

Resources for Children, Teens and Self Advocates with Cognitive Disabilities

Body rights, ownership and empowerment

It's My Body by Lory Freeman (1982). Published by Parenting Press ISBN: 0-943990-03-3 www.parentingpress.com A good introduction to body rights. Encourages children to recognize touches that feel good and say no to those they don't want. The key message "your body is special and belongs to you" is emphasized. A Spanish version, *Mi Cuerpo es MIO*, is also available.

Loving Touches by Lory Freeman (1986). Published by Parenting Press ISBN: 0-943990-20-3 www.parentingpress.com. A simply illustrated book about the need for touch throughout life and feelings associated with healthy touch. Geared towards younger children.

Just Because I Am: A Child's Book of Affirmation by Lauren Murphy Payne (1994). Free Spirit Publishing ISBN: 0-915793-60-1 www.freespirit.com. A simple book that encourages appreciation of individual uniqueness. Includes empowering messages about the body, feelings, boundary awareness, touch and feeling safe.

My Body is Private by Linda Walvoord Girard (1984) Published by Albert Whitman & Company ISBN: 0-8075-5319-0 www.awhitmanco.com A young girl, Julie, discusses the word private and her understanding related to things, her body and body parts. The story includes her family rules and discussions related to her rights and what to do when those rights are violated.

The Right Touch: A Read-Aloud Story to Help Prevent Child Sexual Abuse by Sandy Kleven (1997) Published by Illumination Arts Publishing Company ISBN: 0-935699-10-4 www.illumina.com A mother helps her son understand the difference between healthy affection and problem touching. Emphasizes paying attention to body warning signs and reporting.

Your Body Belongs to You by Cornelia Spelman (1997). Published by Albert Whitman & Company ISBN: 0-8075-9474-1 www.awhitmanco.com This children's book, written by a social worker, is designed to help children understand their touching rights. The book balances messages regarding the need we all have for healthy affection with our right to determine who touches us. Includes multi-cultural drawings.

Private Body Parts/Gender differences

Teach-A-Bodies- This company carries a line of handmade dolls and puppets that are anatomically complete. For more information contact them at 956-581-9959 or on the web at www.valleyonline.com/tabdolls

Bellybuttons are Navels- by Mark Schoen - A story about two young children discovering their body parts while bathing together. Useful for helping children understand differences between boy and girl bodies and identifying correct names for genitals. Published by Prometheus Books, 1990. ISBN:087955857, \$19.00

Body diagrams- RECAP (Resource for Adolescent Pregnancy Prevention) offers ideas for classroom teaching. Drawings of anatomically correct male and female bodies with detached suits that can be cut out to cover private parts can be downloaded off the web site

www.etr.or/recapp/freebies/learningactivity200206.htm

The Bare Naked Book- Kathy Stinson (1988) Published by Firefly Books ISBN: 0920303528 www.annickpress.com - A good introduction to teaching all body parts, including the genitals. Realistic illustrations highlight a specific body part on each page.

What's the Big Secret: Talking About Sex with Girls and Boys- by Marc Brown and Laurie Krasny Brown (2000). Published by Little Brown and Company. ISBN: 0316101834, \$5.95 An easy to read storybook with animated drawings for young children that help distinguish difference between boy and girl bodies (come to find out body difference are the only difference). The book discusses societal rules related to talking, looking, touching and being touched, and reproduction.

Puberty

Changes in You by Peggy Siegel.

The only resource written specifically for girls and boys with cognitive disabilities, this book uses realistic drawings and straightforward language to explain the physical, emotional, and social changes of puberty. Separate books are available for males and females. For sale at www.specialneeds.com

What's Happening to Me?: An Illustrated Guide to Puberty by Peter Mayle (1981). Published by Lyle Stuart. ISBN: 081803128 A humorous approach to male and female puberty. Mostly animated pictures with a few realistic drawings on body changes. For sale at www.amazon.com

It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health by Robie Harris (1996). Published by Candlewick Press ISBN: 1564021599. A comprehensive book that uses colored, animated illustrations to address male

and female puberty, reproduction, birth, sexual orientation, decision making, and staying healthy. This book is a bit more advanced so parents may want to read this with their child.

The Care and Keeping of You: A Body Book for Girls by Valerie Lee Schaefer (1998). Published by Pleasant Company Publications ISBN: 1562476661 www.americangirlstore.com - This American Girl "head-to-toe" advice book addresses female puberty changes, hygiene issues, self esteem, fitness, sleep and emotions. Lots of colored pictures (animated) and easier text makes it fun reading for girls with lower reading levels. Includes empowering messages about the body.

The Period Book: Everything You Don't Want to Ask but Need to Know by Karen & Jennifer Gravelle (1996). \$7.95 Published by Walker and Company ISBN: 0802774784 www.newmooncatalog.com. A more advanced book for females that covers "changes you can see" and "changes you can't see" but includes information on tampon use, first pelvic exams, and how to handle common problems.

Dating and Relationships

Making Connections: A Humorous Look at Dating By and For Persons with Disabilities Choices (1995) by Choices, Inc. & American Film Video- People with cognitive and physical disabilities act out dating experiences (some well and others not so well) resulting from a video dating service and then others discuss what they have learned from the film.

Healthy Relationships and Safe Sex (2006) by Joe Meadows – Written by an adult self advocate for other self advocates, this spiral-bound packet is designed to help teens and adults understand differences between friendships and romantic relationships, steps in dating, love and what makes a healthy and unhealthy dating partner. More advanced information on intercourse, pregnancy and STD prevention is also included. Few pictures and advanced reading skills are needed. \$15.00 Human Services Research Institute at (503) 924-3783.

Exploitation Prevention

Out of Harm's Way: A Safety Kit for People with Disabilities Who Feel Unsafe and Want to Do Something About It (1997) www.roeher.ca/english/about/about/htm A unique tool for helping self advocates (designed more for teens or adults) examine places they live, work, study and play. It helps them define what is an unsafe environment, services, or relationships. Suggestions for changing their surroundings are included.

Conception and Reproduction

Did the Sun Shine Before You Were Born? by Sol and Judith Gordon (1992). Published by Prometheus Books www.prometheusbooks.com. This book designed for young children explains facts about sex, reproduction, and the birth process in clear and concise language within the context of families.

How You Were Born by Joanne Cole. Actual photographs describe conception, fetal development and birth. www.barnesandnoble.com

Reproductive Health & Self Care

Taking Care of Myself: A Hygiene, Puberty and Personal Curriculum for Young People with Autism by Mary Wrobel Published by Future Horizons ISBN: 1-885477-94-5 www.futurehorizons-autism.com. This book is essentially a social stories curriculum for teaching about body changes, appropriate sexual behavior, and encouraging independence with hygiene and self care. Great ideas for creating teaching tools using Boardmaker © and Picture This © picture symbol programs.

Books Beyond Words publishes a series of picture books designed to teach about caring for the body and reproductive health for males and females. Verbal scripts designed to be used with the pictures are included in the back of the book. Books for teaching about pelvic, breast, and testicular exams can be accessed at <http://www.rcpsych.ac.uk/publications/bbw/>

General Sexuality Resources Designed for Teens and Adults with Cognitive Disabilities

An Easy Guide to Loving Carefully for Women and Men by Lynn McKee, Winnifred Kempton, and Lynne Stiggall-Muccigrosso (1997 third edition). www.amazon.com
This book can be used as an advanced sequel to the above *Changes in You* book. It is designed to help people with developmental disabilities understand how pregnancy occurs (includes drawings of vaginal intercourse) and describes how to prevent pregnancy and sexually transmitted diseases. Methods of contraception, including abstinence, are discussed as are male and female reproductive health exams. Sexual orientation and alternate lifestyles are addressed as well. Nicely illustrated and ideal for individuals who are thinking about becoming sexually active. Caution: Newer methods of contraception are not presented in the third edition.

Talk To Me: A Personal Development Manual for Women and Girls with Down syndrome, and Their Parents by the Down Syndrome Association of NSW, Inc (1999). A nice teaching resource designed to help parents of teens and adults

with Down syndrome teach sexuality. A section designed to prepare parents for teaching accompanies actual worksheets that can be used during teaching sessions. Although the title insinuates females as a target audience, most of the content is relevant for males. The section designed for the young adults covers feelings, self esteem, friendships and dating, public and private, body changes, masturbation, relationships, intercourse, and sexual assault. Can be downloaded from <http://members.iinet.net.au/~dsansw/pdpres.htm>