

# **HOW TO GET THE MOST VALUE FROM A SEX TALK FOR SEX AVOCATES WEBINAR**

**Instead of just listening to one of the Sex Talk for Self-Advocate Webinars, I want to offer you a way to get more value from it, and all the webinars you attend and, offer you a tool for your tool belt for Leading discussion about sexuality and relationships with people with I/DD.**

Webinars are a great way to learn new information, but, like all training, we only remember about 20% of what we hear – so that means, often, we're not getting as much value as we could for the time we invest.

The idea is, in order to learn more, it helps to *think and talk* about the information you hear. Below are ways to create a safe environment, listen to the webinar, and lead a group discussion in order to learn as much as you can about sexuality and relationships.

## **Listen and Learn: Holding Discussion Groups**

Many self-advocates are coming together to listen to these webinars. There may be 3-8 people circling around the computer listening. After listening to the webinar, it is a great opportunity to have group discussions about sexuality with other self-advocates. We can learn so much from one another.

Here are some steps for listening to the webinar and having a group discussion afterwards.

### **Step One: Set group agreements**

Before any group of self-advocates talks about sexuality, it is really helpful to have group agreements. You can brainstorm what would make you feel safe and comfortable during our group discussion.

Here are some helpful group agreements:

- Confidentiality unless you are being abused, abusing someone else, or damaging someone's property
- It is okay to express your thoughts and opinions, but you need to do it in a kind way. Not okay to say yuck, gross, ewww.
- Keep your personal sexual stories to yourself, that is private and we only share that kind of information with certain people.

### **Step Two: Listen to the webinar**

Have everyone get comfortable and listen to the webinar. Try to remain quiet so everyone can hear the webinar.

### **Step Three: Record the questions that are answered**

During the webinar, have someone post the questions that are answered. This way you have a record of what has been discussed. You could also download the webinar powerpoint and list the questions ahead of time on easel paper.

For example, from sex talk #2, this person would write: What is sex? Is sex like it is in the movies?

Looking over the questions answered, what were the main points mentioned? As a group, you can brainstorm the answers.

### **Step Four: After the webinar**

Here are some questions to lead a discussion following the webinar (decide who will lead the discussion):

- Which answers surprised you? How come?
- Which answers were uncomfortable to hear? How come?
- Which answers made you confused or caused you to have more questions?
- What other questions do you have for the next webinar?

- What do you wish someone had taught you about sex while you were growing up?
- How does this information support self-advocates in being sexual self-advocates?
- What is one thing you want to do differently now that you have this information?

Here are all the Sex Talks for Self-Advocate Webinar Series topics and links to the Association of University Center on Disability (AUCD) website. You can also download the slide deck that goes with the webinar.

Part 1 Relationships:

<https://www.youtube.com/watch?v=4MiVcMz5xFg&t=31s>

Part 2 Sex and Intimacy:

<https://www.youtube.com/watch?v=DkLjonX-KGo&t=13s>

Part 3 Safe Sex Practices - Sexually Transmitted Infections (STIs):

<https://www.youtube.com/watch?v=WS4pNw2dwCo&t=9s>

Part 4 Relationship Experiences:

<https://www.youtube.com/watch?v=QEI4czVpPAg&t=191s>

Part 5 Maintaining Relationship Status: An Open Discussion:

[https://www.youtube.com/watch?v=4isUkCW\\_NNQ](https://www.youtube.com/watch?v=4isUkCW_NNQ)

Part 6 LGBTQ+ Relationships:

<https://www.youtube.com/watch?v=Pd2gE2IBx78&t=430s>

Part 7 Marriage:

<https://www.youtube.com/watch?v=GSATIKHguQE>

Part 8 Parenting:

<https://www.youtube.com/watch?v=Yq477mLJRz4>