



# Sexual Health Resources for Parents

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## BOOKS

- *Sex Positive Talks to Have With Kids: A guide to raising sexually healthy, informed, empowered young people* - Melissa Pintor Carnagey
- *The Autism Spectrum, Sexuality and the Law* – Tony Atwood, Isabelle Henault and Nick Dubin
- *Teaching Children with Down Syndrome about Their Bodies, Boundaries and Sexuality* - Terri Cowenhoven
- *5 is Against the Law* – Kari Dunn Buron
- *Unwritten Rules of Social Relationships* – Temple Grandin and Sean Barron
- *Sexuality and Relationship Education for children and Adolescents with Autism Spectrum Disorders* - by David Hartman
- *Changing Inappropriate Behaviors* - by Dave Hingsburger
- *I Said No! A Kid-to-Kid Guide to Keeping Private Parts Private* - by Zack King and Sue Rama
- *Tom & Ellie* series - by Kate E. Reynolds
- *What Makes a Baby* - by Cory Silverberg
- *Sex is a Funny Word* - by Cory Silverberg
- *The Hidden Curriculum for Understanding Unstated Rules in Social Situations for Adolescents and Young Adults* - by Brend Smith Myles, PhD
- *Queers on Wheels* - by Eva Sweeney
- *Taking Care of Myself* - by Mary Wrobel
- *Sexuality and Disability* - scholarly peer reviewed journal, subscription required



- *Organization for Autism Research (OAR) Sex Ed for Self-Advocates*  
<https://researchautism.org/sex-ed-guide/>
- *National Council on Independent Living (NCIL) Sex Ed By and for People with I/DD: Videos and Guidebook*  
<https://ncil.org/sex-ed-for-individuals-with-i-dd/>
- *Vanderbilt Kennedy Center Healthy Bodies: A Parent's Guide on Puberty for Girls and Boys with Disabilities*  
<https://vkc.mc.vanderbilt.edu/healthybodies/>
- *Sexual Health Education for Young People with Disabilities – Research and Resources for Educators*  
<https://advocatesforyouth.org/resources/fact-sheets/sexual-health-education-for-young-people-with-disabilities/>
- *Introduction to Sexuality Education for Individuals Who Are Deaf-Blind and Significantly Developmentally Delayed*  
By: *Kate Moss and Robbie Blaha*  
[http://conference.esc13.net/assets/beat\\_the\\_heat/docs/Blaha%20-%20Sex-Ed.pdf](http://conference.esc13.net/assets/beat_the_heat/docs/Blaha%20-%20Sex-Ed.pdf)

- *10 Myths about Sexuality*  
<https://www.youtube.com/watch?v=irt0mfIyCcA>
- *Abused and Betrayed - NPR Series*  
<https://www.npr.org/series/575502633/abusedand-betrayed>
- *Amaze*  
Animated videos for middle school and younger  
<https://amaze.org/>
- *Amaze Jr. for Parents Playlist*  
Designed to help parents engage young children (ages 4-9)  
<https://amaze.org/jrparents/>

## MEDIA

- *Cup of tea: Consent*  
<https://www.youtube.com/watch?v=oQbei5JGiT8>
- *Cup of tea: Consent for Kids*  
<https://www.youtube.com/watch?v=h3nhM9UIJjc>
- *Homemade Love and Fingertips*  
<https://diverse-city.com/online-store-2/dvds/>
- *SexEd Mart*  
<https://sexedmart.com/product-category/special-needs-resources/>
- *The Ethics of Touch*  
<https://diverse-city.com/online-store-2/dvds/>
- *Urinal Etiquette*  
[https://www.youtube.com/watch?v=cr0CIHQC\\_pY](https://www.youtube.com/watch?v=cr0CIHQC_pY)

## DATING

- *Special Bridge*  
<https://www.specialbridge.com/>
- *My Special Match*  
<https://myspecialmatch.com/>
- *Autistic Dating*  
<https://autisticdating.net/>
- *Adult Autism Spectrum Friends, aka The Spectrum Friends*, is for Autistic Adults (18 years and older) living in the D.C. area: Maryland, Northern Virginia, and Washington, D.C. Organized by an Autistic Adult, for Autistic Adults. We are an inclusive group, ALL Autistic diagnoses are welcome. Verbal or Non-speaking ALL Autistic adults are welcome to join.  
<http://www.meetup.com/adultautismspectrumfriends/>

