

SEXUAL HEALTH REHAB SERVICES

Resources for Adolescents and their Parents

Sexual health is a private and sensitive subject. For teenagers dealing with this area, it can be stressful and confusing, especially for those with disabilities. It is important for children and adolescents with disabilities to understand their body, sexuality, relationships, intimacy and sex, in order to reduce physical and psychological consequences that may occur due to lack of sexual health education. The following resources cover topics such as the reproductive system, sex, puberty, disability, and relationships for children and adolescents. In addition, there are resources listed to help provide parents with information on how to educate their child on sexual health and about the topic of sexuality and disability.

FOR CHILDREN and ADOLESCENTS

Books:

- A Very Touching Book ... for Little People and Big People (2002) by Hindman, J.
Teaching children about appropriate and inappropriate touching. This book also discusses sexual abuse in a child friendly way.
- Asperger's Syndrome and Sexuality: From Adolescence through Adulthood (2006) by Henault, I.
Specific for individuals with Asperger. The book provides information about puberty and sexual development, gender identity disorders, sex education, and maintaining sexual boundaries.
- Autism-Asperger's and Sexuality (2002) by Newport, M.
This book aims to help individuals with autism or Asperger learn more about sexuality. Discusses topics surrounding sexuality such as hygiene, relationships, and intimacy.
- Boys, Girls and Body Science (2002) by Hickling, M.
Easy book for young readers to learn about sex. Discusses body parts, touching, and babies.
- Caution, do not open until puberty! An Introduction to sexuality for young adults (1996) by Rick Enright
A book written for children with mobility disorders and their parents on discussing sex and sexuality.
- Do? Be? Do? What to Teach and How to Teach People with Developmental Disabilities (2005) by Harris, R. H.

- It's Not the Stork! A Book about Girls, Boys, Babies, Bodies, Families and Friends (2006) by Harris, R. H.
For ages 4 and up. Sex-ed book to introduce pubescent and prepubescent readers to sexual health.
- It's Perfectly Normal: A Book about Changing Bodies, Growing UP, Sex and Sexual Health (1994) by Harris, R. H.
For ages 10 and up. Sex-ed book for pubescent and prepubescent readers discussing sexual health, including HIV and AIDS.
- It's So Amazing! A Book about Eggs, Sperm, Birth, Babies and Families (2002) by Harris, R. H.
For ages 7 and up. Sex-ed book discussing sexual health with a focus on reproduction.
- Just Say Know! Understanding and Reducing the Risk of Sexual Victimization of People with Developmental Disabilities (1995) by Hingsburger, D
This book discusses sexual abuse and people with developmental disabilities. It discusses signs of sexual abuse, and promotes ways to stay safe.
- Sex and Babies: First Facts (2003) by Annunziata, J. & Nemiroff, M.
Children's book introducing sexual health and reproduction such as, the male and female body; human sexuality; the physiology of conception, pregnancy, and fetal development.
- Sex, Sexuality and the Autism Spectrum (2005) by Lawson, W.
The author, an openly gay autistic individual, discusses her experience of being autistic, and how it affects relationships, sex, and sexuality.
- The Care and Keeping of You. The Body Book for Girls. (1998) by Schaefer, V. L.
Answers questions girls may have about their bodies from hair care to healthy eating, bad breath to bra buying, pimples to periods.
- Understanding the Facts of Life (2004) by Meredith, S & Gee, R.
A sexual health book for prepubescent or pubescent readers discussing puberty, sex, contraception, sexually transmitted diseases, and advice on healthy living.
- What's Happening to Me? An illustrated guide to puberty (1978) by Mayle, P.
Illustrative guide showing physical and psychological changes during puberty.
- What's Happening to Me? Boys (2006) by Frith, A
Book discussing psychological and physiological changes during male puberty for young boys.

- What's Happening to Me? Girls (2006) by Meredith, S.
Book discussing psychological and physiological changes during female puberty for young girls.
- What's the Big Secret? Talking about sex with girls and boys (1997) by Krasny Brown, L. & Brown, M.
For ages 4 and up. This book discusses questions children may have about sexuality and reproduction.
- Where Did I Come From? The facts of life without any nonsense and with illustrations (1977) by Mayle, P.
Illustrated guide to sexual health discussing topics such as sex, reproduction, babies, and intimacy.

Videos:

- DateSmart Series: Dating safety and communication by James Stanfield Publishing
Video teaching about abstinence, touching, and intimacy in relationships.
- Finger tips: A video guide for teaching about female masturbation by Diverse City Press
Video guide to teach women with developmental disabilities about masturbation.
- Hand Made Love: A video guide for teaching about male masturbation by Diverse City Press
Video guide to teach men with developmental disabilities about masturbation.
- In Touch Dramas (<http://www.lcdisability.org/?lid=14689>) by Leonard Cheshire Disability
5 different drama scenarios discussing sexuality and disability
- Janet's Got Her Period by James Stanfield Publishing
Video on educating females with developmental disabilities and their parents about how to address menstrual management and self care responsibilities.
- The GYN Exam by James Stanfield Publishing
Video explaining gynaecological examination to females with developmental disabilities.
- Under Cover Dick: A video guide for teaching condom use to men with disabilities by Diverse City Press
Video guide explaining how to use a condom and the importance of wearing a condom during intercourse.

Websites:

- www.abilityonline.org/
An online community for individuals with disabilities/chronic illness offering support in all aspects of life. A Canadian resource with a separate section for parents and professionals
- www.bccpd.bc.ca/health.htm
Provides educational materials regarding HIV/AIDS
- www.bcwomens.ca/HealthTopics/YourBody/teenhealth/default.htm
A resource collection about young women's health issues, such as teen pregnancy and sexuality
- www.howitis.org.uk/
A collection of images that can be useful for children in expressing their feelings, rights and safety, personal care and sexuality.
- www.kidshealth.org/teen/sexual_health/
Addresses common questions about sexual health, puberty, STI's and birth control
- www.optionsforsexualhealth.org/
Sexual health services and support in BC
- www.planetahead.ca/
Online resource for teens on sexuality, relationships, STI's, pregnancy, contraceptives, and reducing physical, mental and emotional risks
- www.rainn.org
Resource on preventing sexual violence and abuse
- www.scarleteen.com/
Information on sex and sexual relationships for teens and individuals in their 20's
- www.sexualhealth.com/disabilities-chronic-conditions/
Q&A with experts on sexuality and disabilities and chronic conditions
- www.sexualityandu.ca/
A great resource on sexual health, birth control, and STIs
- www.spinabifidaassociation.org
General information on spinal bifida

- www.spinabifida-incontinence.info/sex.htm
Young adults with spina bifida and their common questions about sex, sexual relationships, and reproduction
- www.spinalcord.uab.edu/show.asp?durki=21720
A collection of evidence-based resources on spinal cord injury and sexuality
- www.teenhealthsource.com
Sexual health information for teenagers
- www.youngandhealthy.ca/caah/
Resource on love, sex, and other stress factors for today's teens

FOR PARENTS

Books:

- I Openers (1993) by Hingsburger, D.
Discusses questions parents may have about sexuality and their children with developmental disabilities.
- Sexuality – Your Sons and Daughters with Intellectual Disabilities (2001) by Melberg Schwier, K. & Hingsburger, D.
Describes ways to interact with your child to encourage and promote confidence in life and relationships using stories, advice, and practical strategies.
- Teaching Your Child About Sex: An Essential Guide for Parents (2007) by Ketterman, G.
Helps parents in teaching their children about all aspects of sex including physical, emotional, and spiritual aspects.
- The New Speaking of Sex: What Your Children Need to Know and When They Need to Know It (2005) by Hickling, M.
A book giving parents suggestions and answers on how to discuss and educate their children about sex and sexuality.

Websites:

- www.advocatesforyouth.org/index.php?option=com_content&task=view&id=479&Itemid=177
An online article that addresses common questions about sexuality and disability, as well as some guidelines for providing sexual education for physically, emotionally, and mentally challenged youth
- www.autismuk.com/?page_id=1293
Sexuality and autism

- www.bcchildrens.ca/Services/SunnyHillHealthCtr/Learningeducation/EducationResourceCentre/SexualHealth/default.htm
Sexual health resources for parents and professionals
- www.child-autism-parent-cafe.com/sexuality-and-autism.html
A collection of resources for parents of children with autism
- www.cw.bc.ca/library/pdf/pamphlets/SH30.pdf
Online pamphlet for parents on children, disability and sexuality
- www.education.com/reference/article/sexuality-instruction-autism-ASD/
Sexuality Instruction and Autism Spectrum Disorders
- www.familyservices.bc.ca/
Offers education, support, and counselling to youth, parents, and families online and within North and West Vancouver
- www.nationaldb.org/documents/products/sex-ed.pdf
Sexuality education for individuals who are deaf-blind and significantly developmentally delayed
- www.parentcenterhub.org/resources/sexed
Sexuality education for students with disabilities
- www.noplacelikehome.org/
Talking to children about sexuality
- www.nursingtimes.net/nursing-practice-clinical-research/teaching-sex-education-to-children-with-learning-disabilities/299962.article
An article on teaching sexual education to children with learning disabilities
- www.plannedparenthood.org/parents/talking-kids-about-sex-sexuality-37962.htm
Addresses parents' common questions about talking to their children about sex and sexuality
- www.siecus.org/_data/global/images/RightFromTheStart.pdf
Guidelines for sexuality issues from birth to five years
- www.siecus.org/_data/global/images/guidelines.pdf
Guidelines for sexuality education for children and teens
- www.teachingsexualhealth.ca/parents/index.html
Designed to help parents effectively teach sexual health education

SERVICES

Access Clinic at BC Womens Hospital - *Breast and cervical screening for females with disabilities*

BC Women's Hospital & Health Centre
4500 Oak Street, Vancouver, BC, V6H 3N1
Phone: (604)-875-2558
Website: <http://www.bcwomens.ca/Services/HealthServices/AccessClinic/default.htm>

Adolescent and Young Adult Service – *Provides support and rehabilitation services to adolescents and young adults with physical disabilities*

GF Strong Rehab Centre
Vancouver Hospital and Health Science Centre
4255 Laurel Street, Vancouver BC, V5Z 2G9
Phone: (604)-734-1313
Website: www.vanhosp.bc.ca

Arbour Consulting – *Addresses the social, interpersonal, and individual needs of youth and young adults with complex social challenges through advocacy, education, and individualized comprehensive care plans.*

141-6200 Mckay Ave.
Burnaby, BC, V5H 4M9
Phone: (604)209-6239
Website: <http://www.arbourconsulting.com>

Caledon Counselling and Consulting - *Offers behavioural consultation and clinical counselling on areas, such as anxiety, depression, self-esteem, and relationships, using a holistic approach.*

Contact: Robyn McElveen, MA, RCC (fees may apply)
Behaviour Consultant and Registered Clinical Counsellor
Phone: 604-780-4455
Website: <http://www.caledonconsulting.com/>

Saleema Noon – Sexual Health Educators – *Group of current professionals who work to provide safe inclusive and practical information to children, teens, and parents.*

Contact: Saleema Noon, B.A., M.A.
Phone: 604-418-9417
Email saleema@saleemanoon.com
Website: www.saleemanoon.com/

Sexual Health Rehab Service - *Education and support related to sex and disability.*

GF Strong Rehab Centre
Vancouver Hospital and Health Science Centre
4255 Laurel Street, Vancouver BC, V5Z 2G9
Phone: (604)-737-6233
Website: www.scisexualhealth.com

Sunny Hill Education Resource Centre (SHERC) – *Library with many resources (books, journals, videos, board games, curricula, educational props and material) for children with disabilities.*

Sunny Hill Health Centre for Children

3644 Slocan Street, Room S225

Vancouver, BC, V5M 3E8

Phone: (604)-453-8335

Toll free : 1-800-331-1533

Website: <http://www.bcchildrens.ca/Services/SunnyHillHealthCtr/Learningeducation/EducationResourceCentre/default.htm>

YOUTH Bridges to the Future - *Transition program to adulthood for youth with physical disabilities*

Phone: (604)-732-8799

Website: <http://www.bridgestothefuture.ca/>

Youth Clinics - *Provides free and confidential services to youth aged 13-21. Services include: birth control/ECP, STI testing, pregnancy testing/counseling, PAP testing, IUD insertion, mental health counseling and referral.*

Variety of clinics found within the Vancouver Lower Mainland (Please see website for location and further information)

Website: http://www.vch.ca/your_health/youth/youth_clinics/