A thick black L-shaped frame surrounds the text. It starts at the top left, goes right, then down, then right again at the bottom right.

PROMOTING SEXUAL HEALTH FROM HOME

Online resources for the IDD Community

Lindsay Sauvé, MPH, Oregon Health & Science University

Linda Sandman, MSW, LCSW, Blue Tower Solutions, Inc.

John Woods, BA, Manager, Real Talk Initiative

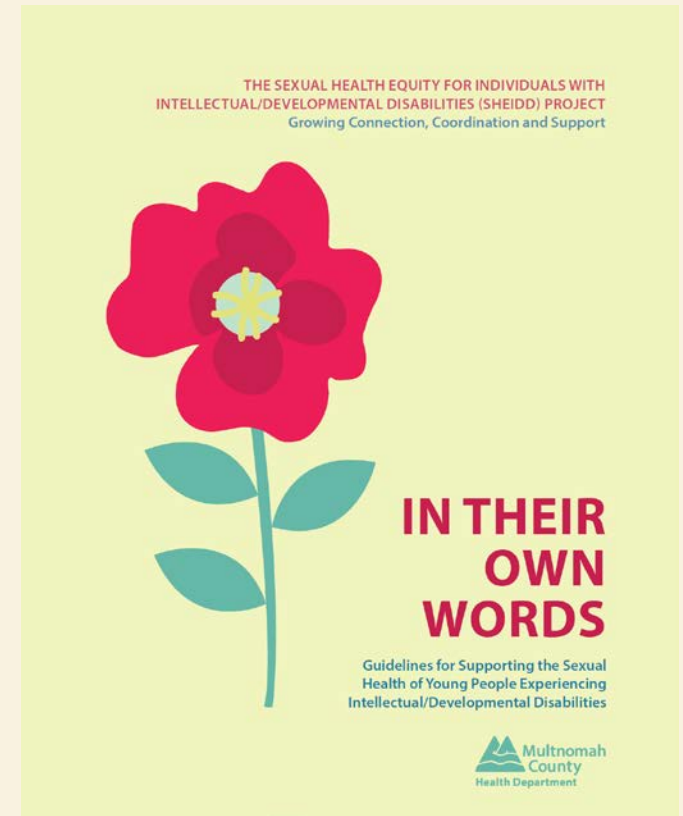
Sexual health education is important!

- Let's continue to promote holistic sexual health – even if we're learning from home!
- Know where to find resources you can trust
- Share resources that are affirming, person-centered, and promote the rights of individuals

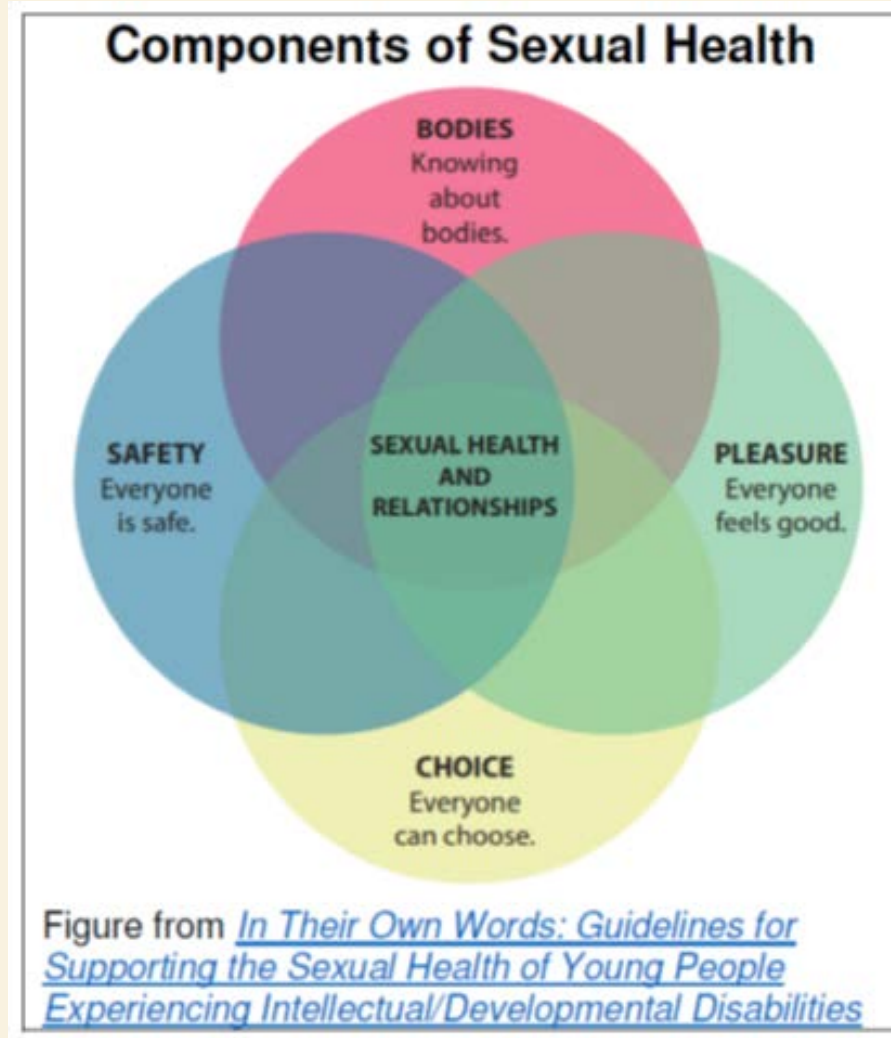


SHEIDD Project

- SHEIDD: Sexual Health Equity for Individuals with Intellectual and Developmental Disabilities
- Created a Community Advisory Group (CAG)
- Needs assessment recommendations:
 - *Youth with IDD want holistic sexual health education and regular skill building opportunities*
 - *Support providers want inclusive and adaptable education materials and regular training opportunities*



How do we vet resources?



How do we vet resources?

Office of Adolescent Health Guidelines:

- Evidence-based
- Comprehensive
- Trauma-informed
- Medically accurate
- Age appropriate
- LGBTQ inclusive
- Culturally sensitive
- Sexual consent

Sexual Health Resource Hub

www.ohsu.edu/sexual-health-for-all



Linda Sandman, MSW, LCSW
lsandman.msw@gmail.com

Supporting Sustainable Change
Blue Tower Solutions, Inc.



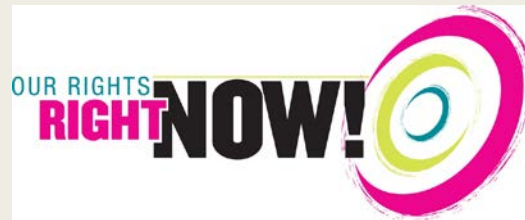
**DISABILITY AND
HUMAN
DEVELOPMENT
COLLEGE OF
APPLIED HEALTH
SCIENCES**





Illinois Imagines Project

Funded by the Office on
Violence Against Women
U.S. Department of Justice

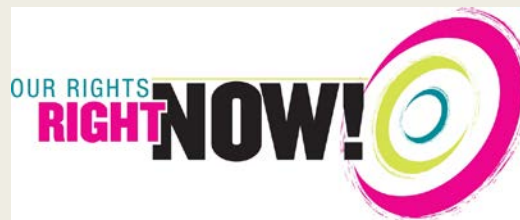


Illinois Imagines

- ✓ Prevention Education Guide
- ✓ Picture Supplement Guide
- ✓ Empowerment Guide
- ✓ Guide for Parents and Guardians (English & Spanish)

- Education materials are located on the website of the Illinois Coalition Against Sexual Assault

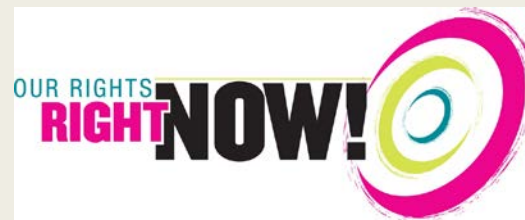
www.illinoisimagines.org



Illinois Imagines

YES	NO
Healthy Relationships	Anatomy
Consent	Reproduction
Safety	STIs
Self-Advocacy	Pregnancy

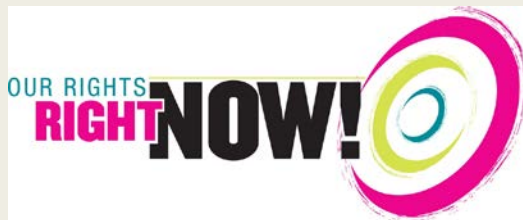
www.illinoisimagines.org





Illinois Imagines

www.illinoisimagines.org



Spanish Language resources - 1

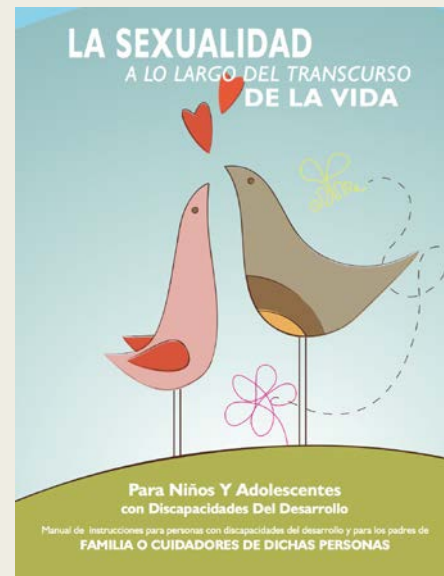
- Healthy Bodies Toolkit
(Cuerpos Sanos)



<https://vkc.mc.vanderbilt.edu/HealthyBodies/Sp-index.html>

Spanish Language resources - 2

- Sexuality across the lifespan
(La sexualidad a lo largo del transcurso de la vida)



http://flfcic.fmhi.usf.edu/docs/Parent_LowRes_Spanish.pdf

Spanish Language resources - 3

- Stop it Now!
(¡Detenlo Ahora!)



<https://www.stopitnow.org/help-guidance/prevention-tools>

- Journey to Adulthood: Video
(El Camino a la Vida Adulta)



<https://utahparentcenter.org/journey-to-adulthood-video/>





www.real-talk.org

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Folks we interviewed during our research reported:

- Lack of information
- Shame / embarrassment about subject
- Fearing not being taken seriously / condescension / thought of as 'cute'
- No-one in support network (professional, family) to talk to about this

Intended short-term impact:

- De-stigmatize conversations on these topics
- Individuals feel more comfortable to discuss these topics
- Support networks feel comfortable, capable, secure to discuss these topics

Videos

Videos



Videos



Videos



Videos



Videos



<http://real-talk.org/watch/>