

Resources for Teaching Human Sexuality

Why is this important?

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

What resources are available?

[Project SHINE: Your Sexual Health Toolkit](#)

[View toolkit pages for disability support professionals.](#) Search the toolkit with the word “autism” or “IDD” for disability-specific resources.

[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.

[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.

Birds and Bees Resources

Sexual Safety Series

A series of informational flyers that include Delaware-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

[Browse free lesson plans you can 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.

**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, visit: <https://asdsexed.org>

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

Relevant Research

[High-leverage practices and sex education for students with disabilities](#) (Curtiss & Stoffers, 2026)

[As diverse as the spectrum itself: Trends in sexuality, gender, and autism](#) (Sala, Pecora, Hooley, & Stokes, 2020)

[Sexuality education for individuals with autism spectrum disorders: Critical issues and decision making guidelines](#) (Travers & Tincani, 2010)