

Human Sexuality

ERICA THOMAS, MS

DDA HEALTH INITIATIVE



Agenda

Ice Breaker Activity

Human Sexuality

Sexual Behavior

Relationships

Sexual Orientation

Your Role

Talking Points, Tools and Resources

Icebreaker Activity

TAKE OUT YOUR CLICKERS!

Touching Above the Waist (breasts, nipples)	Oral Sex: Putting Your Mouth on Someone's Sexual Parts
Kissing	Looking at Each Other
Touching All Over the Body	Anal Sex: Penis in the Anus
Holding Hands	Deep Kissing
Touching Someone Else's Sexual Parts	Vaginal Sex: Penis in the Vagina

Pick the first sexual act you would do first.

Cross-tab label

Pick the last sexual act you would do.

Cross-tab label

Pick one sexual act you would not do.

Cross-tab label

You have a person that you support. He/she wants to engage in sexual activities. How do you support this person? Pick one.

1. Video
2. Health education
3. Provide resources
4. Discuss condom use
5. Defer to care team

Cross-tab label

Human Sexuality

WHAT IS SEXUALITY?

MYTHS VS. FACTS

ACCESS TO SEXUALITY EDUCATION

What is Sexuality?

What did your parents tell you about sexuality?

What do your friends/colleagues say about sexuality?

What does the media say/portray about sexuality?

What do those in the disability/mental health community say about sexuality?

- In your opinion, are these messages true?

What is the most important sexuality message you can give to the people you support?

What sexuality rights do you have?

Do your rights differ from the rights of the people you support?

Sexuality is...

Who we are as men and women

Our perception of ourselves

How we relate to others

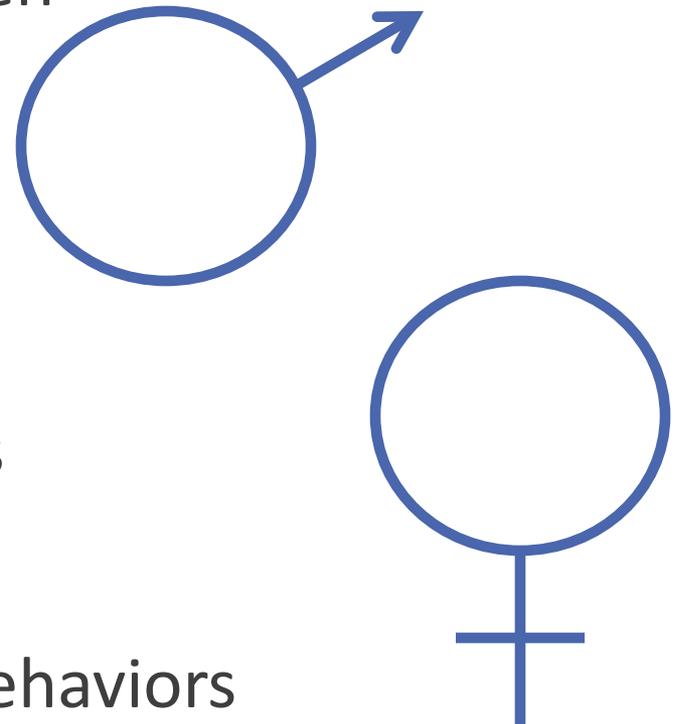
Expressing sexual interest

Personal attitudes and feelings

Unique to each person

Pleasurable and responsible behaviors

Includes a person's morals and values



Sexuality...

is about how a person feels about himself or herself

is about what a person does in private

is about how a person feels about others

is about what a person does with others

will change over the lifespan

Scenario: Mike enjoys his private time. He likes hanging with his female friends, but has not expressed interest in finding a girlfriend. Yesterday evening, you visited Mike. He was in his room reading an adult magazine with naked women in it. What do you do?

1. Take the magazine away
2. Ask him if he has any questions about his sexuality
3. Scold him for reading the magazine
4. Tell him you are sorry for interrupting

Cross-tab label

Sexuality Myths...

Incapacitated adults:

- Are not sexual beings
- Are innocent and childlike
- Need protection from sexuality
- Are not responsible
- Can not solve problems
- Are unable to make healthy decisions about sexuality
- Always make mistakes when it relates to their sexual health
- Are not good parents
- Should not be sexually active

Sexuality Facts...

Incapacitated adults:

- Have sexual feelings and needs
- Have questions and are curious
- Have a right to have a relationship with whom they choose
- Have a right to engage in safe relationships
- Can view sexuality as a positive and pleasurable part of life
- Have the right to have children (with support if necessary)
- Have the right to receive education and support

Sex and Sexual Behavior Education and Empowerment

WHAT IS SEX?

BEING SEXUALLY HEALTHY

What is Sex?

The manner in which humans experience and express their sexuality

People engage in a variety of sexual acts

Sex and sexual acts are unique to each person

Being Sexually Healthy Means...

The person knows his/her body parts, how they work and how to take care of them

The person knows sexual feelings are normal and healthy

The person knows he/she has a choice

The person knows about sexual pleasure

The person knows the different sexual acts and how he/she feels about them

The person knows what can cause pregnancy or STI's

Being Sexually Healthy Means...

The person knows how to be sexually responsible

The person knows how to protect yourself

The person knows how to ask his/her partner if he/she wants to have sex

The person knows how to make healthy decisions

The person knows he/she can have feelings and have safe sex

The person knows how to ask for help

The person knows his/her rights

Relationships

TYPES OF RELATIONSHIPS

HEALTHY AND UNHEALTHY RELATIONSHIPS

Healthy and Unhealthy Relationships

HEALTHY

Respect

Trust

Honesty

Communication

UNHEALTHY

Disrespect

Distrust

Dishonesty

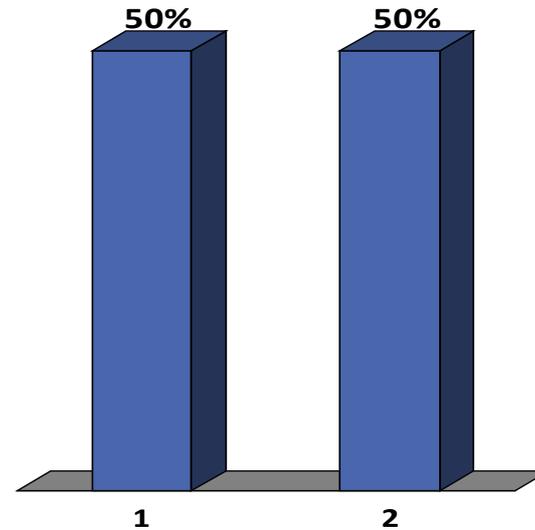
Lack of Communication

Abuse

Have any of the people you support experienced an unhealthy relationship?

True or False: Incapacitated adults experience far less violence in relationships than those in the general population.

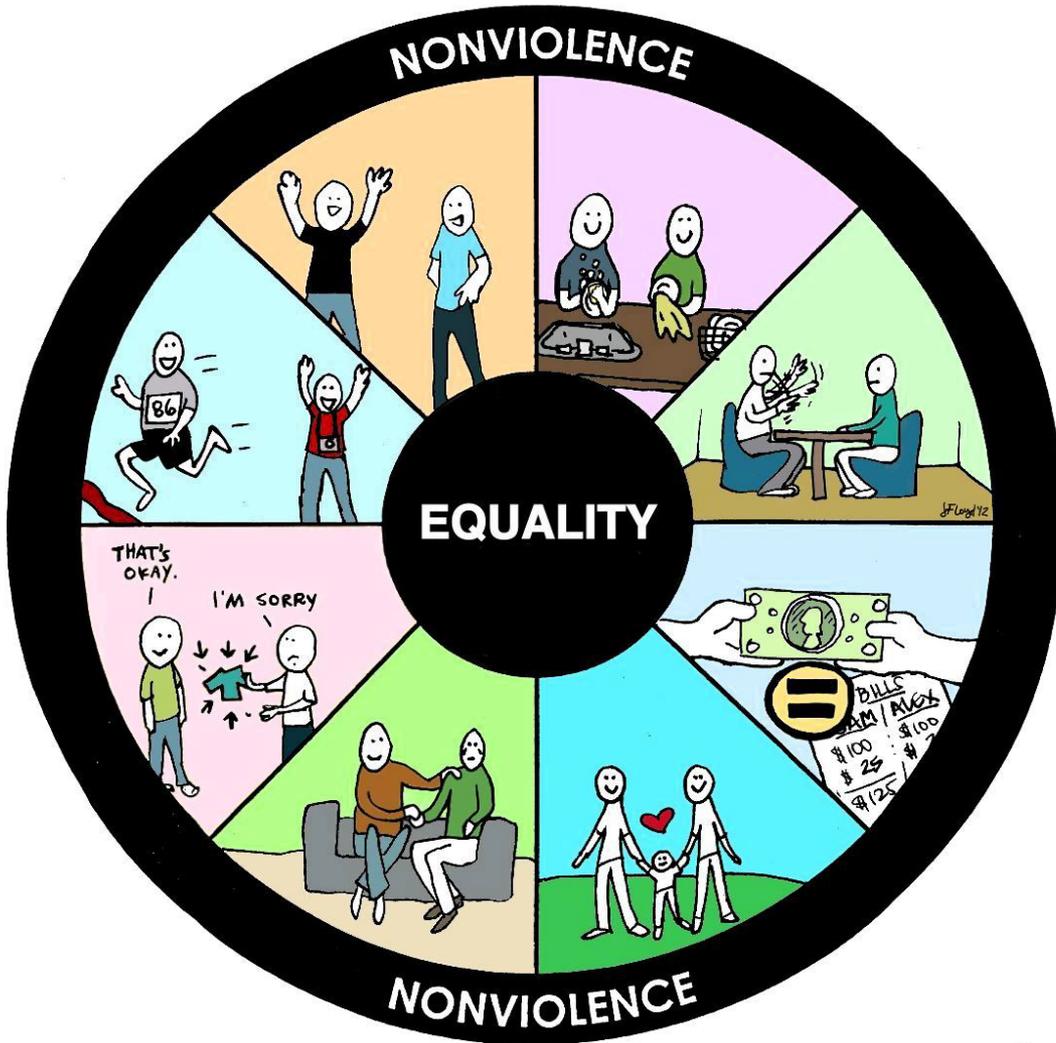
1. True
2. False



0 / 0

Cross-tab label

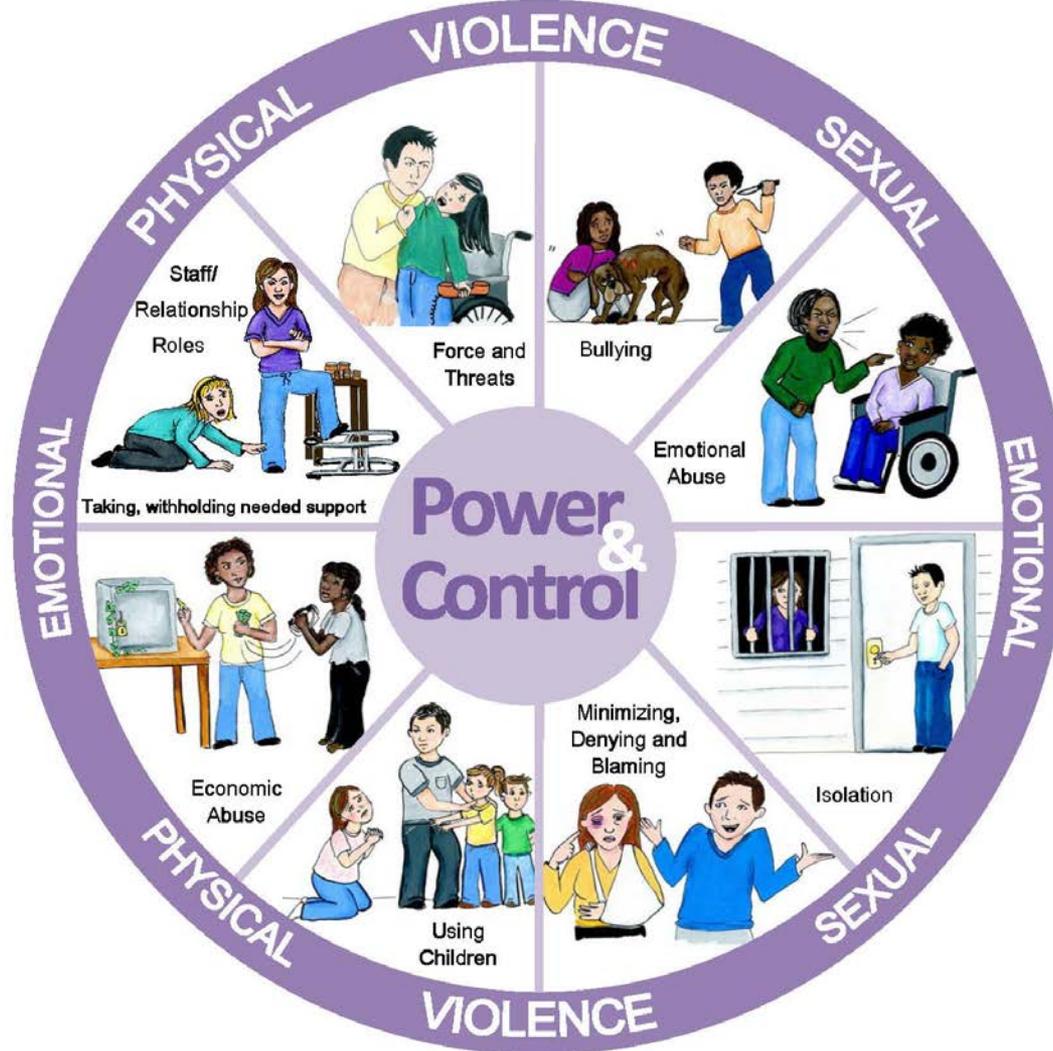
HEALTHY RELATIONSHIPS



PROJECT PEER

Power and Control Wheel

for Women with Developmental Disabilities
and/or Mental Health Issues



Sexual Orientation

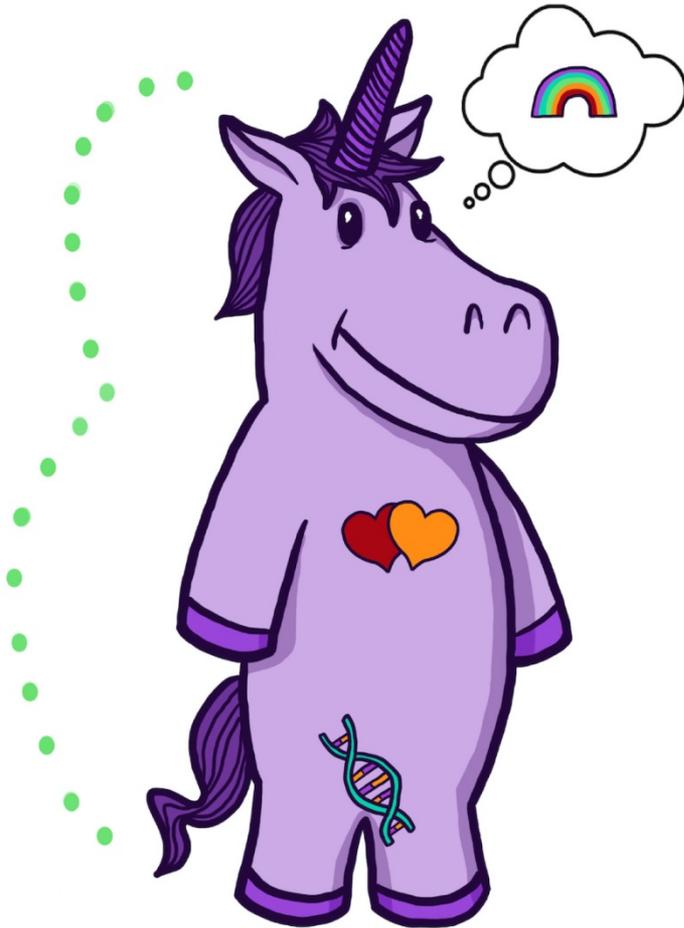
GENDER UNICORN

ENDING DISCRIMINATION



The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resources



Gender Identity

-  Female/Woman/Girl
-  Male/Man/Boy
-  Other Gender(s)

Gender Expression/Presentation

-  Feminine
-  Masculine
-  Other

Sex Assigned at Birth

-  Female
-  Male
-  Other/Intersex

Sexually Attracted To

-  Women
-  Men
-  Other Gender(s)

Romantically/Emotionally Attracted To

-  Women
-  Men
-  Other Gender(s)

To learn more, go to:
www.transstudent.org/gender

Design by Landyn Pan

Ending Discrimination

People can reduce prejudice and discrimination by:

- encouraging nondiscrimination
- making coming out safe
- having personal contact with openly gay people
- perceiving them as individuals

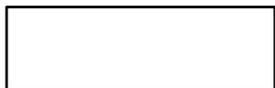
As a guardian, what are your duties/responsibilities?

How do you ensure the person is supported?

How do you manage your own values and still support the person that needs your assistance?

A person you support tells you he is transsexual. What is your response?

1. Scold him and tell him he is making a wrong decision
2. Support his decision, but tell him to talk to someone else about it
3. Tell him you don't agree with his decision, but will support him if the team does
4. Support his decision and involve the team to make sure he receives the education and supports necessary to be safe and happy



Your Role in Sexuality and Sexual Health

- PROTECTING THOSE YOU LOVE
- SEXUAL HEALTH RIGHTS
- THE GUARDIAN'S ROLE
- POSITIVE SUPPORT

Protecting Those We Love

Develop healthy relationships

Support

It is NOT your life

Make sure the lives of those you support are being fulfilled

- Be respectful
- Be kind
- Be understanding
- Be vigilant

Your Role

YOU CAN

Education

Be a friend

Pictures and scenarios Discuss
contraceptive use

What else?

YOU CANNOT

Deny relationships

Deny visitors

Deny sex

Deny sex education

Deny contraception

When can you deny any of the
above?

This is Where You Come In...

Seize the moment

Be patient/understanding

Be open and honest

Be direct

Consider the person's point of view

Talk about morals, values and beliefs

Stress safety and safe behaviors

Ask others to help – doctor, friends, family, staff, etc.

Use scenarios, pictures

Try to answer questions clearly and concisely

Use appropriate language – no nicknames/slang for private parts or sexual acts

Provide resources – where to go for help, condoms, who to talk to, etc.

Discuss consequences

Randomly bring up sex – Do you have enough condoms? Are you still seeing so and so?

Repeat yourself – it didn't take you one try to learn about sexual health

Educate on the importance of healthy and mutually respectful behavior, regardless of disability

Respecting Rights

The people you support have the right to:

- Be friends with who they choose
- Kiss who they choose to kiss
- Hug who they choose to hug
- Hold hands with who they choose to hold hands with
- Have sex (vaginal, oral, anal) with who they want to have sex with
- Engage in same sex relationships
- Learn about their bodies and how they work
- Use sex toys
- Masturbate

- The list goes on and on...

Positive Sexual Health Education

Educate the people you support about:

- Body parts
- Private parts
- Relationships
 - Friendships
 - Sexual relationships
 - Same sex relationships
- Public and private places
- Consent
- Sexual feelings
- Communication
- Abuse/Neglect
- STD's/HIV
- Contraception options
- Masturbation
- Sex toys
- Interacting with people
- Personal hygiene
- Break ups and make ups
- Pregnancy
- What else?

Positive Support

Listen

Do not judge

Be encouraging

Involve the team when helping with date arrangements

Communicate scenarios

Make sure the people you support know where to get help

- Who to talk to
- Doctor/clinic
- STD/HIV counseling and testing
- Where to get condoms (how to buy condoms if necessary)

Access to Sexuality Education

People want access to sexuality education so:

- They can learn about healthy relationships
- They can make good decisions with support
- They can choose the right person
- They can make a relationship last
- They can be safe
- They can get accurate health information
- They can have access to materials and resources
- They can know their rights
- They know how to protect themselves

How will you ensure that the people you support have access to sexuality information/resources?

DDA Health Initiative: Human Sexuality

Health educator works with:

- People with disabilities
- Direct Support Professionals (DSP)
- Health professionals
- Agency representatives and more...

Sexuality sessions include information on:

- Sexuality
- Relationships
- Personal hygiene
- STIs/HIV
- Safe sex
- Contraception and much more...

Contact Information

Erica Thomas

ert24@georgetown.edu

(202) 687.8814

DDA Health Initiative Website:

<http://ucedd.georgetown.edu/DDA/>

Parting Thoughts

People have feelings and sexual desires

People need education and support

The people you support are vulnerable to abuse;
assist with setting boundaries

Use scenarios and concrete teaching methods

Everyone makes mistakes

Support and build people up

Talking Points

GETTING THE CONVERSATION STARTED



Things to Talk About with Those You Support

Personal values and beliefs

School, career and life goals

The emotional and physical risks the person is willing to take

If it is something the person really wants to do

Peer pressure

Comfort Level

The type of relationship the person wants

Will family and friends be supportive?

Why Do People Decide to Have Sex?

It's cool

Peer pressure

In love

Fun

Feels good

Rebellion

Don't want to hurt a partner's feelings

Get pregnant

To make a partner happy

To be "grown up"

Curiosity

It is expected

Want to fit in

Why Do People Decide Not to Have Sex?

Religious reasons

Against personal values

Want to wait until marriage

Scared it will hurt

Scared

Not ready

Don't want to get pregnant

Don't want any STD's

Sexual Feelings

Is it okay to have sexual feelings? Why?

What does it feel like to have sexual feelings?

What if a person is having sexual feelings, but they don't want to have sex?

What other sexual things can that person do?

Who can you be sexual with?

Who can't you be sexual with?

Where can you participate in sexual activities?

Where shouldn't you participate in sexual activities?

SexList (Checklist)

Are you ready to have sex?

What is sex?

Do you know what you want or like?

Do you know your status?

Do you know your partner's status?

What kind of protection will you use?

Do you know how to use it?

- If not who will show you how to use it?

Do you know how to get in touch with your doctor?

Did you ask your partner if he/she wants to have sex with you?

Do you know your limits – when to stop?

Do you have someone you trust and can talk to if you have any issues?

Do you know the difference between sex and love?

Are you prepared for the responsibility (i.e. STD's, pregnancy)?

Are you being pressured to have sex?

Birth Control Options

When assisting those you support to choose a birth control method, make sure the following is discussed:

- Overall health
- How often the person is having sex
- The number of sex partners the person has
- If the person wants to have children someday
- How well each method works to prevent pregnancy
- If the method protects against HIV and STIs
- Possible side effects
- The person's comfort level with using the method

Open and Honest Communication

What type of relationship do you want?

- Committed or non-committed?
- Friendly or romantic?
- Sexual or non-sexual?
- 1 person or multiple people?

STI Status

- When were you last tested for STIs, and what were the results?
- Which STIs were you tested for? Not tested for?
- How many sexual partners have you had since you were last tested?
- What was their STI status?
- What is your history of STI infection?

Open and Honest Communication

Birth control

- Do you know what birth control is?
- Do you know the different types of birth control?
- Are you currently using birth control?
- Are you open to the possibility of pregnancy?
- What type birth control do you want to use?

Sexual pleasure

- What kind of touch feels good to you?

Sexual boundaries

- What are the sexual activities are you not willing to explore?
- Are there places on your body that you do not want to be touched?

Tools for Guardians and the Team

HEALTHY RELATIONSHIPS

TALKING ABOUT SEXUAL FEELINGS

SEXUAL ORIENTATION

BIRTH CONTROL OPTIONS

Healthy or Unhealthy?

Calling someone a “r#tard” or “homo”

Asking, “How are you?” and listening to the answer

Telling a woman she is not smart

Sending a card when someone is ill

Asking to hold a dates hand

Laughing when someone makes a mistake

Talking behind a friend’s back

Apologizing for making a mistake

Express jealousy over your mate’s friends and family

Encourage your mate to explore his own interests

Insist on getting your way

Listen and compromise

Always blame the other person

Demand that someone do something you want to do

Offer to do what your GF/BF wants b/c you chose last time

Call a friend at work to check on him

Feel comfortable with your mate spending time with friends

Insist on going everywhere with your mate

Relationships

HEALTHY RELATIONSHIPS

You feel good about yourself when you're around your partner

You do not control each other

You communicate, share and trust each other

You feel safe

You like spending time together and also enjoy doing things apart

You can be yourself

You respect each other and each other's opinions

UNHEALTHY RELATIONSHIPS

You feel sad, angry or worried

You feel controlled

There is no communication

You feel pressured to spend time together and feel guilty when apart

You are turning into someone you are not

There is no respect

You are afraid

Sexuality Can Be...

Safe

Responsible

Risky

Within the law

Against the law

Positive

Negative

Gender Identity: Who do you think you are?

Your idea of yourself

- Male, female, a blend of both or neither

What you call yourself

One's gender identity can be the same or different from their sex assigned at birth

Gender Expression

External appearance of one's gender identity

Usually expressed through behavior, clothing, haircut or voice

May or may not follow what society accepts

Can be defined as “masculine” or “feminine”

- A woman who acts like, dresses like, looks like and/or talks like a man
- A man who acts like, dresses like, looks like and/or talks like a woman

Transgender

Term for people who identify with a gender not assigned at birth

- Male identifies with female
- Females identify with male

Being transgender does not imply any specific sexual orientation

Therefore, transgender people may identify as straight, gay, lesbian, bisexual, etc.

Sexual Orientation

Emotional, romantic and/or sexual attraction to men, women or both sexes

Heterosexual (having emotional, romantic or sexual attractions to members of the opposite sex)

Gay/lesbian (having emotional, romantic or sexual attractions to members of one's own sex)

Bisexual (having emotional, romantic or sexual attractions to both men and women)

LGBT (lesbian, gay, bisexual and transgender)

Sexual Orientation

People usually decide on their sexual orientation at a young age

These decisions may happen with or without any prior sexual experience

Some people know that they are lesbian, gay or bisexual for a long time before they actually pursue relationships with other people

Some people engage in sexual activity before assigning a clear label to their sexual orientation

Prejudice and discrimination make it difficult for many people to “come out”, so claiming a sexual orientation/identity may be a slow process

Traditional Birth Control Methods

Abstinence

Female Condom

Male Condom

Birth Control Pill

The Morning After Pill

Resources for Guardians and the Team

ACCESS TO SEXUAL HEALTH EDUCATION

CONTRACEPTION OPTIONS

STIS AND HIV

DISTRICT GOVERNMENT RESOURCES

Access to Sexuality Education

People want access to sexuality education so:

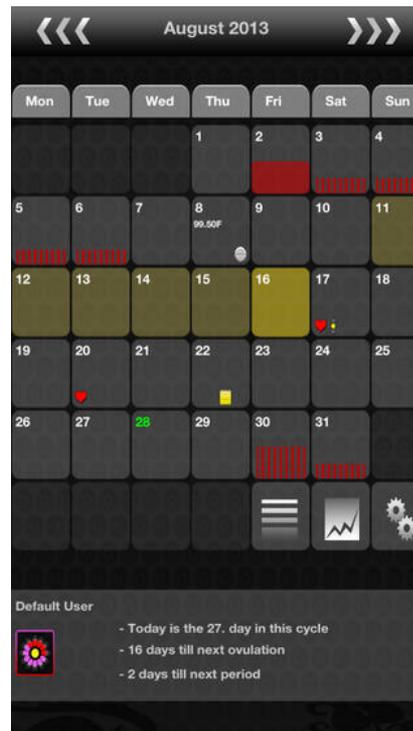
- They can learn about healthy relationships
- They can be supported in making good decisions
- They can be safe
- They can get accurate health information
- They can have access to materials and resources
- They can know their rights
- They know how to protect themselves

How will you ensure that the people you support have access to sexuality information/resources?

My Days App for Cell Phone

Can be downloaded in
the app store

The app is free



Female Condom

Worn by the woman inside her vagina

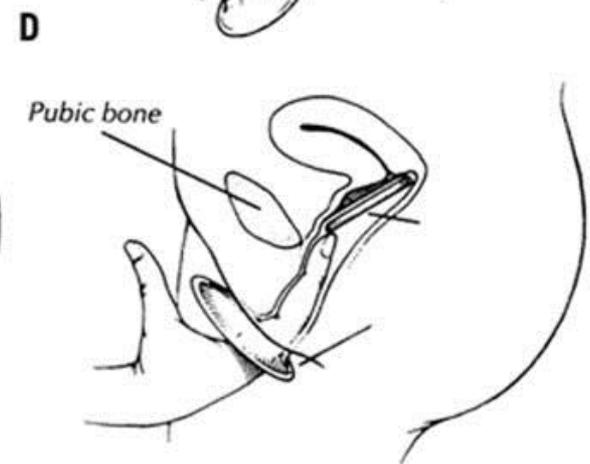
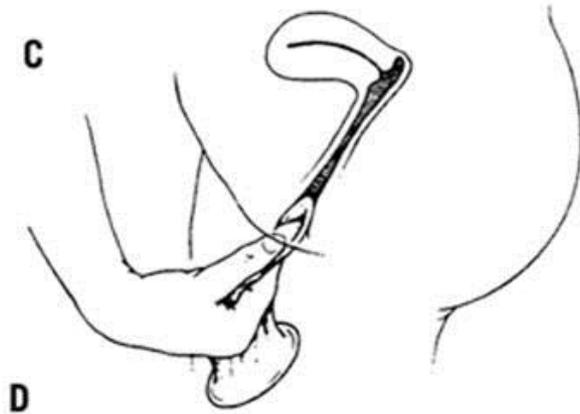
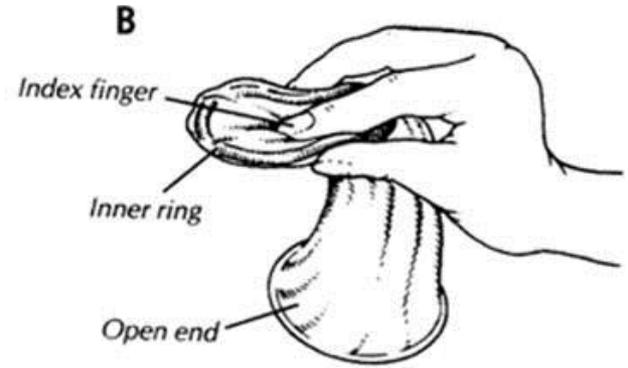
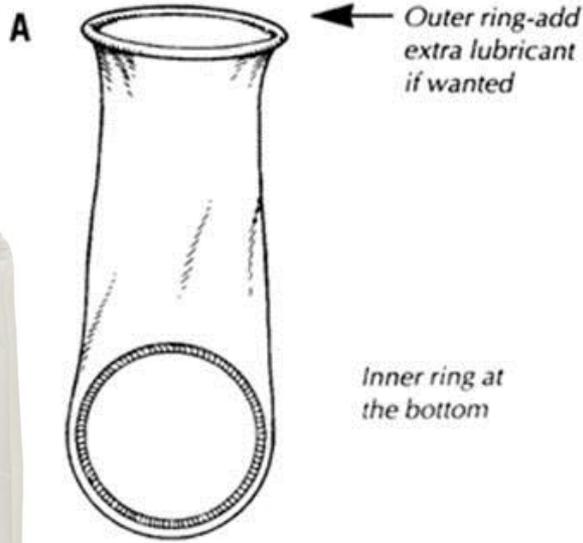
It keeps sperm from getting into her vagina

It is made of thin, flexible, manmade rubber and is packaged with a lubricant

It can be inserted up to 8 hours before having sex

Use a new condom each time you have intercourse

Do not use it and a male condom at the same time

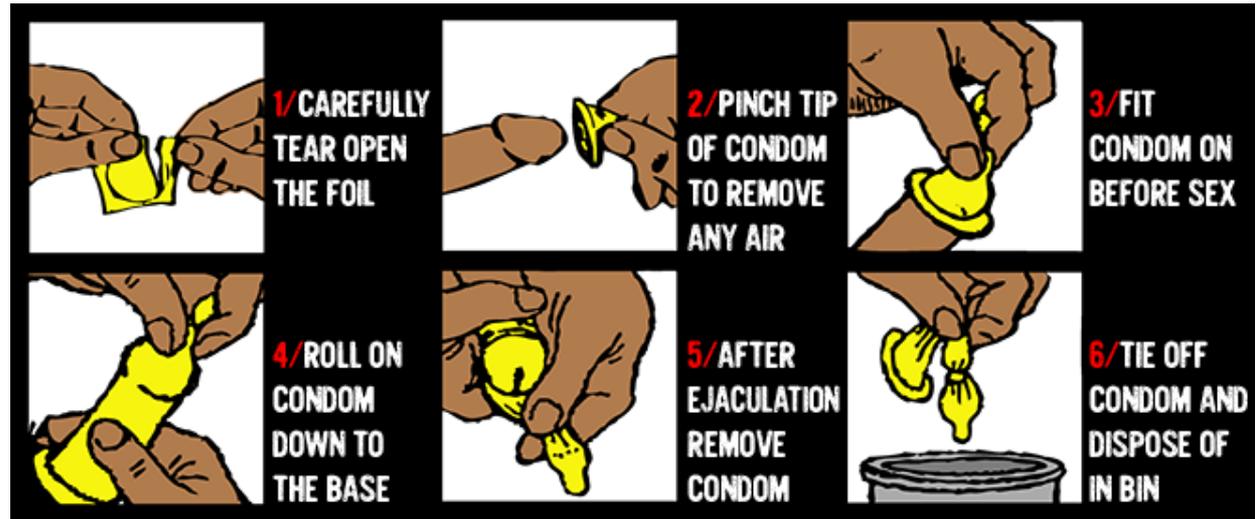


Male Condom

A thin sheath placed over an erect penis to keep sperm from entering a woman's vagina

Use a new condom with each sex act

Keep condoms in a cool, dry place



How to Use a Male Condom (Video)



The Pill

It is taken daily

Many types of oral contraceptives are available

A woman can talk to her doctor about which is best

Your doctor may advise you not to take the pill if you:

- Are older than 35 and smoke
- Have a history of blood clots
- Have a history of breast, liver, or endometrial cancer

Antibiotics may reduce how well the pill works in some women



Frisky

Plan B One Step or “Morning After Pill”

Emergency contraception keeps a woman from getting pregnant when she has had unprotected vaginal intercourse

“Unprotected” can mean that no method of birth control was used or can also mean that a birth control method was used but it was used incorrectly, did not work (like a condom breaking) or a woman may have forgotten to take her birth control pills

She also may have been abused or forced to have sex

For the best results, take the pill as soon as possible after unprotected sex - within 72 hours

Can be purchased by someone who is 17 and over

Note: If the woman is already pregnant, it will not abort the baby



The Facts

You cannot tell if a person has a STI/HIV by looking at him/her

If you get a STI or HIV, you might not have symptoms

The more partners you have, the higher your risk of getting a STI or HIV

If you use drugs or get drunk often, your chances of getting a STI or HIV increase

Intravenous drug use increases your risk of getting a STD and HIV

Risk

High risk spread of STIs

- Vaginal intercourse
- Anal intercourse

Low risk spread of STIs

- Kissing fondling
- Manual stimulation of one another
- Body-to-body rubbing, or "dry humping," or "outercourse"
- Oral sex (safest with a condom, Sheer Glyde dam or other barrier)
- Playing with sex toys

Lowering the Risk of Getting a STI

Only have one partner who has no sexually transmitted infections, and no other partners than you

Get tested for STIs regularly

Sex that does not spread STIs

- Masturbation
- Mutual masturbation
- Online sex or "cybersex"
- Phone sex
- Sharing fantasies

DC DOH Resources (STD Info)

Sexually Transmitted Disease Services

- <http://doh.dc.gov/service/sexually-transmitted-disease-services>

SE STD Clinic Directions

- <http://doh.dc.gov/service/se-std-clinic-directions>

SE STD Clinic Process

- <http://doh.dc.gov/service/se-std-clinic-process>

STD Basics

- <http://doh.dc.gov/page/std-basics>

STD Data and Reports

- <http://doh.dc.gov/service/std-data-and-reports>

DC DOH Resources (HIV)

HIV Services In the District of Columbia

- <http://doh.dc.gov/page/hiv-services-district-columbia>

Living with HIV

- <http://doh.dc.gov/service/living-hiv>

Condoms and Condom Information

- <http://doh.dc.gov/service/condoms-and-condom-information>

Getting Involved – HIV

- <http://doh.dc.gov/service/getting-involved-hiv>

HIV/AIDS Information DC DOH

- <http://doh.dc.gov/node/143002>

STD Online Resources

STD Invaders (Interactive online game)

- <http://www.stopthinkbesafe.org/games/#>

STD Pictures and STD Videos

- <http://stdpictures.org/std-videos/>

STD Pictures/Images

- <http://www.avert.org/std-pictures.htm>

Video: How to use a condom

- <https://www.youtube.com/watch?v=gXlcEJhYVuc>

Quizzes and Online Games

- <http://www.thinkcontraception.ie/Quizzes-Games-Events.98.1.aspx>

Contact Information

Erica Thomas

ert24@georgetown.edu

(202) 687.8814