



# Among Friends

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## Training Titles and Descriptions For Individuals Who Experience I/DD

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### How To Talk About Sex & Sexuality

How can you talk about someone’s personal sexual life with them? How can you support someone who may be embarrassed to share details about their sexual experiences, desires or needs?

Shanya will give you practical skills for dialoguing about sexuality with an individual who experiences I/DD. Examples are:

- how to approach the subject in a non-threatening manner;
- how to ask open-ended questions;
- how to think globally about sexuality;
- and how to brainstorm win-win solutions.

We will focus on how to support healthy sexual development, healthy relationships, varying sexual expressions, and addressing the desire for intimacy and 'skin hunger'.

## Supporting Sexual and Gender Minorities Who Experience I/DD

If someone you support identifies as LGBTQ, will you know and understand what they are telling you about their identity and how that impacts their needs?

Shanya can help you develop skills for discussing sex and sexuality with individuals who identify as LGBTQ and experience I/DD. You can learn to:

- identify labels and learn pertinent terminology;
- understand gender as separate from sexual orientation;
- look at different relationship models;
- and address a person's needs for sexual expression and emotionally intimate connections.

## Reduce Behaviors of Concern By Increasing Inclusion and Touch

Much of the drive for sexual expression stems from these two basic needs: skin hunger (the need for nurturing, loving touch) and wanting to feel included and cared about. We can help many individuals reduce unsafe and unhealthy behaviors regarding sexual expression by helping them feel genuinely cared for and offering them platonic touch. Shanya will teach you practical skills for how to offer these critical elements to the individuals you serve, including games and activities, as well as information about how to set boundaries and change no-touch policies.



## Sex and Special Needs

In order to support individuals who experience developmental disabilities we have to be able to use extraordinary creativity to help them explore their sexuality in safe, healthy and legal ways. From sleep overs and hotel rooms to toys and female condoms... don't wait until you're faced with having to make such important and significant team decisions before you've thought through the possibilities.



## Self-Pleasuring; How To Teach Someone Masturbation Techniques

Let's be honest... for most of us teaching someone how masturbate is uncomfortable and awkward. However, some of the individuals you support need accurate, clear guidance about how to do this basic activity. In this training you will learn how to introduce and talk about body parts and self-pleasuring, how to demonstrate masturbation on a plastic model, and how to write a social story or sequence for all the steps of masturbating – from taking private time to cleaning up!



## Social-Sexual Supports; A Proactive Approach

Why do so many individuals who experience I/DD start dating or becoming sexual before we start talking to them about these issues and teaching them skills they'll need???

Shanya will teach you practical skills for dealing with the sexual issues and needs of the individuals you support who experience I/DD (from children to adults!). We'll address:

- how to cope with challenging behaviors;
- how to support healthy sexual development and healthy relationships;
- and how to proactively address sexuality education, sexual expression and the drive for inclusion.

## Puberty vs. Adolescence

Do you recognize the difference between the physical changes a body will go through during puberty and the emotional and social changes a person who experiences I/DD may or may not undergo?

Shanya will help you understand how individuals with I/DD often experience puberty separate from developmental adolescence. We will also discuss how the following issues may impact someone experiencing I/DD:

- the physical and emotional changes neuro-typical youth are experiencing during puberty;
- how gender identity is separate from sexual orientation;
- various forms of sexual expression in youth and sexual health and safety risks.