

Is your agency or school considered sex positive? Here's a quiz, or list of qualities you can use to assess Circle **yes** or **no** for each statement.

- Yes – No** All people with disabilities are viewed as sexual beings and as having desires and needs.
- Yes – No** If someone wants a sexual relationship or has questions about sexuality, they are given the opportunity or the answers they need.
- Yes – No** People with disabilities and staff see sexual expression as a normal and healthy part of life.
- Yes – No** Staff don't react but respond in a positive way.
- Yes – No** Messages are given that are sex positive and demonstrate an openness to the topic.
- Yes – No** People with disabilities have access to sex positive, age appropriate sexuality education that is not fear based.
- Yes – No** All people are accepted for who they are whether it be gay, straight, bisexual, asexual, pansexual, or transgender.
- Yes – No** Staff who support people with disabilities aren't afraid to address the topic.
- Yes – No** Staff have access to training on how to address the issue.
- Yes – No** Staff understand that they should not impose their values on a person with a disability.
- Yes – No** When sexuality comes up, people can talk openly and respectfully about the topic.
- Yes – No** It is treated like any other wish from someone with a developmental disability.
- Yes – No** People with disabilities are given privacy to explore their sexuality.
- Yes – No** People with disabilities have opportunities to meet people and be in relationship with others.
- Yes – No** The agency/school has a policy that supports individuals as sexual beings.

For your **YES** answers, congratulations, you should be proud for how you contribute to the sexual health of people with disabilities.

For the **NO's**, these are areas you may want to focus on in order to help your agency or school become more sex positive.

Many aspects of our culture tend to be less healthy with regard to sexuality. This makes it difficult to be positive and healthy, but we can work towards this by making improvements in the environments that people with disabilities spend their time.

Some of the areas that need changing are policies, and some are our own attitudes about sexuality. Becoming educated and empowered builds skills and confidence.

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