



The Intellectual  
and Developmental  
Disabilities Council  
of Tarrant County

# Welcome

## Sexual Health and Puberty

**Presented by Dr. Laura Golden, Outreach Program Director  
and James Turnage, Director of Counseling  
My Health My Resources of Tarrant County**

**Tuesday, September 15, 2020**



@IDDCouncil



/IDDCouncil



Intellectual and  
Developmental  
Disabilities Council  
of Tarrant County

## **PURPOSE**

**To transform the region into an inclusive community where individuals with intellectual and developmental disabilities (IDD) thrive.**

## **MISSION**

**To bring stakeholders together to create an environment for the development of an efficient and accessible system of support for people with intellectual and developmental disabilities.**



Intellectual and  
Developmental  
Disabilities Council  
of Tarrant County

# Membership Driven

## Premier Partners:



Centered in Care  
Powered by Pride



## Organizational Partners and many individual memberships





Intellectual and  
Developmental  
Disabilities Council  
of Tarrant County

# Welcome New Members!

- Tarrant County (Premier Partner)
- Your name belongs here!  
[Membership Form](#)



Intellectual and  
Developmental  
Disabilities Council  
of Tarrant County

James Turnage, M.A., LPC-S, LPHA  
Director of Counseling, Disability Services  
&

Laura Golden, OTR, OTD  
Outreach Program Director, Occupational Therapist





# SEXUALITY HEALTH EDUCATION AND PUBERTY

James Turnage, LPC-S

Laura Golden, OTR, OTD

September 15, 2020



### *Why are we having this talk?*

- ✓ Promote health and safety.
- ✓ Protection from exploitation, disease and psychological harm.
- ✓ The denial of sexuality health education to people with disabilities has contributed to abuse and misinterpretation of behavior.
- ✓ Enhance the bond between parent and child during a time when youth normally pull away. SHE brings families closer.
- ✓ Support parents and caregivers to become more comfortable talking about puberty.
- ✓ Promote dignity and inclusion.
- ✓ Sexuality is a component of quality of life.

*Why do people with IDD think  
sexuality education is important?*

- So we can learn to have healthy relationships
- So we are able to make informed choices
- So we can pick the right person
- So we can be safe
- Because we all have desires/needs and that's ok
- To get correct information
- To get resources and tools to make healthy sexual choices

Elevatus Training, LLC



## SEXUAL HEALTH EDUCATION AND PUBERTY

### *People with IDD have the right to:*

- Relationships
- Ask questions about their body
- Ask questions about sex
- Say no
- Change your mind in a relationship
- Be in a sexual relationship
- Privacy
- Feel safe
- Be educated about sexuality and sexual health
- To feel good about myself



### *Definitions*

Sex is the “biological status of being male, female or intersexual. It includes physical attributes such as sex chromosomes... hormones, reproductive organs and external genitals.”

*Sexuality* means more than sex; it’s about intimacy, connection and belonging. It’s about how we feel and express ourselves.

*Gender Identity* is “a person’s internal sense of self as male or female or something else, which may or may not match their biological sex.”

## *Quality of Life*

Sexual Health is a state of physical, emotional, mental and social well-being related to sexuality. It is not merely the absence of disease, dysfunction or infirmity.

## *What is Puberty?*

Puberty is a stage of development when the human body reaches sexual maturity and becomes capable of reproduction.

## CHALLENGING BEHAVIOR AND PUBERTY

Increases in challenging behaviors may have a variety of contributing factors:

- Increased size, strength, etc.
- Pain / Discomfort / Frustration
- Menstrual cycles
- Medications
- Automatic reinforcement (sexual stimulation)
- Quality of life
- **Normal Teen Development**



## INSTRUCTION – PLAN AHEAD



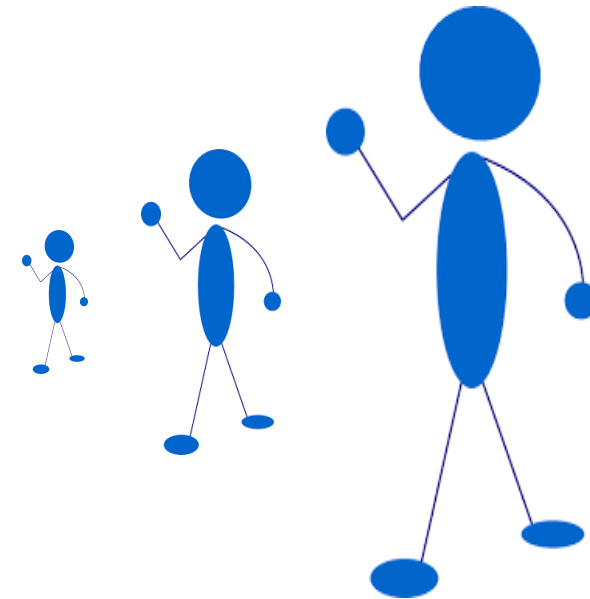


# SEXUAL HEALTH EDUCATION AND PUBERTY

James Turnage, LPC-S

# TRAJECTORY OF PUBERTY

- Girls
  - Early puberty: Before age 8
  - Onset common: Ages 9-12
  - Biological processes largely done by age 16
- Boys
  - Early puberty: Before age 9
  - Onset common: 10-13
  - Boys starting puberty earlier than ever before



Flor-Cisneros, Roemmich, Rogol, & Baron, 2006; Kaplowitz & Bloch, 2016; Murphy & Elias, 2006



# SEXUAL HEALTH EDUCATION AND PUBERTY

- Teach everything vs. Teach some things
- Remember that there is no link between gaining knowledge in sexuality and engaging in uncontrolled sexual behavior. If anything, sexuality education can reduce problem behavior
- What you teach and how you teach it should be individualized



# SEXUAL HEALTH EDUCATION AND PUBERTY

- Public versus private behavior
- Masturbation
- Male hygiene
- Female hygiene
- Male sexual body parts and function
- Female sexual body parts and function



## SEXUAL HEALTH EDUCATION AND PUBERTY

- There are several curricula available to help you talk about sexuality. Choose one that addresses your needs and you're comfortable with.
- Consider language skills and other abilities of the person you're talking to. Use the proper names for body parts, but tailor the style of presentation to assure the person understands.
- Teach skills through different mediums. Check for understand. Try to have a conversation rather than a one-way presentation.
- You know your child; individualize the learning process best for them.



## SEXUAL HEALTH EDUCATION AND PUBERTY

- Use realistic pictures (rather than drawings) or medical pictures depending on the youth's visual understanding
- Use pictures actually displaying sexual information



# SEXUAL HEALTH EDUCATION AND PUBERTY

- Use language the individual will hear with regard to body parts and sexual behaviors
- Use repetition
- Describe in detail
- Do not overestimate receptive understanding due to expressive language skills



# IMPORTANCE OF PREVENTATIVE CARE

- **Females**

- Gynecological Examination
- Management of Menstrual Disorders and Pain
  - Dysmenorrhea
  - Amenorrhea
  - Menorrhagia

- **Males**

- Yearly physicals





# SUPPORTING HEALTHY MASTURBATION

Laura Golden, OTR, OTD



## IMPORTANCE OF EDUCATING ABOUT HEALTHY MASTURBATION

- Punishing, shaming, or not discussing masturbation may actually lead to:
  - Happening more
  - Occurring in inappropriate places
  - Less likely to ask you or the doctor important questions
  - Less likely to inform you or the doctor when something is wrong
  - An increase in challenging behaviors



# HOW TO APPROACH THE TOPIC OF HEALTHY AND APPROPRIATE MASTURBATION

- **When**
- **Where**
  - Distraction-free
  - Safe space
- **How**
  - Educational
  - Supportive
  - With a nurse or other informed professional

Talking  
About  
Masturbation

## TOPICS TO ADDRESS

- Where to masturbate
- When to masturbate
- Safe/unsafe masturbation
  - Adaptations if needed
- Proper clean up





# HAVING “THE TALK”

## WHY DO I NEED TO HAVE THE TALK?

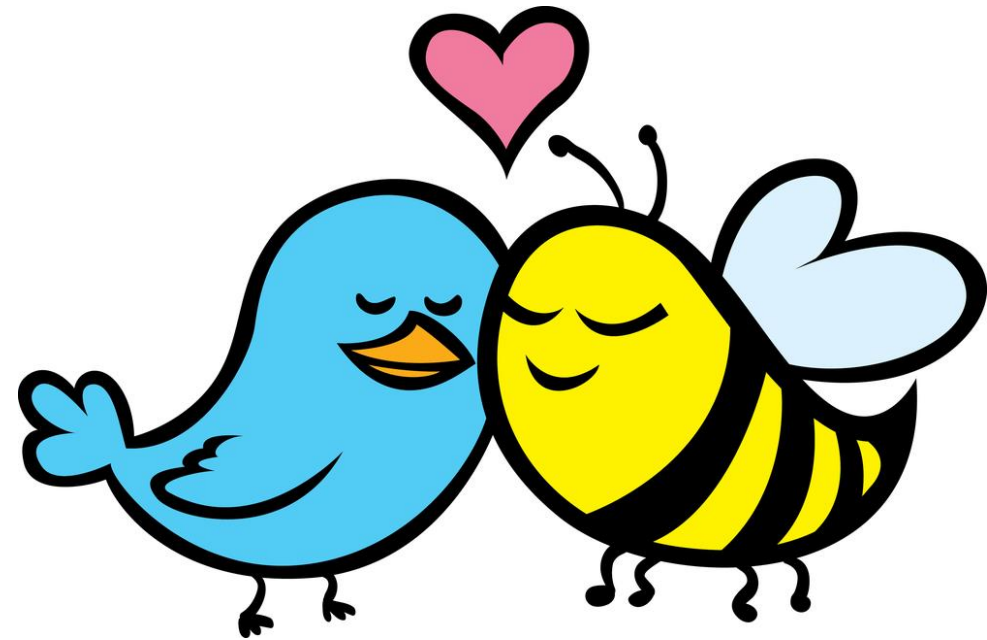
- It is a natural desire
- They see it at school and on the internet on TV
- Peer pressure
- They want romantic relationships too



**If we don't talk about it, there could be negative consequences**

## TOPICS TO ADDRESS

- With whom to have intercourse
- Where to have intercourse
- When to have intercourse
- Safe/unsafe intercourse
  - Adaptations if needed
- Proper clean up



# EDUCATION

- **Contraception Education**
  - Demonstrate pictures of birth control
  - Have actual physical examples of contraceptives
  - Pictures of individuals saying no (abstinence)
  - Demonstrating to males the use of a condom
  - Referring individuals to their family practitioner or OB/GYN for more questions
- **Sexually Transmitted Infections**
  - Increased risk due to lack of knowledge
  - Signs and symptoms with pictures



# RESOURCES

## RESOURCES: PROMOTING SAFE AND APPROPRIATE SEXUALITY

- **Vanderbilt Kennedy Center**
  - <https://vkc.mc.vanderbilt.edu/healthybodies/>
- **Sexuality Education for Children and Adolescents with Developmental Disabilities**
  - Parent and Caregiver workbook
  - Has a section on masturbation and how to talk to your family member about masturbation
  - Can Download from [www.AutismSpeaks.org](http://www.AutismSpeaks.org)
- **Puberty and Adolescence Resource presented by the Autism Speaks ATN/AIR-P**
  - Can Download from [www.AutismSpeaks.org](http://www.AutismSpeaks.org)
- **Region of Peel Healthy Sexuality and Relationships**
  - <http://www.peelregion.ca/health/sexuality/>



## RESOURCES: VIDEOS & CURRICULA

- *Open Future Learning Videos: Relationships, Dating and Intimacy* (Parts 1-3). Dave Hingsburger.

<http://www.openfuturelearning.org/index.cfm?fuseaction=login.SideBySideModules>

- *Sexuality Education for People with Developmental Disabilities (Curriculum)* and *DisabilityWorkshops* by Katherine McLaughlin

<http://disabilityworkshops.com/workshops-and-products/sexuality-education-for-people-with-developmental-disabilities-curriculum/>

- *Sexuality and Relationship Education for Children and Adolescents with Autism Spectrum Disorder*. Hartman, Davida (2014).

## REFERENCES: PREPARING FOR PUBERTY

- Flor-Cisneros, A., Roemmich, J. N., Rogol, A. D., & Baron, J. (2006). Bone age and onset of puberty in normal boys. *Molecular and Cellular Endocrinology*, 245, 202-206.
- Kaplowitz, P., & Bloch, C. (2016). Evaluation and referral of children with signs of early puberty. *Pediatrics*, 137, 1-6.
- Murphy, N. A., Elias, E. R. (2006). Sexuality of children and adolescents with developmental disabilities. *American Academy of Pediatrics*, 118, 398-403.

## REFERENCES: SUPPORTING HEALTHY MASTURBATION

- Dubie, M. (2006). The “M” word. The Reporter, 11(1), 12-14.
- Baxley, D. L. and Zendell, A. (2005). Sexuality Education for Children and Adolescents with Developmental Disabilities: An Instructional Manual for Parents of and Individuals with Developmental Disabilities.

## REFERENCES: HYGIENE AND PREVENTATIVE CARE

- Wilkinson, J. E., & Cerreto, M. C. (2008). Primary Care for Women with Intellectual Disabilities. Journal of the American Board of Family Medicine : JABFM, 21(3), 215–222. <http://doi.org/10.3122/jabfm.2008.03.070197>
- (n.d.). Retrieved from <http://www.advocatesforyouth.org/publications/publications-a-z/2559-sexual-health-education-for-young-people-with-disabilities>
- (n.d.) Retrieved from <https://www.mass.gov/files/documents/2016/07/xs/hrhs-sexuality-and-disability-resource-guide.pdf>
- (n.d.) Retrieved from <https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/YOUTH/YOUTHSEXUALHEALTH/Documents/SexualHealthDisparities-DevelopmentalDisabilities.pdf>

## REFERENCES: GENERAL INFORMATION

- *Supporting Sexual Health and Intimacy in Care Facilities: A Pocket Reference Guide.* (2013) Spinal Cord Injury Organization of BC
- *Supporting Sexual Health and Intimacy in Care Facilities: Guidelines for Supporting Adults Living in Long-Term Care Facilities and Group Homes in British Columbia, Canada.* (2009) Vancouver Coastal Health Authority
- Sexuality Policy (Draft) *Sexual Health Care for Individuals with IDD Policy*

## RESOURCES: GENERAL INFORMATION

- “Beyond the Birds and Bees” book by By Bonnie J. Rough
- “Boyfriends and Girlfriends : A Guide to Dating for People with Disabilities” book by Terri Couwenhoven has a "boyfriends and Girlfriends"
- Flirting or Not Flirting:  
<https://www.youtube.com/watch?v=9H2478gps-g>
- Do I have a Crush?  
<https://www.youtube.com/watch?v=QBW2utLXU0A>
- Should I talk to my Crush?:  
<https://www.youtube.com/watch?v=wMDdP-w9W54>

## RESOURCES: GENERAL INFORMATION

- What would you do? YouTube channel  
<https://www.youtube.com/channel/UCwdo8-3UrfZ9scHPI0m4Ysg>
- Helping teenage boys with autism relate to girls  
<http://autismteachingstrategies.com/autism-strategies/helping-teen-boys-with-high-functioning-autism-to-relate-to-girls-card-game-activity-and-social-skills-teaching-materials/>

# **Tuesday's Caregiver Education ♦ Noon-1 pm**

**Housing for People with IDD: Where we stand**

**Person Centered Thinking**

## **Monthly IDD Council Meeting**

**First Thursday of Each Month, 8:30 a.m. – 10 a.m.**

**Health Disparities Among Women with ASD from Underrepresented Racial/Ethnic Groups**

Follow us on social media for upcoming topics, events and networking opportunities



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# *Celebrating YOU*

In celebration of National Disability Employment Awareness Month, it's time for the Annual "Celebrating YOU" Employer Recognition!

This event recognizes the leadership in the business community for their continuous support and inclusion of persons with intellectual and developmental disabilities (IDD).

**Virtual Luncheon**  
**Thursday, October 22, 11 am • 1 pm**



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# Thank you!

Rita Stevenson

Executive Director

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[www.IDDCouncil.org](http://www.IDDCouncil.org)