

## Resource List:

This page includes a list of resources for the **Center for Relationship and Sexuality Education's** set of **seven workbooks** that provide detailed sexual health information for adults with intellectual and developmental disabilities.

Scroll down to find resources that match the workbook you are working on.

Oak Hill was not involved in the creation of these materials and does not endorse specific resources or organizations on this list. We are not responsible for writing or maintaining the information on these sites.

Do you know of a great resource that isn't listed here? Please **email us** so we can check it out!

## If You Need Help:

- National Domestic Violence Hotline: **1-800-799-SAFE, or 1-800-799-7233. TTY 1-800-787-3224 [www.thehotline.org](http://www.thehotline.org)**
- National Sexual Assault Hotline: **1-800-656-HOPE, or 1-800-6564673. [www.rainn.org](http://www.rainn.org)**
- The Trans Lifeline is a national trans-led organization dedicated to improving the quality of trans lives: **[www.translifeline.org](http://www.translifeline.org)**

## General Resources to Learn More:

- Policy statement on sexuality from The ARC & The American Association on Intellectual and Developmental Disabilities: **<https://www.aaid.org/newspolicy/policy/position-statements/sexuality>**
- Great information in the Especially for Teens section: **[www.acog.org](http://www.acog.org)**
- Great article on sexuality and people with intellectual, developmental and other disabilities: **<https://ici.umn.edu/products/impact/232/232.pdf>**
- Fantastic videos on a wide variety of topics: **[amaze.org](http://amaze.org)**
- Book: ***Teaching Children with Down Syndrome about Their Bodies, Boundaries, and Sexuality: A Guide for Parents and Professionals*, by Terri Couwenhoven, M.S.**
- **Seattle & King County Public Health. Family Life and Sexual Health (F.L.A.S.H.) Curriculum**

Workbooks – Health Series

## Growing Up, The Life Cycle

- Life's Greatest Miracle-NOVA: [www.pbs.org](http://www.pbs.org) • Jim Jackson & Co. Human Anatomy Models: [www.jimjacksonanatomymodels.com](http://www.jimjacksonanatomymodels.com)
- A great place to go to see a healthcare practitioner: [www.plannedparenthood.org](http://www.plannedparenthood.org)
- *Great videos on a variety of topics:* [www.plannedparenthood.org/teens/sex](http://www.plannedparenthood.org/teens/sex)

## Women's Health

- **Click here** for a card you can print out and bring with you to your healthcare provider's office to help you get the best possible care.
- Know Your Lemons: Shows 12 possible signs of breast cancer [knowyourlemons.com](http://knowyourlemons.com)
- American Cancer Society: [www.cancer.org](http://www.cancer.org)
- Planned Parenthood provides information and care for women's health, including low-cost or free medical exams: [www.plannedparenthood.org](http://www.plannedparenthood.org)
- A great app to track when your period is coming: [www.plannedparenthood.org/get-care/spot-on-period-tracker](http://www.plannedparenthood.org/get-care/spot-on-period-tracker)
- Find your local Breast and Cervical Cancer Early Detection Program: [www.cdc.gov/cancer](http://www.cdc.gov/cancer)
- National Breast Cancer Foundation: [www.nationalbreastcancer.org](http://www.nationalbreastcancer.org)
- Susan G. Komen for the Cure: [www.komen.org](http://www.komen.org)
- Sisters Network, Inc.: [www.sistersnetworkinc.org](http://www.sistersnetworkinc.org)
- U.S. National Institutes of Health, National Cancer Institute: [www.cancer.gov](http://www.cancer.gov)
- ABCD: After Breast Cancer Diagnosis: [www.abcdbreastcancersupport.org](http://www.abcdbreastcancersupport.org)

## Men's Health

- **Click here** for a card you can print out and bring with you to your healthcare provider's office to help you get the best possible care.
- Planned Parenthood provides information and care for men's health, including low-cost or free medical exams: [www.plannedparenthood.org](http://www.plannedparenthood.org)
- American Cancer Society: [www.cancer.org](http://www.cancer.org)
- Centers for Disease Control Information on Men's Health: <https://www.cdc.gov/nchs/fastats/mens-health.htm>
- Cancer information and support: [www.lifestrong.org](http://www.lifestrong.org)
- Prostate Cancer Foundation: [www.pcf.org](http://www.pcf.org)
- Urology Care Foundation: [www.urologyhealth.org](http://www.urologyhealth.org)
- Testicular Cancer Society: [www.testicularcancer.org](http://www.testicularcancer.org)

- International Prostate Cancer Education & Support Network: [www.ustoo.org](http://www.ustoo.org)
- ZERO – The Project to End Prostate Cancer: [www.zerocancer.org](http://www.zerocancer.org)  
[Workbooks – Relationship and Safety Series](#)

### Say No! to Sex Abuse and Sexual Mistakes

- Relationship basics, quizzes, and information about abuse prevention: <https://www.loveisrespect.org/>
- **Videos to learn about what consent looks like in real life**
- Learn more about disability and the criminal justice system: <http://www.thearc.org/NCCJD>
- Great information about sex and folks with disabilities: <http://www.scarleteen.com/tags/disability>

### Ten Tips for Healthy Relationships

- Relationship basics, quizzes, and information about abuse prevention: <https://www.loveisrespect.org/>
- **Videos to learn about what consent looks like in real life**
- Great information about sex and folks with disabilities: <http://www.scarleteen.com/tags/disability>

### Attractions and Safe Dating

- Videos explaining sex, gender, sexual orientation and other LGBTQ+ topics: <http://queerkidstuff.com/>
- Gender, sex, and sexual orientation explained (**The Genderbread Person**)
- **LGBTQ+ Definitions to know**
- Relationship basics, quizzes, and information about abuse prevention: <https://www.loveisrespect.org/>
- **Videos to learn about what consent looks like in real life**
- Great information about sex and folks with disabilities: <http://www.scarleteen.com/tags/disability>
- Dating App: [Dateability app info](#)
- Dating App: [DisabledSingles.Dating](#)
- [Rainbow Support Group for LGBTQ+ & I/DD](#)
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### Protection and Sexual Health

- Learn more about STIs: <https://www.cdc.gov/std/life-stagespopulations/stdfact-teens.htm>

- Information about STI testing, including what the tests are and where to get one:  
**<https://www.plannedparenthood.org/learn/stds-hiv-safer-sex/get-tested>**
- Relationship basics, quizzes, and information about abuse prevention:  
**<https://www.loveisrespect.org/>**
- [Videos to learn about what consent looks like in real life](#)
- Great information about sex and folks with disabilities:  
**<http://www.scarleteen.com/tags/disability>**

#### Personal Perspectives

- [Skin stories; on disability, sexuality, gender](#)
- [Disability visibility project](#)
- [Life on the slow lane; disability, lifestyle, muscular dystrophy](#)
- [Helen: The Journal of Human Exceptionality](#)