

# **Sexuality and Related Issues for People**

## **with Intellectual Disabilities**

### **Resources**

#### **Organisations**

The Brainary	<a href="http://www.thebrainary.com">www.thebrainary.com</a>
Family Planning NSW library and bookshop	<a href="http://www.fpnsw.org.au">www.fpnsw.org.au</a>
Disability (Nicky Shine (FPA SA))	<a href="http://www.shinesa.org.au">www.shinesa.org.au</a>
Downs Syndrome Scotland	<a href="http://www.dsscotland.org.uk">www.dsscotland.org.uk</a>
VEA – Educational DVDs	<a href="http://www.vea.com.au">www.vea.com.au</a>
NSW Developmental Disability Health Unit (Bulk billed Health Assessments)	9808 9287
Menstrual & Contraceptive management in women with an intellectual disability	<a href="http://www.ranzcog.edu.au">www.ranzcog.edu.au</a> (03) 9417 1699
Centre for Disability Studies	<a href="http://www.cds.org.au">www.cds.org.au</a> (02) 8878 0500
Guardianship Tribunal NSW	<a href="http://www.gt.nsw.gov.au">www.gt.nsw.gov.au</a> (02) 9556 7600
Intellectual Disability Rights Service	<a href="http://www.idrs.org.au">www.idrs.org.au</a> (02) 9318 0144
NSW Council for Intellectual Disability	<a href="http://www.nswcid.org.au">www.nswcid.org.au</a> (02) 9211 1611
NSW Lawlink “The Capacity Toolkit”	<a href="http://www.lawlink.nsw.gov.au">www.lawlink.nsw.gov.au</a> (02) 8688 8460
Queensland Centre for Intellectual & Developmental Disability	<a href="http://www.som.uq.edu.au/research/qcidd">www.som.uq.edu.au/research/qcidd</a>
Scope	<a href="http://www.scopevic.org.au">www.scopevic.org.au</a> (resources)
Westmead dental services for adults with intellectual disability	(02) 9845 7424

## Helpful websites

### Australian

- The Hormone Factory (<http://www.thehormonefactory.com>) - Developed by the Australian Research Centre in Sex, Health & Society, La Trobe University, this website offers specific sexual and reproductive development information for parents and children (10 to 12 years).
- The Victorian Better Health Channel (<http://www.betterhealth.vic.gov.au>) - This Victorian Government website provides simple tips and a range of practical suggestions to help in communication with your child about sex.
- Family Planning Queensland ([http://www.fpq.com.au/publications/fsBrochures/Fs\\_Puberty\\_for\\_Parents.php](http://www.fpq.com.au/publications/fsBrochures/Fs_Puberty_for_Parents.php)) - This website provides a fact sheet designed to inform you about puberty.
- The Lawstuff Website [www.lawstuff.org.au](http://www.lawstuff.org.au)

### International

- ‘Answer – sex ed honestly’ (<http://answer.rutgers.edu/page/parentresources>) - This Rutgers University ( New Jersey, USA) website is devoted to helping you become your child’s most important sex educator.
- The Society of Obstetricians and Gynaecologists of Canada ([http://www.sexualityandu.ca/parents/index\\_e.aspx](http://www.sexualityandu.ca/parents/index_e.aspx)) - This website includes a focus on information and tools for guiding your child down the path to becoming a sexually healthy, well-rounded adult.

## The following are links to Fact Sheets

NSW Council for Intellectual Disability:

<http://www.nswcid.org.au/health/se-health-pages/managing-menstruation.html>

<http://www.nswcid.org.au/health/se-health-pages/contraception.html>

State government of Victoria, Better Health Channel, Fact sheets:

[http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Disability\\_and\\_sexual\\_issues?open](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Disability_and_sexual_issues?open)

[http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Sex\\_education\\_for\\_children\\_with\\_intellectual\\_disabilities?open](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Sex_education_for_children_with_intellectual_disabilities?open)

## **Books**

Rachel Balen, Marilyn Crawshaw (2006), *Sexuality and Fertility Issues in Ill Health and Disability: From Early Adolescence to Adulthood*

Wendy Lawson (2005), *Sex, Sexuality and the Autism Spectrum*

Isabelle Henault (2005), *Asperger's Syndrome and Sexuality: From Adolescence Through Adulthood*

Julie Rioux (2004), *Knowing Where You Stand: A Resource for Providing Sexuality Education to Individuals with Intellectual Disabilities*, Planned Parenthood Fredericton

Julie Rioux, (2004), *Knowing Where You Stand: A Training Program for Providing Sexuality Education to Individuals with Intellectual Disabilities*, Planned Parenthood Fredericton

*Friendships, Feelings and Futures: Relating to myself and others*, New Brunswick Association for Community Living, 2004. Order from [www.stanfield.com](http://www.stanfield.com) 1-866-622-2548, [nbacl@nbnet.nb.ca](mailto:nbacl@nbnet.nb.ca)

John D. Allen (2003), *Gay, Lesbian, Bisexual and Transgender People with Developmental Disabilities and Mental Retardation*

Jerry Newport, Mary Newport (2002), *Autism-Asperger's & Sexuality: Puberty and Beyond*

Norm Ledgin (2002), *Asperger's and Self-Esteem: Insight and Hope Through Famous Role Models*

Noonan Walsh & Heller "Health of Women with Intellectual Disabilities"

Karin Melberg Schwier (2000), *Sexuality: Your Sons and Daughters With Intellectual Disabilities*

Eve Jackson, Neil Jackson (1999), *Helping People With a Learning Disability Explore Choice*

Eve Jackson, Neil Jackson (1999), *Helping People With a Learning Disability Explore Relationships*

Rick Enright (1995), *Caution: Do Not Open until Puberty! An Introduction to Sexuality for Young Adults with Disabilities*

Gavin Fairbairn (1995), *Sexuality, Learning Difficulties and Doing What's Right*

Dave Hingsburger (1995), *Just Say Know! Understanding and Reducing the Risk of Sexual Victimization of People with Developmental Disabilities*

Dave Hingsburger (1995), *Behaviour Self!*

Judy Steed (1995), *The Right to Control What Happens To Your Body: A Straightforward Guide to Issues of Sexuality and Sexual Abuse*. The Roeher Institute.

Karen Melberg Schweir (1994), *Couples with Intellectual Disabilities Talk About Living and Loving*

Ann Craft (1993), *Practical Issues in Sexuality and Learning Disabilities*

Dave Hingsburger (1993), *I Openers: Parents Ask Questions About Sexuality and Children with Developmental Disabilities*, Family Support Institute Press.

Peggy C. Siegel (1991), *Changes in You: A Clearly Illustrated, Simply Worded Explanation of the Changes of Puberty for Boys*

Peggy C. Siegel (1991), *Changes in You: A Clearly Illustrated, Simply Worded Explanation of the Changes of Puberty for Girls*

Dorothy Griffiths, *Ethical Dilemmas: Sexuality and Developmental Disability*

Lydia Fegan, *Sexuality and People with Intellectual Disability*

Rosalyn Kramer, *Understanding and Expressing Sexuality: Responsible Choices for Individuals with Developmental Disabilities*

For further resources please check the latest news on the Special Olympics Sydney Upper North Shore website <http://souppernorthshore.com/archives/category/latest-news-and-blog>