

Third Thursday

Addressing Puberty and Sexuality

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Some Common Concerns

- “I don’t know what to say or where to begin”
- “I’m afraid my child won’t understand the changes in his body”
- “I worry about how my child will respond to the changes in his body”
- “I’m not sure she’ll ever be able to take care of herself independently”
- “She’s afraid of blood and I’m sure we’ll have an awful time every month”

Dispelling the Myths

Myth 1: Human sexuality is ONLY about sexual intercourse

Myth 2: People with disabilities are not sexual and do not need sexuality education

Myth 3: Talking about sexuality and reproduction will encourage children to experiment

**No matter what the
cognitive/communication level...**

WE MUST TEACH!

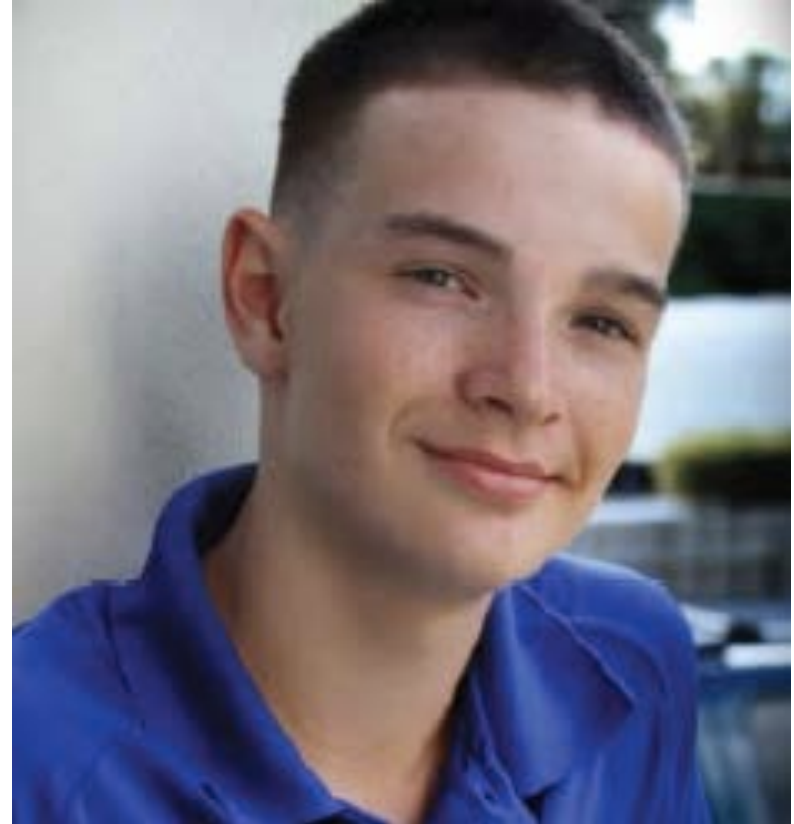
Start Early



- Begin by teaching the proper words for genitalia
- Teach early what is public and what is private
- Emphasize the social judgment aspects

What to Teach

Adult Self-Care
Anatomy and
Physiology
Empowerment



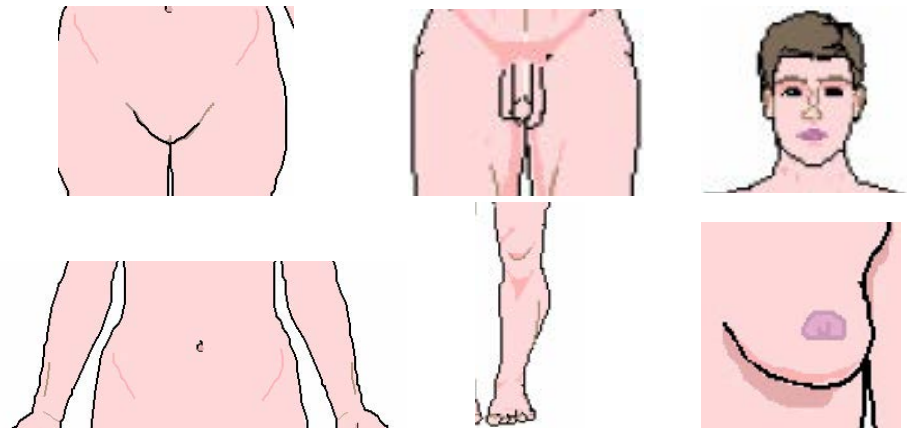
Anatomy and Physiology

- Biological and physical aspects of sexual body functions and names

Point to the picture that matches each word:

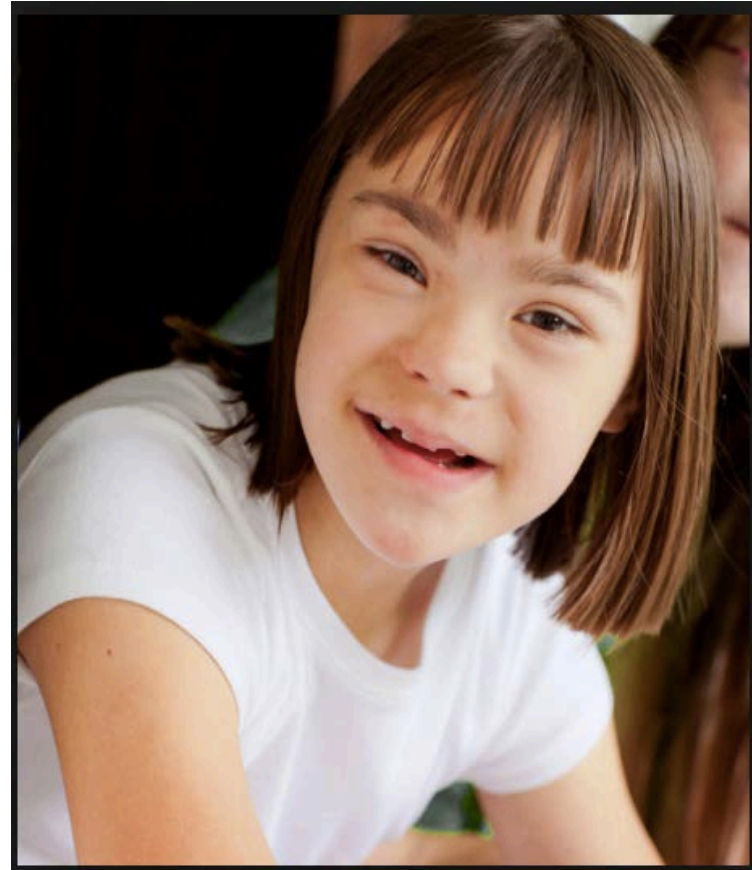
1. Head 2. Leg 3. Stomach
4. Foot 5. Breast 6. Penis
7. Testicles 8. Pubic Area

- Distinguishing sexual anatomy from other body parts



When to Teach

- Throughout child's life
 - Begin in early childhood
 - Before and during puberty
- When a child/youth expresses interest or curiosity
 - BUT....don't always wait for child to ask!
 - Look for opportunities



Resources To Help

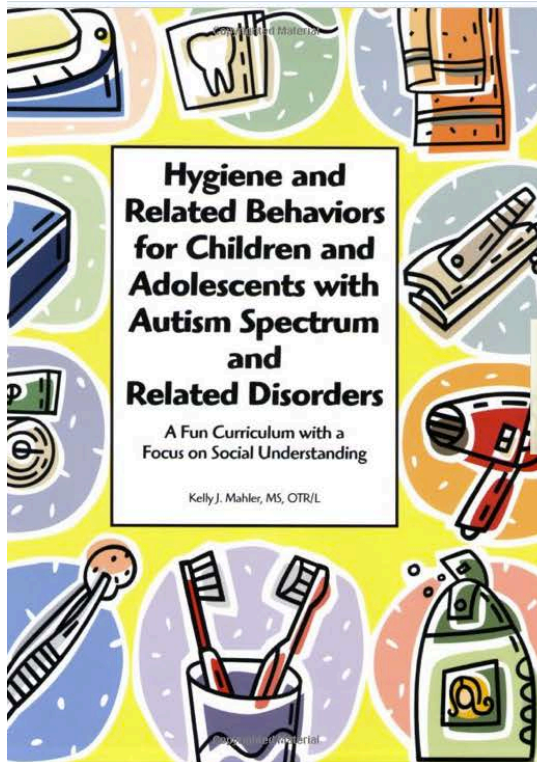
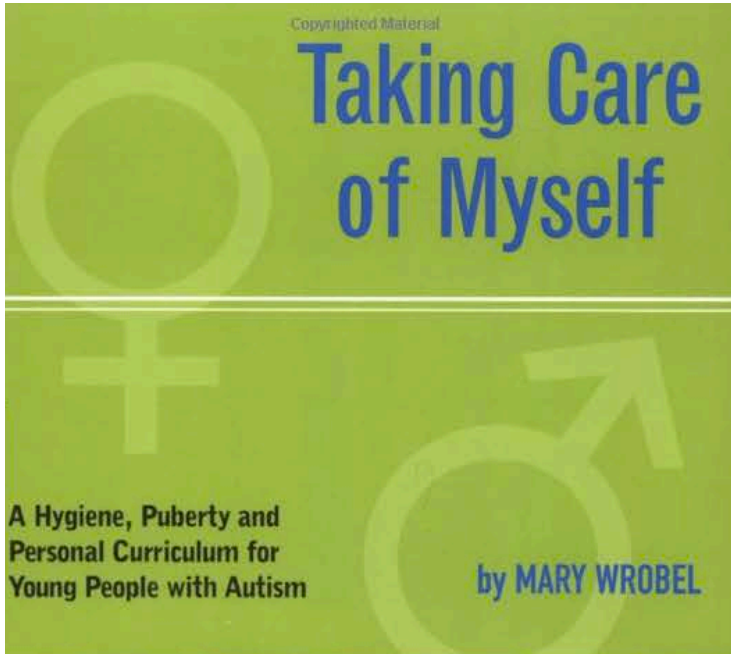


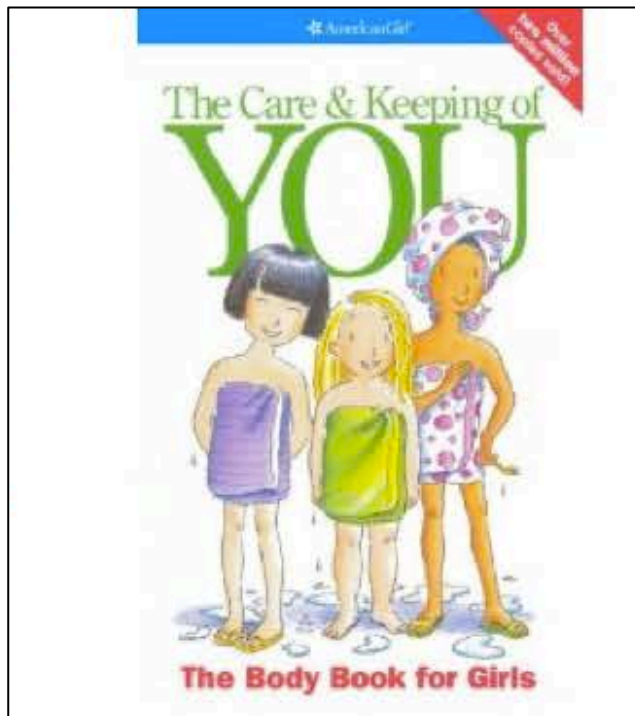
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A Resource for Puberty



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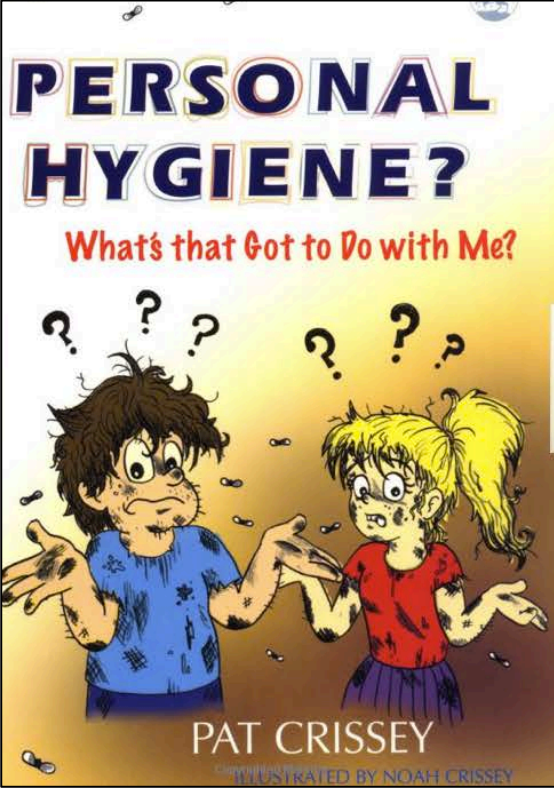


? Questions


✓ Tick all answers that are correct.

- Which of the following are part of personal hygiene?
 - Taking a bath or shower
 - Playing video games
 - Washing your hands
 - Shampooing your hair
 - Brushing your teeth
 - Feeding the cat
- Why is personal hygiene important?
 - So you will look and smell clean
 - So other people will like to be around you
 - To help you stay healthy

... breakfast is the most important meal of the day
 ... yers don't like to hire employees who look dirty



I. Looking Clean, Smelling Clean



Words to know:

Antiperspirant – a substance that is put on the skin to prevent perspiration

Armpit – the hollow area under the arm at the shoulder

Bacteria – tiny living things that can be seen only through a microscope. Bacteria are everywhere. Some bacteria are very useful and other bacteria cause people to get sick

Deodorant – a substance that is put on the skin under the arms which covers up body odor

Groin – the part of the body between the two legs

Perspiration – a salty liquid that comes through the pores of the skin; another word for sweat

Pore – a tiny opening in the skin. Perspiration passes through the pores of the skin

When we become teenagers our bodies change. Our sweat glands become more active and we sweat more. We sweat when we are hot and when we are nervous. Sometimes people sweat a lot and

Puberty with Developmental Disabilities

Behavior problems, including self injury, may increase due to hormonal changes

Suggested interventions:

- Exercise and diet
- Massage
- Using a hot water bottle to ease menstrual discomfort
- Medication
- Teaching communication and choice-making to give a greater sense of control








Teaching about Public and Private

- Set up consistency among caregivers and routines
- Encourage children to undress/dress in bedroom or bathroom with the door closed
- Be a Model:
 - ✓ Knock on child's door before entering
 - ✓ Pull down shade before child undresses

Public and Private

| PUBLIC | | PRIVATE | |
|--------|--|---------|--|
| | | | |
| | | | |
| | | | |
| | | | |

| | | | |
|--|--|---|---|
| <p>burp</p>  | <p>get undressed</p>  | <p>go to bathroom</p>  | <p>bathroom stall</p>  |
| <p>bedroom</p>  | <p>pick nose</p>  | <p>pass gas</p>  | <p>bathe</p>  |
| <p>Wendy's</p>  | <p>eat</p>  | <p>school bus</p>  | <p>school</p>  |
| <p>swimming pool</p>  | <p>park</p>  | <p>street</p>  | <p>grocery store</p>  |

Masturbation

- Self-touch, or masturbation should be discussed as a natural and healthy way to explore and express sexuality in a private place
- Visual stimulation may cause your child to masturbate in a public place
- Some children may need to be taught to masturbate appropriately

Check the resource on masturbation from the Indiana Resource Center for Autism on at:

<http://www.iidc.indiana.edu/?pageId=474>

Empowerment

- Self-determination and self-valuing
- Awareness of the influence that one has to determine life choices



Strategies and Interventions

I should shake hands with

people I
Meet for the
first time

-public service
workers who help
me or my family.
Examples:
fireman
police man

people I am
happy to see

-people who I
feel thankful for,
especially when they
do something nice
for me

www.redandgreenchoices.com

I should not hug



- Mrs. Uhl
- Miss Lustgarten
- people at school
- people who are not my family even when I'm very happy to see them

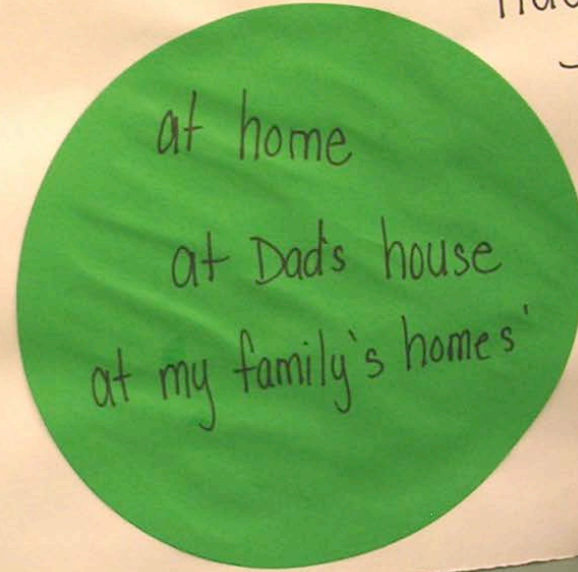
- use words
- wave

instead, I could....

People I should hug



Places I should hug



www.redandgreenchoices.com

Social Narratives- "Thinking about Sex"

My name is James. Sometimes I think about sex and private areas. It's okay to think about sex and private areas. I will try to keep my thoughts to myself. This is very important. I may ask mom or dad a question if I'm confused.

Social Narrative- "Wearing a Bra"

- My name is Amanda. I am 13. My body is growing and changing. My mom knows about growing up. Sometimes, girls get breasts when they are 13. Soon, I will have breast too. Most women wear bras to hold and cover their breasts. This is a good thing to do. I will wear a bra. If I forget to wear a bra, my mom may remind me before I go to school. Wearing a bra is part of growing up.

My Deodorant Story

When you get hot your underarms sweat.



This can make a stinky smell ...



Make the smell go away by washing or having a shower every day.



When your armpits are clean and dry, you can put on deodorant.

spray can,



roll-on



or solid stick?



What kind do you like?

Your friends will think you're really swell, when you have armpits that don't smell.

Includes some Meyer-Johnson Boardmaker pics

<http://members.cox.net/tinsnips/Pages/social.html>

My Story About Menstruation


Once, I was a baby. 



Then, I was a little girl.

Now, I am a big girl and later, I will be a **woman**.



Women have a menstrual cycle that comes once a month. Blood comes from your **vagina**.  This is so a grown up woman will be able to have a baby, if she wants. .

The blood flow lasts about **5 days**.

You need to wear a **sanitary pad** inside your panties so that blood does not get on your clothing.



Mayer-Johnson Boardmaker pics

Reduce Anxiety



MY CALMING SEQUENCE

Calming Strategy



This is when I need to fight back!
First, I can squeeze
my hands together.



Next, I can take three really slow,
deep breaths. Slow in – slow out,
slow in – slow out, slow in – slow out.



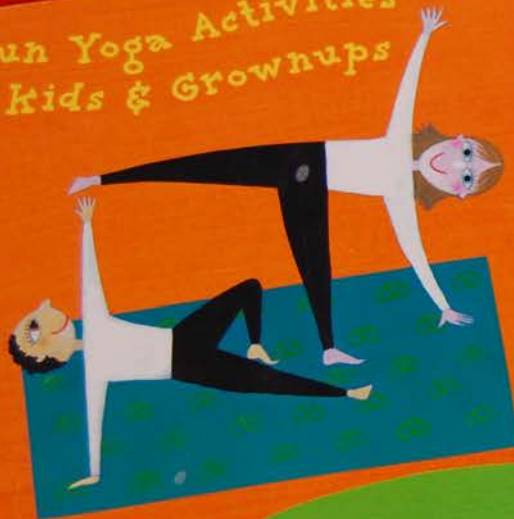
Then I can sit down, rub my legs and
close my eyes. Now I feel more
like a 3 or a 2.



I can think about happy things, like my
dog or my stuffed lion, or our family
cabin in the summer. Now I am at a 1.

Kani Fowler
Yoga Pretzels

50 Fun Yoga Activities
for Kids & Grownups



Tara Guber and Leah Kalish
Introduced by Baron Baptiste
Illustrated by Sophie Fatus

cat

TWIST &
STRETCH

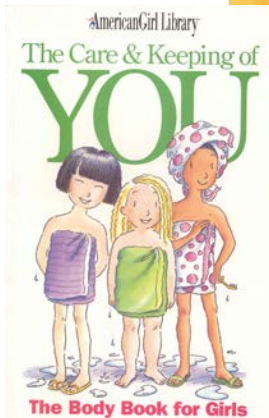
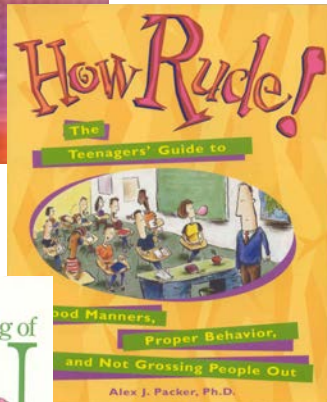
Balanced



Fluid

Supple

The Hidden Curriculum



Locker room rules

- If there are people taking showers or changing their clothes, do not stare at them or make comments about their bodies
- It is not appropriate to touch others in the restroom or shower
- Change into your P.E. clothes in the locker room, not the hallway

Power Card Example

One Direction wants you to remember:

- Keep your hands out of your pants when you're around other people
- Keep hands to yourself
- Smile at others instead of grabbing them



Our Response Matters

- Calm
- Relaxed
- Laid back
- Not worried
- Respect
- Patience

