

SEXUALLY HEALTHY OR SEX POSITIVE QUIZ

Here's a quiz, or list of qualities you can use to assess if your agency or school is considered sexually healthy or sex positive. 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.

Below, you can download a copy of the *State of Vermont's Sexuality Policy* to give you some ideas about what a positive sexuality policy can look like.

Katherine McLaughlin, M.Ed. is a national expert and trains individuals, staff, and parents on sexuality and developmental disabilities. She teaches sexuality education to people with developmental disabilities and trains them to be peer sexuality educators. She is the author of an agency and school curriculum, "Sexuality Education for People with Developmental Disabilities." She has developed two online courses: "Developmental Disability and Sexuality 101" for professionals and "Talking to Your Kids: Developmental Disabilities and Sexuality" for parents. She has spent her career trying to elevate the status of all people, which is why the name of her growing company is [Elevatus Training](http://ElevatusTraining.com).