



Sexuality and Developmental Disability

Tips to Support your Child in Learning about Sexuality

1. It's ok to feel embarrassed and not know all the answers!
 - Being honest and genuine with yourself and your child is important.
 - No one is ever prepared the first time a question about sexuality comes up
 - Think about your own limits and which topics you are comfortable discussing
 - Its ok to say "That's an unexpected question, let's talk about that tomorrow"

2. Respond positively (or at least neutrally) about sex
 - Remember everything that happening is normal
 - Try to be open and nonjudgmental, we don't want our children to feel shameful
 - We want our children to be informed and safe
 - Provide sex education and information

3. Privacy! Give your child some privacy
 - Be prepared to have a conversation about public and private places
 - TEACH the concept of privacy
 - Sex education gives language with which to report abuse, privacy awareness gives the concept to understand it

Source

➤ Adapted from Marsha Stepensky, MS.Ed, BCBA