

Resource List for Self-Advocates:

WEBSITES/ONLINE/VIDEOS

Sexuality Information

Office of People With Developmental Disabilities (OPWDD) New York State

This empowerment series for self-advocates was produced by the New York State Office for People with Developmental Disabilities and Elevatus Training in collaboration with the Self Advocacy Association of New York State (SANYSS) and the University of Minnesota's Institute on Community Integration.

Sexuality and People with Developmental Disabilities

https://youtu.be/cRzVfz_ZvpQ

Sexual Self-Advocacy

<https://youtu.be/Tc9VdCemhoM>

Sexual Feelings and Relationships

<https://youtu.be/iCg3OJ-O9jA>

Consent and Sexual Relationships

<https://youtu.be/UDn1NNWHptQ>

Your Sexual Health Toolkit | Project SHINE

This website is designed for people with intellectual and developmental disabilities to learn about certain topics by clicking on the sexuality wheel, learning what certain words mean through a sexual health glossary, and hearing stories from self-advocates about relationships and sexuality. The website is still being developed, but there is a lot of helpful content.

<https://yoursexualhealthtoolkit.org/>

Sex Talk for Self-Advocates Webinar Series

Self-advocates and professional sexuality educators answer questions about sexual relationships.

Association of University Centers on Disability (AUCD)

- Part 1 Relationships
- Part 2 Sex and Intimacy
- Part 3 Safe Sex Practices - Sexually Transmitted Infections (STIs):
- Part 4 Relationship Experiences
- Part 5 Birth Control
- Part 6 LGBTQ+ Relationships
- Part 7 Marriage
- Part 8 Parenting
- Part 9 Sexual Self-Advocacy

<https://www.youtube.com/playlist?list=PLEHWL7i0kECWHqrlsvCJKfN8dhH>
[QbPwjr](#)

Sex Ed for Self-Advocates

A sexuality and sex education resource specifically written for people with the autism spectrum age 15+.

Organization for Autism Research (OAR)

<https://researchautism.org/sex-ed-guide/>

Sex Ed By and for People with I/DD: Videos

By: National Council on Independent Living (NCIL)

Introduction:

<https://youtu.be/wZ6T8wrqjAE?si=7Xp-sxwKj347nz1l>

Sex, Gender, and Genitals:

<https://youtu.be/b0UaRPM30Kw?si=WoBQbFkn6Rf4Ovhk>

Puberty:

<https://youtu.be/KkuF3hRsRwA?si=sylKtxqWRzmM8GJF>

Masturbation:

https://youtu.be/csMVOylqLkU?si=3qK_EDGWHlsXbZY0

Healthy Relationships:

<https://youtu.be/slglSllz0L0?si=WC2qi0XU49ZYFoH6>

Consent:

<https://youtu.be/09m9Hv0Ajt0?si=vJ9YfYqRZ3-cyhzl>

Pregnancy:

<https://youtu.be/FGY-IQCNI5c?si=Y6dezxdKXSAnwB1L>

Sexually Transmitted Diseases and Infections:

https://youtu.be/OsXEDi_a_Y4?si=kwLxS0ROJ53SCBDx

Condom How To:

<https://youtu.be/RQQcJNJNAjQ?si=UE8cDjDom19bNc1a>

Conclusion and Thanks:

https://youtu.be/Kq4F07NgIRE?si=rtq91obl_i6FTJtO

Amaze

Animated videos for middle school and younger that give you all the answers you want to know about sex, your body, and relationships.

<https://amaze.org/>