

Sexuality Introduction

As a parent of a child, the subject of sexuality can be daunting. In order to assist parents who have a child with intellectual or developmental disabilities in their exploration of self and sexuality, we have developed this package. The materials in this kit are designed to support parents in teaching these concepts in a manner consistent with their beliefs and values. Our hope is that this resource will help both parents and their children gain a deeper appreciation for self and others, and that when children with a disability reach adulthood, they will be better prepared to live independently and participate safely in the community.

Kit Contents

This kit contains some easy to use visual tools to teach the following concepts:

- Labelling Body Parts;
- Public vs. Private;
- Masturbation; and
- Dating.

Samples of tools to teach the above mentioned concepts are included in this kit. Trying a variety of media formats that appeal to auditory, visual or kinaesthetic learners will help you discover which one, or which combination works best for your child. The sample tools are templates which may be modified according to your child's strengths and needs.

How to use this kit

While this kit was designed to address a wide range of concepts, you know your child best. Not every child will be ready or able to learn about all the concepts included in this kit. It may be beneficial to consult with other professionals involved in your child's care, for example, health professional, educator, or early childhood educator, etc., to plan a positive, gradual, and individualized sexuality education plan for your child. Start with your child's developmental and maturity level.

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