

## **Teaching Materials for Professionals**

### ***Comprehensive Sexuality Education Curricula (Multiple Topics)***

*Asperger's Syndrome and Sexuality from Adolescence Through Adulthood* by Isabelle Henault Jessica Kingsley Publisher, ISBN: 1-84310-189-0  
This resource includes background information on sexual development, inappropriate sexual behavior and relationships as well as therapist-type activities to do with individuals.

<http://www.jkp.com/catalogue/index.php/cat/autism>

*Life Horizons I & II-* by Winifred Kempton- The most comprehensive slide series and teaching script on sexuality designed for people with cognitive disabilities. Part I focuses on the physiological and emotional aspects and includes sections on parts of the body, sexual development, human reproduction, birth control, and STDs. Part II emphasizes the moral, social and legal aspects of sexuality and covers self esteem and relationships, dating skills and learning to love, marriage and other lifestyles, and parenting. Parts I & II are each sold separately. Published by James Stanfield Company. [www.stanfield.com](http://www.stanfield.com). 800-421-6534

*Special Education: Secondary Family Life and Sexual Health (FLASH)* by Jane Stangle- A teacher-friendly curriculum that provides student lessons on teaching relationships, public and private, communication, body changes, feelings, reproduction, STDs, birth control and exploitation prevention. Geared towards high school students. Family Planning Publications, Seattle-King County Department of Public Health. Sections of this resource can be previewed or downloaded from their web site <http://www.metrokc.gov/health/famplan/flash/index.htm> (scroll down to Special Education).

*Socialization and Sex Education : Life Horizons Curriculum Module* by Geraldine Rodriguez Rouse and Carol Pence Birth- Designed to be used with the Life Horizons slide series, this curriculum offers supplemental classroom and group activities. Published by James Stanfield Company. [www.stanfield.com](http://www.stanfield.com). 800-421-6534

*Sexuality Education for Persons with Severe Developmental Disabilities* by Beverly Brekke Ph.D – Designed for students with more limited cognitive abilities these slides address parts of the body (male and female), menstrual hygiene, social behavior and reproductive exams. Published by James Stanfield Company. [www.stanfield.com](http://www.stanfield.com). 800-421-6534

*Socialization and Sexuality: A Comprehensive Training Guide for Professionals Helping People with Disabilities that Hinder Learning* by Winifred Kempton – An everything-you-need- to-know training guide for professionals interested in implementing sexuality education programs.

*Teaching Children with Down syndrome About their Bodies, Boundaries, and Sexuality: A Guide for Parents and Professionals* by Terri Couwenhoven (2007) Woodbine House ISBN: 978-189062733-1

[www.woodbinehouse.com](http://www.woodbinehouse.com) . A comprehensive “how-to teach sexuality” resource that offers practical information and teaching ideas for addressing a wide variety of sexuality issues across the life span. Includes loads of “use at home” activities that are useful for teaching about the body, privacy, relationships, and exploitation prevention. Detailed and realistic drawings that can be used for teaching are included in the appendices.

### ***Puberty***

*All Women Have Periods* United Learning Company. 1-800-323-9084 and ask for the Health Division. A young girl with Down syndrome learns about menstruation and how to change pads with the help of an older sister. This is an older, amateurish video created by an ARC but uses lots of repetition.

*Changes in You* by Peggy Siegel . Published by James Stanfield Company - \$299.00. [www.stanfield.com](http://www.stanfield.com) . 800-421-6534. A visual teaching program for teaching pre-adolescents about physical, emotional and social changes that accompany puberty. Includes laminated drawings with optional teaching scripts on the back of each picture. Comes with teacher’s guide and male and female *Changes in You* books.

*Janet’s Got Her Period* – Published by James Stanfield Company, 1990. [www.stanfield.com](http://www.stanfield.com). 800-421-6534. This training manual provides extensive background information, a video and instructional curriculum for teaching menstrual hygiene with young woman who have moderate or severe cognitive disabilities.

### ***Hygiene and Self Care***

*First Impressions Can Make a Difference*- Published by James Stanfield Company. [www.stanfield.com](http://www.stanfield.com). 800-421-6534. A four-module video series that addresses male and female hygiene, grooming, dress and attitude using humor and exaggeration. Modules can be purchased separately or as a package.

*Taking Care of Myself: A Hygiene, Puberty and Personal Curriculum for Young People with Autism* by Mary Wrobel (2003) Published by Future Horizons ISBN: 1-885477-94-5 [www.futurehorizons-autism.com](http://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.

### ***Masturbation***

*Finger Tips: Teaching Women with Disabilities About Masturbation Through Understanding and Video* by David Hingsburger and Sandra Haar. Published by Diverse City Press. [www.diverse-city.com](http://www.diverse-city.com) A video and teaching program for adult females with developmental disabilities that models safe and appropriate masturbation.

*Hand Made Love: A Guide for Teaching About Male Masturbation Through Understanding and Video* by David Hingsburger. Published by Diverse City Press. [www.diverse-city.com](http://www.diverse-city.com). A video and teaching program for adult males with developmental disabilities that models safe and appropriate masturbation.

### ***Anatomy and Reproductive Health***

*Testicular Self Exam (TSE) and Breast Self Exam( BSE) Models-* Designed to make learning how to do self examination easier. Can be purchased at [egeneralmedical.com/familyhealth.html](http://egeneralmedical.com/familyhealth.html)

*The GYN Exam Handbook: An Illustrated Guide to Gynecologic Examination for Women with Special Needs* (1991) Videos and pictures that help explain pelvic exams. Published by James Stanfield Company. [www.stanfield.com](http://www.stanfield.com). 800-421-6534

*Let's Talk About Health: What Every Woman Should Know* (1994) ARC New Jersey 908-246-2525. A video for teaching women with developmental disabilities about gynecological exams, breast exams, and mammograms.

*Life Size Instructional Body Chart Kit*, Available to purchase from Planned Parenthood of Minnesota/South Dakota \$150.00  
[www.ppmsd.org/store/viewproduct.asp?ec\\_products=84](http://www.ppmsd.org/store/viewproduct.asp?ec_products=84)

## ***Social Skills, and Relationships & Dating***

*Being With People: An Eight Part Video Series to Teach Essential Social Skills to Special Needs Students* by James Stanfield Company [www.stanfield.com](http://www.stanfield.com) . A people-skills program that includes instruction geared towards being with friends, housemates, a date, or authority figures.

*Circles I: Intimacy and Relationships* by Leslie Walker-Hirsch. Published by James Stanfield Company [www.stanfield.com](http://www.stanfield.com) . A well respected program that uses videos and vignettes to teach social distance, changing relationships, and relationship-building skills. Appropriate for students from middle school through adulthood.

*Promoting Social Success: A Curriculum for Children with Special Needs* (2004) by Gary N. Siperstein and Emily Paige Rickards. An excellent and comprehensive teaching curricula that includes detailed lesson plans for facilitating skill development in the areas of understanding feelings and actions, noticing and interpreting social cues, problem-solving in social situations, friendships. Available from Brookes Publishing [www.brookespublishing.com](http://www.brookespublishing.com).

*Relationship Series* by the Young Adult Institute (YAI). A comprehensive video series for adults that includes a friendship series (differences between strangers, acquaintances, and friends, becoming acquaintances and friends, and being a friend), boyfriend/girlfriend series (starting a special relationship, building a relationship I like, and having a good relationship), and sexual relationship series ( enjoying your sexual life, working out problems, and sexual acts that are against the law). Available through YAI 212-263-7474 [www.yai.org](http://www.yai.org)

*Stacking the Deck: A Social Skills Game for Adults with Developmental Disabilities* by Richard Foxx and Martin J. McMorro. Available through Research Press [www.researchpress.com](http://www.researchpress.com) \$19.95. A card game that creates plenty of real-life situations to practice and reinforce social skills in different environments. The game is a vehicle for reviewing basic social interaction skills and in a variety of settings.

*Social Skills Training For Children and Adolescents with Asperger's Syndrome and Social-Communication Problems* (2003) by Jed Baker. Teaching curricula that includes 70 lesson plans for teaching common social skills. Categories of skills fall under basic conversational skills, cooperative play skills, friendship management, emotions management,

developing empathy, and conflict management. Available through Autism Asperger Publishing Company [www.asperger.net](http://www.asperger.net).

### ***Exploitation Prevention***

*Just Say Know: Understanding and Reducing the Risk of Sexual Victimization of People with Developmental Disabilities* by David Hingsburger (1995) Published by Diverse City Press ISBN: 1-896230-00-8 [www.diverse-city.com](http://www.diverse-city.com). A great book that focuses on what can be done to prevent exploitation in individuals with developmental disabilities.

*No-Go- Tell!*- Published by James Stanfield Company. \$399.00 for complete set. [www.stanfield.com](http://www.stanfield.com). 800-421-6534. A program designed for children with special needs ages 3-7 by experts who work with children with disabilities. The curriculum package includes pictures, anatomically correct dolls, and lesson plans.

*No More Victims: Manual for Counselors and Social Workers* (1992) Published by the Roeher Institute, this resource discusses factors that put people with developmental disabilities at risk of sexual abuse, describes symptoms of abuse, and outlines appropriate responses and preventative measures. [www.roeher.ca/english/about/about/htm](http://www.roeher.ca/english/about/about/htm)

*Safety Awareness for Empowerment (SAFE)* by Waisman Center's Healthy and Ready to Work Project (2005).

<http://www.waisman.wisc.edu/hrtw/Publications.html> An all-inclusive curricula designed to teach personal safety and prepare teenagers and young adults for life in the community. Numerous sections of this curricula address issues related to sexuality including feelings, relationships, rights to privacy, tactics used by exploiters, safe dating, and exploitation prevention. However broader safety issues are addressed as well (first aid, staying safe in your home, etc.)

*The Ethics of Touch: Establishing and Maintaining Appropriate Boundaries in Service to People with Developmental Disabilities* by David Hingsburger and Mary Harber (1998) Published by Diverse City Press. [www.diverse-city.com](http://www.diverse-city.com) Addresses issues of privacy, touch, affection and boundaries for those providing direct care for individuals with cognitive disabilities.

*We Can Stop Abuse: A Sexual Abuse Prevention Curriculum for Persons with Developmental Disabilities* by Sandy Laesch and Shirly Pacey (2004) Published by Program Development Associates [www.disabilitytraining.com/wcasa.html](http://www.disabilitytraining.com/wcasa.html) . Eight-session curriculum that includes information on identifying and expressing feelings, recognizing and naming body parts, identifying safe people to tell, saying no, and boundary information. Includes parent component as well.