbrush</p> 	<p>Brush teeth</p>  <p>2 min.</p>	<p>Spit in sink</p> 
<p>Rinse with water</p> 	<p>Floss</p> 			

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Public vs Private: Places and Behaviors



Public vs Private Topics for Discussion

Talk and Trust

Today we are going to learn about what things we can talk about with certain people and what things we should only talk about with special people, like a parent, teacher, or doctor.



Public vs Private Activity

Appendix Public/Private Behaviors – Visuals



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Appendix Public/Private – Sort Board Blank Template

You can teach your daughter about what behaviors are okay for public places and what activities should be kept private using pictures. In the activity below, you can help her sort which activities and places are public versus private. You can use the pictures on the pages to follow or add your own pictures.

Once your daughter understands what public and private mean, you can use the "public" and "private" pictures as a visual reminder. For example, if she begins picking her nose, hold up the "private" card and tell her to find a private place.

These pictures or visual reminders also can be used to prepare your daughter for going to a public place, such as an outing to a restaurant.

Public	Private

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Circles of Intimacy



WHCI Independent Living Program
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Circles of Intimacy

Appendix Public/Private Behaviors – Story

Family, Friends, and Others

Using a sorting game to explain relationships can help your child understand what type of behavior is appropriate for different types of relationships. For example, strangers are in the far column, and your child can see that it is okay to wave or shake hands with them. Behaviors that are in the first row are for romantic partners and spouses. Family and friends fall in between. Your family can decide what behaviors should be included in each box. You may want to take pictures of people to illustrate each group.

Practice. Take it with you on outings and use it to help your child understand how to greet someone. For example, get out the chart when your child sees someone they know from school and show them what behaviors are okay to use to say hello.

	Married or dating	Family	Friends	Others & strangers
Kiss		Hug	High five	Wave

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Personal Space and Touch



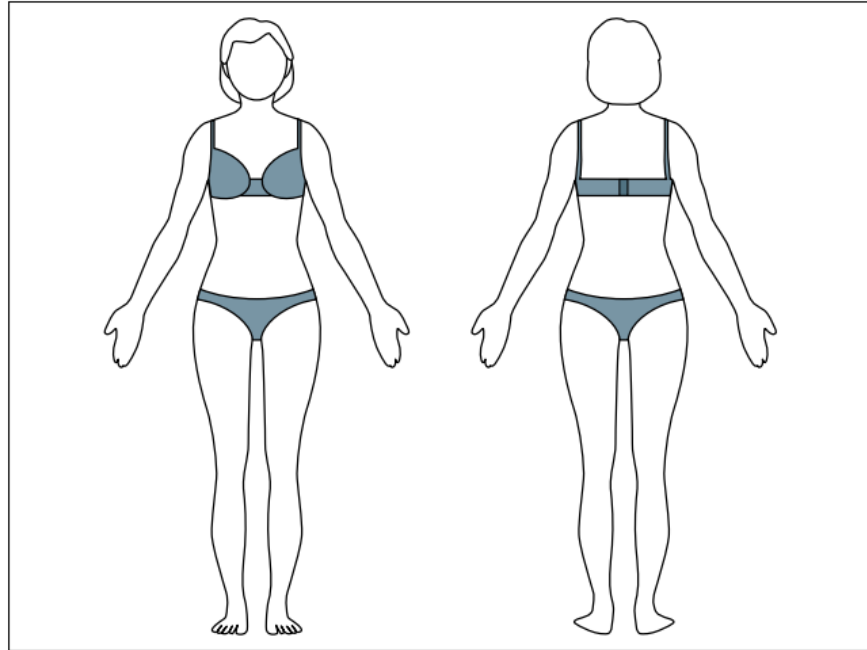
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Private Parts

Appendix Private Parts – Visuals

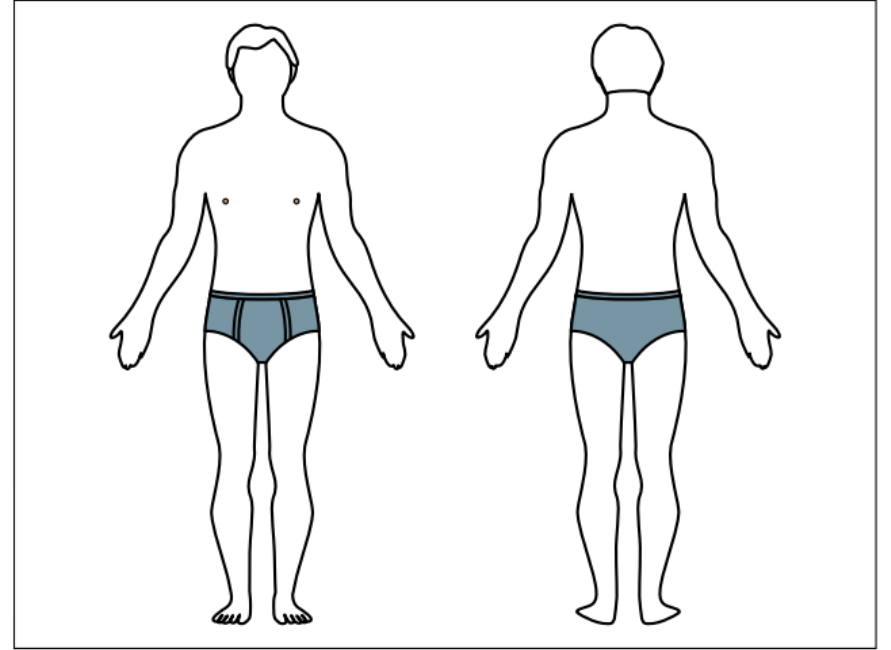
Teach your child where she can touch others and where it is okay for others to touch her by using these figures. Point to a body part and say "Can we touch?" If yes, put a green circle on that body part for "go." If no, put a red circle for "stop."

For example, your daughter should put a green circle on the hand but a red circle on the bottom. You can use the same activity and ask "Where can people touch me?"



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Appendix Private Parts – Visuals



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Safe Touch: You Get to Decide



Consent



National Council on Independent Living

662 subscribers

Masturbation



National Council on Independent Living

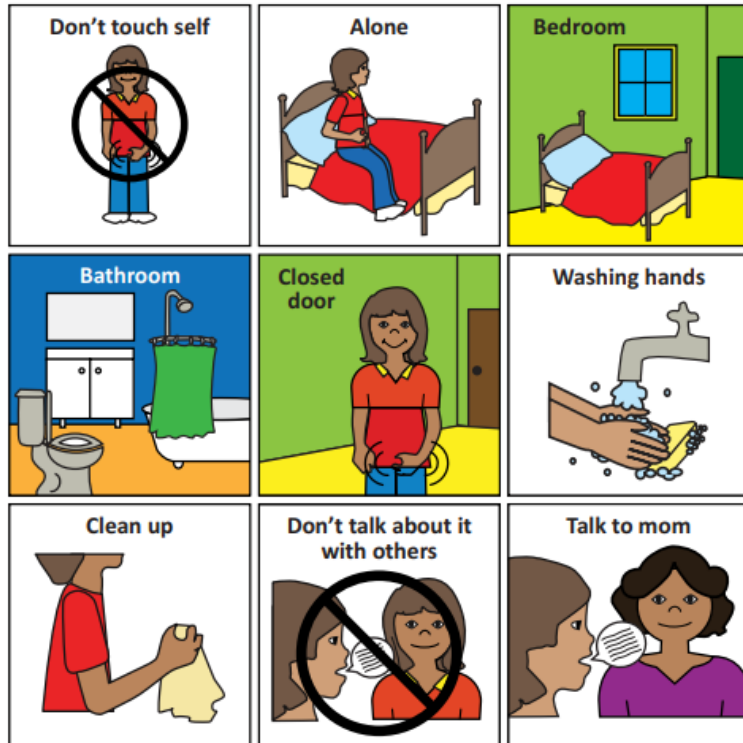
662 subscribers

Masturbation

Appendix Public/Private Behaviors – Story

But It Feels Good!

Everyone has private parts of their body. I can tell what parts of my body are private because I cover them with my underwear. I don't touch my private parts in public where other people can see me. When I am alone in my bedroom or bathroom with the door shut, I can touch my private parts. When I touch my private parts, sometimes it feels good. Some people like how it feels when they touch their own private parts. It's okay to touch my private parts when I am alone. Sometimes touching my private parts can be messy. I will clean my hands and private parts when I am done. I will not talk about touching my private parts with others. If I have questions or if touching hurts, I will ask my _____ (insert doctor or trusted adult's name.)



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Wet Dreams



Wet Dreams



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Periods: What it looks like



Planet Puberty
145 subscribers

Periods: Intro to Period Underwear



Planet Puberty
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Periods: Pads

See Puberty Planet on You Tube
for videos about Tampons and
Menstrual Cups



Planet Puberty
145 subscribers

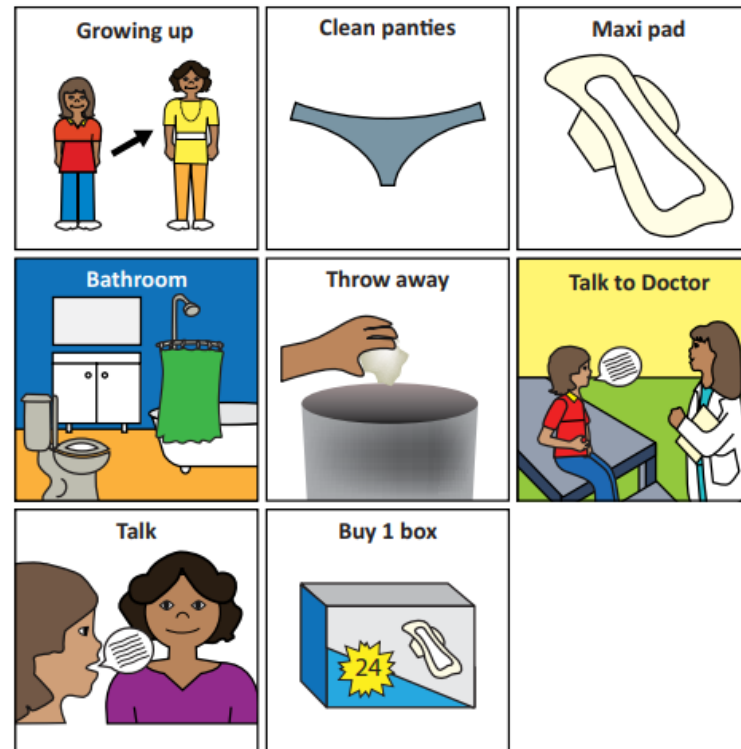
30

Periods Social Story

Appendix Teaching About Periods – Story

My Period

Soon I will get a period like my _____ (e.g., aunt, mom, big sister). This means I am growing up. Other girls my age are starting their periods too. When I get a period, blood will come from my vagina. This is okay. I'm not hurt! My period may come every month. Periods are messy and can get on underwear and pants. I will use a pad in my underwear so the blood won't get on my pants. The pad may feel weird at first when I use it, but it will help keep my pants clean from the blood. I will keep my pad on. When the pad smells or becomes full of blood after ___ hours, I will change the pad in the bathroom. I will take off my dirty pad and wrap it in toilet paper. I will throw it away in the trash can. I will not flush it down the toilet. When I throw away my dirty pad I need to put on a new pad. Sometimes my stomach may hurt when I have my period. I will tell my mom or dad or the school nurse. My parents will be proud of me for taking care of my period and changing my pads.



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Periods Pocket Instructions

Appendix Teaching About Periods – Pocket Schedule

Instructions:

1. Print a color copy (3 pages total).
2. Cut along the dotted lines to make individual picture cards.
3. Punch a hole in the circles in the top left.
4. Use the numbers to order the picture cards. If you are using pads without wings, omit cards 8-10.
5. Place the picture cards on a ring to keep the schedule organized.
6. To show your child what a dirty pad looks like, you can use red food coloring or a marker to dye a pad at home. You can even take a picture and add it to this visual schedule.
7. This visual schedule is portable! It can go in a backpack, purse, or hygiene kit.
8. You can also put velcro on the back of each picture and make a velcro board.

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Open wrapper.



Dirty pad.



Press pad into panties.



Take pad out of wrapper.



Open up panties.



Fold wing around panties.



Press wings on panties.

Peel off sticker.

Pregnancy

- Additional videos on Safe Sex and How to use a condom available from the National Council on Independent Living



National Council on Independent Living

662 subscribers

Healthy Relationships



National Council on Independent Living

662 subscribers

Resources

- Planet Puberty on You Tube- Australian channel with self advocate made You Tube videos about puberty
- National Council on Independent Living- longest-running national cross-disability, grassroots organization run by and for people with disabilities, excellent You Tube channel
- Amaze.org- Real info in fun, animated videos. Also includes videos for parents and younger kids.
- Advocates for Youth- lesson plans and fact sheets available for all ages (not DD focused).
- TASCC (Talking About Sexuality in Canadian Communities)- For youth with disabilities and their caregivers, includes videos, handouts, and a full self-paced online courses (free).
- FLASH Lesson Plans for sex ed in special ed- lesson plans available free online from King County
- ElevatUs Training- self paced curriculums for purchase addressing sexuality for people with DD

For Caregivers

- Talking to your child about menstruation
 - Menstruation and Autism by Life of Spectrum Living with Autism
 - https://youtu.be/7VE5_TxdqUY?si=fvRiEyoctYM9vCO0
 - Periods: Girls with autism by Raising Children Network
 - https://youtu.be/SmdX46HDgo8?si=GTbPAtdwrN-hD_4HJ
- Autism 200 Video Series from Seattle Children's Hospital
 - Autism 209: Relationships, Puberty, and Sexual Health (2013)
 - Transition to Adulthood- Social-Sexuality Education for Young People with Autism (2016)
- Addressing Masturbation
 - Masturbation and Autism by Life on Spectrum Living with Autism
 - <https://youtu.be/QIAsfKHERuk?si=BxSrtfaXFR8YfZ6E>

Social Stories and Visual Aids

- Vanderbilt Healthy Bodies Toolkit
 - For Boys
 - For Girls
 - Appendix with all visual aids/activities
 - Available in multiple languages
 - Free and online: [The Healthy Bodies Toolkit \(vumc.org\)](http://vumc.org)



This resource was compiled, edited, and designed by Corinna Michels, FNP-BC, LEND (Leadership Education in Neurodevelopmental Disabilities) Alumni in July 2024. This publication may be distributed as it or used in parts, at no cost.

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