



Sexuality and Developmental Disability

MISUNDERSTANDINGS About Sex Education

1. Sex Education is just about sex- This is not true!

- Sex makes up a small percentage of health and sexuality curriculum
- Sex education teaches young people about their bodies, good hygiene, self-esteem/self-image, friendships, healthy relationships, decision-making, communication, what abuse looks like, what consent means...the list is endless.
- Sexual activity, contraception, and sexually transmitted infections are included BUT only make up 1% of sex education
- Less than half of the schools in the United States require sex education

By not educating our youth, we are leaving them without critical information related to their physical, emotional, social, and sexual health.

2. Talking about sex basically gives my child permission to become sexually active

- Talking with your child about sex and sexual activities will not encourage your child to become sexually active
- Young people who are exposed to sex education wait longer to engage in sexual activity and are more likely to follow safer sex practices
- Parents are the primary source of information and 60% of sex education should happen in the home.

3. People with intellectual and developmental disabilities don't need sex education

- A person may have delays across all levels of development, but puberty comes on time
- Young people with delays express the same urges, desires and needs
- Access to sexuality education plays a very key role in protecting young people from abuse

We can stop abuse, protect our young people, and help to empower them to be safe through education!

Education =Prevention!!

Source

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