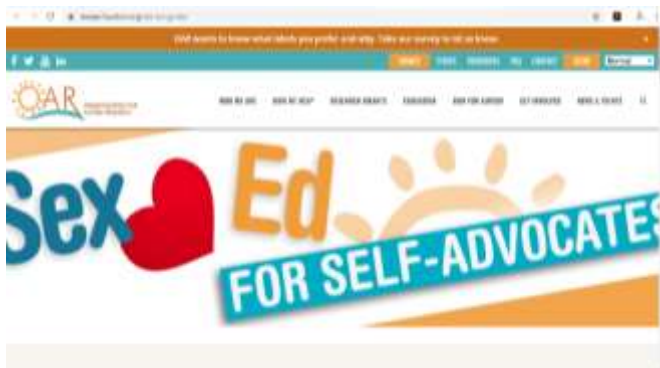


Sexuality and Developmental Disability

Resources for Families

Marsha Stepensky, MS.Ed, BCBA specializes in working with young people with Intellectual and Developmental Disabilities (ID/D). She has worked internationally training parents and professionals on strategies for teaching sexuality education to young people with ID/D.

Ms. Stepensky shares her top three resources for families:



[Organization for Autism Research, Sex Ed Guide](#) -

This is a free sex education resource made for people on the autism spectrum age 15 and up. It is a great place to learn how to have conversations about sexuality. The information is presented in simple language. Even if your child is not able to access this website on their own, you can use the information and present it in a way they will understand.

[The Healthy Bodies Toolkit](#)- This is also free on the internet and it was made by Vanderbilt's Kennedy Center. There is a toolkit for boys and one for girls. It comes with instructions for parents, pages of activities, and lessons related to puberty and sexual health. These were created for boys and girls with disabilities.



Tom and Ellie books - Tom and Ellie books can be bought on Amazon. Tom books are titled: *What's Happening to Tom* (puberty/body changes), *Tom Needs to Go* (bathroom safety and etiquette), and *Things Tom Likes* (masturbation). There is also an Ellie series with the same story but a girl character. The illustrations in the books are very realistic. I encourage parents to review the book beforehand.

