



**Developmental  
Disabilities  
Planning Council**

*Easy Read Edition*

# **A Self-Advocate's Guide to Safer Sex**

## **Part 10: To Learn More**

# To Learn More

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## General information on sex and sex education

Organization for Autism Research: Sex Ed for Self Advocates: <https://researchautism.org/self-advocates/sex-ed-for-self-advocates/>

Scarleteen: Sex Ed for the Real World: <https://www.scarleteen.com/>

UCSF ODPC: Our Sexuality, Our Health: A Disabled Advocate's Guide to Relationships, Romance, Sexuality and Sexual Health <https://odpc.ucsf.edu/advocacy/sexuality-sexual-health/our-sexuality-our-health-a-disabled-advocates-guide-to>

ASAN and Autism NOW: Relationships & Sexuality: A Handbook for Autistic People: <https://autismnow.org/wp-content/uploads/2013/02/Relationships-and-Sexuality-Tool.pdf>

Advocates for Youth: Rights, Respect, Responsibility (3Rs) Curriculum: <https://www.3rs.org/>

UMN ICI: Feature Issue on Sexuality and People with Intellectual, Developmental and Other Disabilities: <https://publications.ici.umn.edu/impact/23-2/cover>

Amaze: <https://amaze.org/>

BISH: A Guide to Love, Sex, and You:

<https://www.bishuk.com/>

NCIL: Sex Ed for People with Disabilities:

<https://www.youtube.com/watch?v=wZ6T8wrqjAE&list=PLuEvYNNQ-dHeVhbyeJHx9s8oqsvBk621v>

Scarleteen: Innies & Outies: The Vagina,

Clitoris, Uterus and More: [https://www.scarleteen.com/article/bodies/innies\\_outies\\_the\\_vagina\\_clitoris\\_uterus\\_and\\_more](https://www.scarleteen.com/article/bodies/innies_outies_the_vagina_clitoris_uterus_and_more)

Scarleteen: Innies & Outies: The Penis,

Testes and More: [https://www.scarleteen.com/article/bodies/innies\\_outies\\_the\\_penis\\_testes\\_and\\_more](https://www.scarleteen.com/article/bodies/innies_outies_the_penis_testes_and_more)

# General Pregnancy

Scarleteen: Human Reproduction: A Seafarer's Guide: [https://www.scarleteen.com/article/bodies/where\\_did\\_i\\_come\\_from\\_a\\_refresher\\_course\\_in\\_human\\_reproduction](https://www.scarleteen.com/article/bodies/where_did_i_come_from_a_refresher_course_in_human_reproduction)

Planned Parenthood: How Pregnancy Happens: <https://www.plannedparenthood.org/learn/pregnancy/how-pregnancy-happens>

# Birth Control

MedlinePlus: Birth Control: <https://medlineplus.gov/birthcontrol.html>

Scarleteen: Birth Control Bingo: [https://www.scarleteen.com/article/sexual\\_health/birth\\_control\\_bingo](https://www.scarleteen.com/article/sexual_health/birth_control_bingo)

Planned Parenthood: Birth Control: <https://www.plannedparenthood.org/learn/birth-control>

Bedsider: What you should know about birth control when you have a disability: <https://www.bedsider.org/features/1026-what-you-should-know-about-birth-control-when-you-have-a-disability>

# Sexually Transmitted Infections (STIs)

Planned Parenthood: Sexually Transmitted Infections: <https://www.plannedparenthood.org/learn/stds-hiv-safer-sex>

Scarleteen: STI Risk Assessment: The Cliff's Notes: [https://www.scarleteen.com/article/sexual\\_health/sti\\_risk\\_assessment\\_the\\_cliffs\\_notes](https://www.scarleteen.com/article/sexual_health/sti_risk_assessment_the_cliffs_notes)

Scarleteen: Testing, Testing: All About Getting Tested for STIs: [https://www.scarleteen.com/article/bodies\\_relationships\\_sexual\\_health\\_sexuality/testing\\_testing\\_all\\_about\\_getting\\_tested\\_for](https://www.scarleteen.com/article/bodies_relationships_sexual_health_sexuality/testing_testing_all_about_getting_tested_for)

CDC: Get Tested Test Location Finder:

<https://gettested.cdc.gov/>

Scarleteen: When, Where, and Why: Telling

Your Partner You Have an STI [https://](https://www.scarleteen.com/article/relationships_sexual_health/when_where_and_why_telling_your_partner_you_have_an_sti)

[www.scarleteen.com/article/relationships\\_](https://www.scarleteen.com/article/relationships_sexual_health/when_where_and_why_telling_your_partner_you_have_an_sti)

[sexual\\_health/when\\_where\\_and\\_why\\_](https://www.scarleteen.com/article/relationships_sexual_health/when_where_and_why_telling_your_partner_you_have_an_sti)

[telling\\_your\\_partner\\_you\\_have\\_an\\_sti](https://www.scarleteen.com/article/relationships_sexual_health/when_where_and_why_telling_your_partner_you_have_an_sti)



# HIV

CDC: HIV Basics: <https://www.cdc.gov/hiv/basics/index.html>

CDC: HIV Prevention: <https://www.cdc.gov/hiv/basics/prevention.html>

AIDS Map: About HIV: <https://www.aidsmap.com/about-hiv>

NHS Lanarkshire: HIV and AIDS Easy Read Booklet: <https://www.nhslanarkshire.scot.nhs.uk/download/sexual-health-information-easy-read-healthelanarkshire/?wpdmdl=15668&refresh=62dab5669ef031658500454&ind=1603269978721&filename=HIV-AIDS-Apr-18.pdf>

NIH: HIV Info Fact Sheets: <https://hivinfo.nih.gov/understanding-hiv/fact-sheets>

San Francisco AIDS Foundation: HIV FAQs: <https://www.sfaf.org/resource-library/hiv-faqs/>

Scarleteen: The Real Deal On HIV, PrEP, and PEP: [https://www.scarleteen.com/article/sexual\\_health/the\\_real\\_deal\\_on\\_hiv\\_prep\\_and\\_pep](https://www.scarleteen.com/article/sexual_health/the_real_deal_on_hiv_prep_and_pep)

# Mpox

CDC: Mpox: <https://www.cdc.gov/poxvirus/mpox/index.html>

## Sexual and Reproductive Health Care

UNFPA: Sexual & reproductive health: <https://www.unfpa.org/sexual-reproductive-health>

CDC: Sexual health: <https://www.cdc.gov/sexualhealth/Default.html>

ACOG: Find an OB-GYN: <https://www.acog.org/womens-health/find-an-ob-gyn>

AUA: Find a urologist: <https://www.urologyhealth.org/find-a-urologist>

# Consent

OAR: Sex Ed for Self-Advocates: What is Consent: <https://researchautism.org/self-advocates/sex-ed-for-self-advocates/consent>

Scarleteen: Driver's Ed for the Sexual Superhighway: Navigating Consent: [https://www.scarleteen.com/article/abuse\\_assault/drivers\\_ed\\_for\\_the\\_sexual\\_superhighway\\_navigating\\_consent](https://www.scarleteen.com/article/abuse_assault/drivers_ed_for_the_sexual_superhighway_navigating_consent)

Scarleteen: A Brief Guide to Consenting with a Nonverbal Partner: [https://www.scarleteen.com/article/disability\\_relationships\\_sexuality/a\\_brief\\_guide\\_to\\_consenting\\_with\\_a\\_nonverbal\\_partner](https://www.scarleteen.com/article/disability_relationships_sexuality/a_brief_guide_to_consenting_with_a_nonverbal_partner)

Amaze: Consent: <https://amaze.org/video/consent/>

Love is Respect: Understand Consent:  
<https://www.loveisrespect.org/everyone-deserves-a-healthy-relationship/understand-consent/>

Love is Respect: How Consent Works:  
<https://www.loveisrespect.org/resources/how-consent-works/>

Love Is Respect: What Consent Does—and Does not—Look Like: <https://www.loveisrespect.org/resources/what-consent-does-and-doesnt-look-like/>

Can We Talk About Consent? book by  
Justin Hancock: [https://www.bishuk.com/  
can-we-talk-about-consent/](https://www.bishuk.com/can-we-talk-about-consent/)

Scarleteen: A Disabled Person's Guide  
to Talking with Your Partner(s) About  
Sex: [https://www.scarleteen.com/article/  
disability/a\\_disabled\\_persons\\_guide\\_to\\_  
talking\\_with\\_your\\_partners\\_about\\_sex](https://www.scarleteen.com/article/disability/a_disabled_persons_guide_to_talking_with_your_partners_about_sex)

Scarleteen: The Importance of Consent  
in Everyday Situations: [https://www.  
scarleteen.com/blog/cara/2010/04/20/  
the\\_importance\\_of\\_consent\\_in\\_everyday\\_  
situations](https://www.scarleteen.com/blog/cara/2010/04/20/the_importance_of_consent_in_everyday_situations)

Scarleteen: Consent Is Sexy: Sexual  
Autonomy and Disability: [https://www.  
scarleteen.com/consent\\_is\\_sexy\\_sexual\\_  
autonomy\\_and\\_disability](https://www.scarleteen.com/consent_is_sexy_sexual_autonomy_and_disability)

Scarleteen: Yes, No, Maybe So: A  
Sexual Inventory Stocklist: [https://www.  
scarleteen.com/article/advice/yes\\_no\\_  
maybe\\_so\\_a\\_sexual\\_inventory\\_stocklist](https://www.scarleteen.com/article/advice/yes_no_maybe_so_a_sexual_inventory_stocklist)

RAINN: What Consent Looks Like: [https://  
www.rainn.org/articles/what-is-consent](https://www.rainn.org/articles/what-is-consent)

Planned Parenthood: Sexual Consent:  
[https://www.plannedparenthood.org/  
learn/relationships/sexual-consent](https://www.plannedparenthood.org/learn/relationships/sexual-consent)



# Sexual Assault

## Resources for People Who Have Been Sexually Assaulted

RAINN Resources and Hotline: [https://  
www.rainn.org/](https://www.rainn.org/)

The National Domestic Violence Hotline:  
<https://www.thehotline.org/>

Love is Respect Resources and Hotline:  
<https://www.loveisrespect.org/>

Scarleteen Resources and Direct Services:

<https://www.scarleteen.com/>

The National Deaf Domestic Violence

Hotline: <https://www.adwas.org/hotline/national/>

National LGBT Help Center Resources and

Hotlines: <https://www.lgbthotline.org/>

Trans Lifeline Resources and Hotline:

<https://translifeline.org/>

The Trevor Project Resources and Hotline:  
<https://www.thetrevorproject.org/explore/>

211 Resources: <https://www.211.org/>

## About Sexual Assault

Office on Women's Health: Relationships and Safety: <https://www.womenshealth.gov/relationships-and-safety> (NOTE: This resource is aimed at women. But anyone can read it to learn more about sexual assault and domestic violence.)

Stop Relationship Abuse: Get Educated: <https://stoprelationshipabuse.org/educated/> (NOTE: This resource talks mostly about women. But anyone can read it to learn more about sexual assault and domestic violence.)

RAINN: Sexual Assault: <https://www.rainn.org/articles/sexual-assault>

NSVRC: About Sexual Assault: <https://www.nsvrc.org/about-sexual-assault>

Planned Parenthood: Sexual Assault and Harassment: <https://www.plannedparenthood.org/about-us/newsroom/campaigns/sexual-assault-and-harassment>

YWCA of Northeastern Massachusetts:  
About Sexual Assault/Violence: [https://  
ywcansrcc.org/programs-services/about-  
sexual-assaultviolence/](https://ywcansrcc.org/programs-services/about-sexual-assaultviolence/)

## **Sexual Assault and People with Disabilities**

CDC: Sexual Violence and Intimate Partner  
Violence Among People with Disabilities:  
[https://www.cdc.gov/violenceprevention/  
sexualviolence/svandipv.html](https://www.cdc.gov/violenceprevention/sexualviolence/svandipv.html)

NPR: Abused and Betrayed: [https://www.  
npr.org/series/575502633/abused-and-  
betrayed](https://www.npr.org/series/575502633/abused-and-betrayed) (About sexual assault of people  
with intellectual disabilities)

The Arc: People with Intellectual Disabilities and Sexual Violence: <http://www.thearc.org/wp-content/uploads/forchapters/Sexual%20Violence.pdf>

YWCA: Survivors with Disabilities Facts: <https://www.ywca.org/wp-content/uploads/Survivors-w-Disabilities-Fact-Sheet.pdf> (NOTE: This resource talks mostly about women. But anyone can read it to learn more about sexual assault and domestic violence.)

NOW: The Disability Community and Sexual Violence: <https://now.org/wp-content/uploads/2018/05/Disabled-Women-Sexual-Violence-4.pdf> (NOTE: This resource talks mostly about women. But anyone can read it to learn more about sexual assault and domestic violence.)

CAP: Sexual Violence and the  
Disability Community: [https://www.  
americanprogress.org/article/sexual-  
violence-disability-community/](https://www.americanprogress.org/article/sexual-violence-disability-community/)