

Resources for Teaching Human Sexuality

Why is this important?

Many people with disabilities do not receive adequate sex education. Additionally, they may have a more challenging time recognizing misinformation or understanding and applying what they have learned.

What resources are available?

Planned Parenthood of Delaware

Provides a wide range of education and training services for individuals with intellectual and developmental disabilities (IDD), their caregivers and the professionals who serve them.

Friendship and Dating Program*

An evidence-based, comprehensive approach to teach individuals with IDD the skills needed to develop meaningful relationships and prevent interpersonal violence.

Birds and Bees Resources

Sexual Safety Series

A series of informational flyers that include DE specific resources.

- [Where to Get Help](#)
- [Ending Sexual Violence](#)
- [Sexually Concerning Behavior](#)
- [Sex Education](#)
- [Online Safety](#)

Parent Tip Sheets

Navigating developmental stages, education, and sex education can be extremely difficult. These resource flyer offers basic information and resources for parents of autistic children.

- [Plain Language Guide: Easy Ways to Explain Common Sexual Terms](#)
- [Gender Identity: Supporting Kids Across the Gender Spectrum](#)
- [IEP Meetings: Ensuring Sex Education Happens at School](#)
- [Sexual Orientation: Key Concepts for Supporting Romantic Relationships](#)
- [Developmental Stages: What to Talk About When](#)

Free Lesson Plans

[Click here](#) for lesson plans that are free to use or adapt. These curricula materials are for educators working with young adults. Lesson Plans offer a more in depth discussion than most high school curriculums.

Elevatus Training*

Trauma-informed curriculum, online training, in-services, and workshops to help professionals, educators, self-advocates and parents skillfully and confidently navigate the topic of sexuality.

Sexuality for All Abilities*

Curriculum and training to support teaching about healthy relationships, boundaries, consent, and sexual health and well-being.

Relevant Research

Curtiss, S.L. (2018). The birds and the bees: Teaching comprehensive human sexuality education. *Teaching Exceptional Children*, 51(2), 134-143. <https://doi.org/10.1177/0040059918794029>

Sala, G., Pecora, L., Hooley, M., & Stokes, M. A. (2020). As diverse as the spectrum itself: Trends in sexuality, gender, and autism. *Current Developmental Disorders Reports*, 7, 59-68. <https://doi.org/10.1007/s40474-020-00190-1>

Travers, J., & Tincani, M. (2010). Sexuality education for individuals with autism spectrum disorders: Critical issues and decision making guidelines. *Education and Training in Autism and Developmental Disabilities*, 45(2), 284-293. <https://www.jstor.org/stable/23879812>

*Can be checked out from the Educational Resource Center at the University of Delaware.

The Birds and the Bees is a project by Sarah Curtiss, Ph.D., Assistant Professor of Special Education at the University of Delaware. For more information: <https://asdsexed.org>

Additional resource guides and a full list of references at <https://www.delawareautismnetwork.org/>.