Teaching Sexual Health and Safety

PREVENTION (CAREGIVERS - ADULT)

Talk about sexuality and make specific rules around sexual health.

Use correct terms when talking about body parts (vagina, penis, etc).

Explain safe sex practices and what happens when safe sex practices are not followed.

Talk about dating, what a healthy relationship looks like, and what are appropriate vs inappropriate behaviors in relationships.

Discuss what can be done in private (masturbation), and public when other people are around (hugging with permission). Knowing these boundaries can keep adults with disabilities from getting into trouble.

Discuss what sexual, physical, verbal, and emotional harassment is, what it may look like, and what to do if it happens.

Some helpful resources to help facilitate these conversations include:

- **Planned Parenthood Resources for Parents**
  https://www.plannedparenthood.org/learn/parents/resources-parents
- **Children's Sexuality Development and Behaviors**
  https://www.stopitnow.org/ohc-content/childrens-sexualitydevelopment-and-behaviors
- **Characteristics of Healthy & Unhealthy Relationships**
  https://youth.gov/youth-topics/teen-dating-violence/characteristics

Be Safe Ask. Listen. Respect.

ASERT Bringing autism resources together.

Pennsylvania's leading source of autism-related resources and information
877-231-4244

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