

**Funding and Delivering Youth Transition
Programs: One CIL's Experience with Sexuality
Education**

**September 10, 2014
3:00 P.M.- 4:30 P.M. EDT**

**Presenter:
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*IndependenceFirst***

Learning Objectives

- Develop awareness of the tools and resources that are available to a CIL to incorporate sexuality/relationship for consumers as an IL Skill
- Describe one CIL's best practices and consumer population for demonstrated effectiveness and sustainability
- Describe the value of empowering youth, adolescents and adults with disabilities to negotiate their way through choices and concerns related to sexuality and relationships
- Identify opportunities for funding and collaboration with other organizations to make such a program possible.

Independent Living Centers teach...

- CILS teach people skills of independent living so that people with disabilities may
 - Live where they choose to live
 - Work in a meaningful job or career
 - Have opportunities to participate in their communities fully through...
 - Recreation
 - Employment
 - Relationships
- CILs believe that people with disabilities have the right to be fully included in their communities

CILs don't teach

- We know relationships and sexuality are an integral part of human life
- Yet we do not teach relationships and sexuality as a rule
- Centers for Independent Living Certainly don't teach sexuality and relationships skills very often or as an integral part of their IL skills curricula.

How Independence *First* (IF) began teaching sex ed

- IF has a curriculum for IL skills.
 - Everything you wanted to know about being an adult but were afraid to ask
- This curriculum is taught to high school students and middle school students with disabilities
- One session in the curriculum:
 - Go ahead make my day: Boundaries and personal space

Boundaries and Relationships

- Youth Leadership Specialist began teaching this session
 - Boundaries and personal space
 - Healthy and unhealthy relationships
 - Community safety



A great need for more

- It became clear that the need for this session was more than the session itself provided
- 5 week class for middle/high school students and adults with disabilities created
- Safe Relationships Safe Places
 - Boundaries and Personal Space
 - Healthy vs Unhealthy Relationships
 - Dating and Romance
 - Sexual harassment and abuse prevention
 - Relationships and Community safety

Funding

- IF already receiving funding at this point from several small foundations for the Youth Program and from the Department of Health and Family Services (DHFS) for programs serving people with disabilities who are victims of abuse.
- 2008—IF applies for a three-year cycle of the DHFS grant

DHFS Funding

- Covered the program from 2009-2012
- Staff salary and benefits for Youth specialist, 2 other staff
- Covered Activities of Disability Abuse Response Team (DART), other abuse prevention
- Included in Youth Program
 - Safe Relationships Safe Places
 - Girls*First* support groups
 - Boundaries and personal space sessions
 - Healthy relationships day of the Youth Leadership Summit

Program growth & other funding streams

- Sex ed class begins as a three-part workshop
- More in-depth discussion on sexuality in SRSP classes
- Parents Matter begins with United Way funding
- Youth Specialist begins process of sexuality educator certification through the American Association of Sexuality Educators, Counselors and Therapists (AASECT)
- Funding
 - DHFS Grant (2008-2011)
 - Jane Bradley Petit (2007-2011)
 - United Way (2013-Present)
 - Left one underfunded year (2012 \$23,000 total)

Questions?

Sex ed and people with disabilities

Sexuality Education

- Sexuality is often seen as “bad”
- Sexuality is mistaken for simply the act of having sex
- Sexuality is a natural part of life and is all-encompassing
- There are issues of morality surrounding sex

People with disabilities

- Often seen as asexual or not interested in sex
- Also seen as oversexed
- Because of these two narrow views, are often denied access to sexuality education or information about their bodies.

Sexuality

- Privacy awareness
- The body
- Exploitation prevention
- Social skills
- Relationships

Sexuality and Disability: The body and privacy



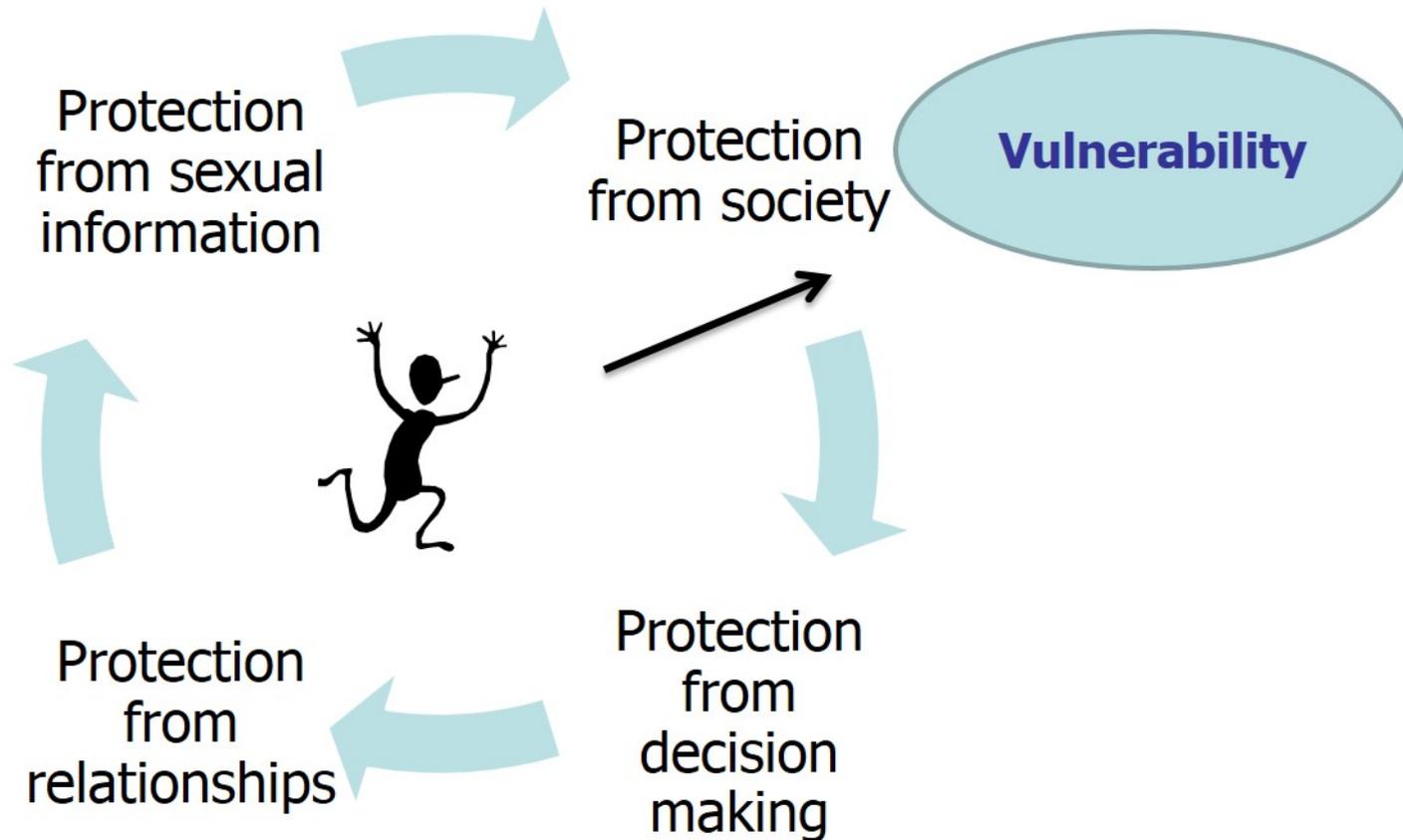
- Care for the body
- Body changes
- Body image
- Societal rules for bodies
- Personal care and the body
- Access to privacy
- Names and anatomy for private body parts
- Functions of body parts, including private body parts
- Body changes (either in puberty or disability related)

Sexuality and Disability: Exploitation Prevention

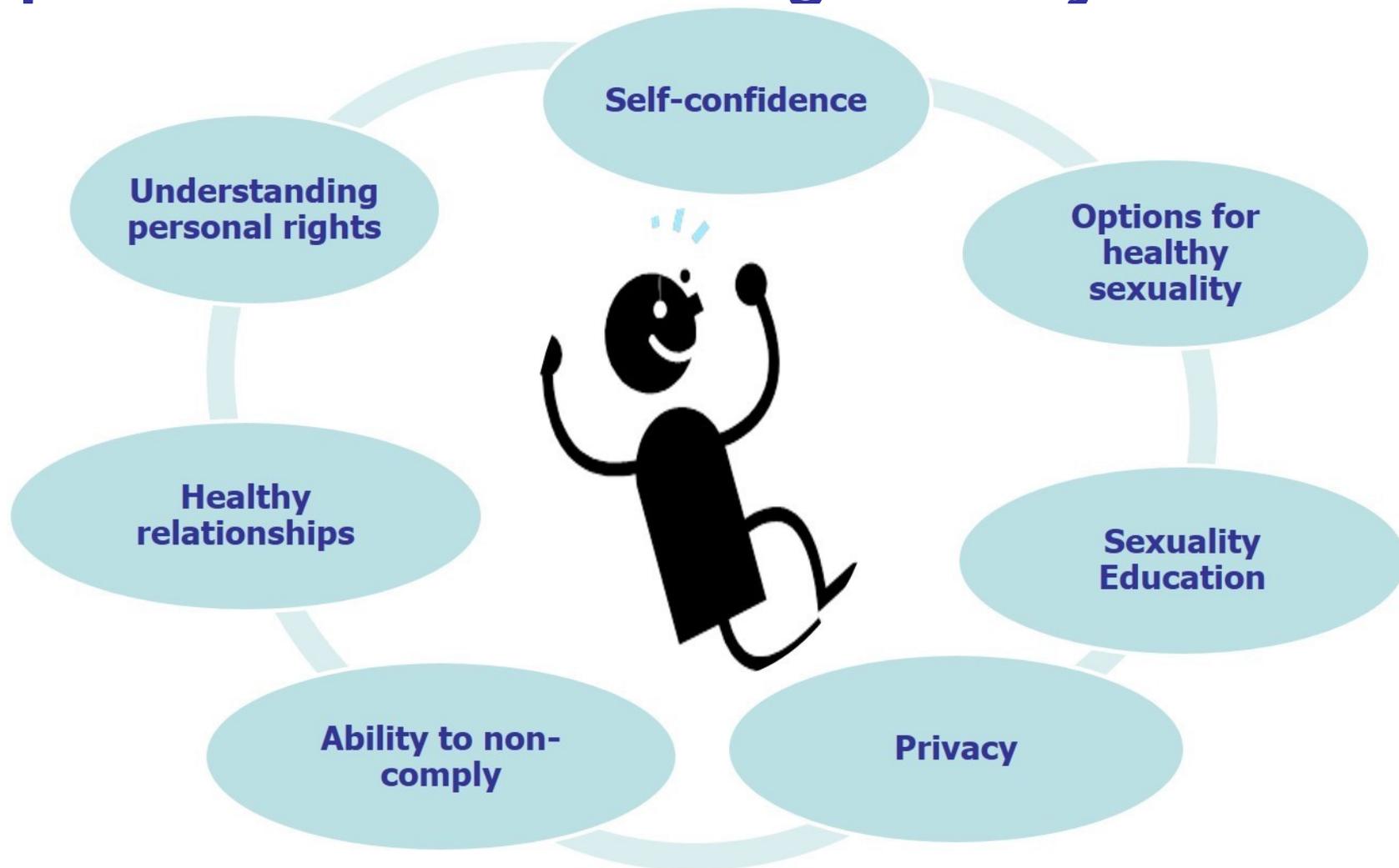


- Boundaries in relationships
- Relationships and Body rights
- Personal Care and Body rights
- Children with disabilities are three times more likely to be victims of sexual abuse (children with developmental and mental health disabilities even higher)
- Adults with disabilities are also more likely to be victims of sexual abuse
- People with disabilities are systematically denied access to basic information about sexual health and relationships
- Dependency on others for long term care, social isolation and attitudes can make people more vulnerable to abuse

Exploitation Prevention: Prison of protection



Exploitation Prevention: Ring of safety



Sexuality and disability: relationships and social skills

- Types of relationships and boundaries in the various different relationships
- Learning assertiveness
- Identifying and expressing emotions
- Dating and attraction to others
- Self-esteem
- Opportunity to seek, obtain and keep relationships

Sexuality education and IDEA



- Policy regarding sexuality education varies throughout the states but includes such things as:
 - Puberty
 - Reproduction
 - Pregnancy Prevention
 - STD prevention
 - HIV/AIDS awareness
 - Healthy Relationships
- Policy regarding Individuals with Disabilities and education does not include access to sexuality education
 - Less than half of students with emotional or cognitive disabilities are included in regular education 80% of time. Meaning, if sex ed IS taking place, they may not even be in the room.

The question of guardianship



- Just having a guardian does not mean that a person cannot consent to sexual activity
- If a person is deemed incapable of consent to sexual contact, or are a high risk of abuse, relationships & what happens within will be decided on a case by case basis.
- There is no place in a court guardianship order that deals with this
- A person who has capacity to consent has a constitutionally protected right to consent to engage in knowing and voluntary sexual behavior.
- However, sexual contact with a person who lacks capacity to consent is abuse.

Sexuality education: Addressing fears

- Parents are the best sexuality educators for their children (We, as CILs, can encourage parents to talk about this)
- Information about sex and sexuality is EVERYWHERE. If people are not receiving a sexuality education either through their families, faith-based communities, CILs or school, they are receiving it from their peers and the media.
- Talking about sex and sexuality does not increase the likelihood that it will occur. ACTUALLY, young people who receive comprehensive sexuality education are more likely to abstain or delay sexual experiences

Questions?

Independence *First's* Sexuality Education Program



- Funding—United Way Healthy Girls Initiative, Making Proud Choices Curriculum (and F.L.A.S.H.)
 - \$40,000 July 1 2013-June 30-2014
 - \$49,000 July 1 2014-June 30 2015
- Funding-United Way Parents Matter
 - \$2,000 Summer 2012
 - \$2,000 Winter/Spring 2012/2013

Funding covers the Making Proud Choices classes, Safe Relationships Safe Places classes, 1 day of the summer camp dedicated to healthy relationships, Youth Leadership Specialist salary and opportunities for training/learning

Demographics: What and how



- In the 2013 United Way grant proposal, IF claimed we would teach 5 classes to a total of 100 students.
- 2013-2014 Making Proud Choices classes
 - 17 classes
 - 210 students
- 2013 Parents Matter classes
 - 4 classes
 - 32 students
- 2013-2014 Safe Relationships classes
 - 4 classes
 - 65 students

Demographics: Where

- In the 2013/2014 grant cycle, Making Proud Choices Sexuality education curriculum was taught at
 - 9 schools
 - 3 community-based organization
- MPC was taught to
 - Eighty-eight (88) 11-14 year olds (middle school)
 - Seventy-four (74) 15-18 year olds (high school)
 - Forty-eight (48) adults aged 18 and older
 - 18-21 year olds in transition programs in their high schools
 - 22 year olds and older in community-based organizations

Demographics: Who

- 48 Adults ages 18 and up with Cognitive disabilities*
- 31 High school students with Cognitive disabilities*
- 20 High school students with emotional/behavioral disabilities
- 26 High school students with learning disabilities*
- 13 High school and middle school students with mental health disabilities
- 52 Middle school students with cognitive disabilities*
- 20 Middle school students with learning disabilities*
 - *Individuals with Autism

Outreach

- Developing relationships with schools
- Developing relationships with community service providers
- Cold calls to transition specialists in schools
- Attending meetings of school social workers, school special education teachers, transition advisory councils or boards and other collaborative groups
- Reaching out to non-disability based non-profits who might have people with disabilities involved or need to learn how to involve people with disabilities

Funding opportunities

- Youth programs are “sexy” for funders right now
- Look for calls for proposals from national funders with local branches
 - United Way
 - Department of health and family services
 - Department of education
 - Council on developmental disability (or other disability specific councils or organizations)
- Search for local foundations giving grants to non-profits specializing in youth work or underserved populations

Collaboration opportunities

- Other disability organizations
 - United Cerebral Palsy
 - Parent centers (Wisconsin FACETS)
 - Goodwill
 - Organizations based in specific disabilities (autism, council for the blind, etc.)
- Non-profits dedicated to anti-violence or healthy relationships
 - Task force on family violence/Peace centers
 - Homeless shelters or youth groups
 - Other youth organizations
- School districts/schools

Other topics

- Puberty
- Hygiene
- Assertiveness
- Conflict Resolution
- Anger management
- Boundaries and Personal Space
- Dating
- Internet safety
- Bullying

- Making Proud Choices and Parents Matter
- Sexuality Education for adults with developmental disabilities
- S.A.F.E. (Safety awareness for empowerment)
- Teaching children with down syndrome about their bodies, boundaries and sexuality
- Getting to the HEART of intimacy
- The Ultimate Guide to Sex and disability
- Making Sense of Sex
- The Rules of Sex
- Circles
- FLASH

Accessibility

- Captioning in videos
- Large print
- Suction cups on bottoms of models if using
- Using a lot of pictures and hands-on activities
- Repeat, repeat, repeat
- Biologically and age appropriate information in a cognitively appropriate way
- Assistive technology for learning (condom demonstration models; latex and scent free equipment)

Modifications and accommodations

- Aprons
- Video
- Role play
- Putting info like the menstrual cycle, steps for using a condom etc.. on large paper and have students line up for more visual understanding
- Use of slang
- Use pictures
 - When showing public v private
 - Types of relationships
 - Social skills cues

Final thoughts on sexuality

- People with disabilities are sexual
- Sexuality is a natural part of being human
- Sexuality is all encompassing
 - The body, privacy awareness, Social Skills, Relationships, Exploitation prevention
- Teaching sexual health can help individuals with independent living in general
- Even if you don't teach classes, being approachable and ask-able with this topic is a great step

Questions?

Contact

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Wrap Up and Evaluation

Please *click the link below* to complete your evaluation of this program:

<https://vovici.com/wsb.dll/s/12291g56a96>

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