

Puberty and Hygiene for People with Disabilities



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This is Important

- Adults with developmental disabilities are **4 to 10 times more likely** to be sexually abused than other adults (Sobsey, 1994)
- Children disabilities are **more than twice as likely** to be sexually abused (Little, 2004)
- Women with disabilities are **more than two times as likely** to be assaulted, raped and than non-disabled women (Cusitar, 1994; Sobsey, 1994)
- Women with developmental disabilities are more likely to be re-victimised by the same person, and more than half never seek assistance with legal or treatment services (Pease & Frantz, 1994)
- Although about 80% of women and 60% of men with developmental disabilities will be sexually molested by age 18, only 3% of their attackers go to jail (Hingsburger, 2002)

This is Important

Children and youth with disabilities are more at risk for sexual abuse and assault because:

- They often need assistance with personal care and hygiene
- They may find it difficult to report abuse because of communication difficulties
- They are often taught to comply with authority which makes it harder for them to recognize abuse
- They may be targeted because of their lower cognitive and social skills
- They may not be believed when they report abuse

Why Are You Hesitant?

I'm uncomfortable talking about body parts & functions

I don't know how to talk to my child about it

Sex and sexuality was not discussed when I was growing up

My child is too young/not ready

Talking about it might encourage experimentation

I'm unsure what my child needs to know and when they need to know it

You are already teaching them!

They learn from:

- the way they are touched by others
- the way their bodies feel to them
- what your family believes
- the words that family members use (and don't use) to refer to
- watching the relationships around them
- observing male/female roles
- watching television
- listening to music
- socializing

Considerations

- **Anatomy and physiology**, including puberty, body image, sexual orientation, and gender identity
- **Relationships**, including families, friendship, love, and dating
- **Personal skills**, including values, communication, decision making, and assertiveness
- **Sexual behavior**, including sexuality throughout life, masturbation, abstinence, and human sexual response
- **Sexual health**, including contraception, abortion, sexually transmitted infections (STIs), sexual abuse, and reproductive health
- **Issues related to society and culture**, including gender roles, sexuality and the law, diversity, and sexuality in the media

Healthy sexuality and knowledge is an important part of overall health and well-being.

Here's Your Chance!

Benefits of talking to your child about sexuality:

- Communicate your own values about sexuality
- Provide correct information
- Better understand your child's perspective
- Answer questions honestly and using words they can understand
- Tailor what you share to your child's stage of development, life experience, personality and knowledge level

**Your child has a disability.
They will progress through the stages of social
and sexual development, just like everyone else.**

Starting Today You Can...

- Protect you child by giving them correct information about sex and teach them to use correct language for their own body parts
- Be certain your child understands and are aware of the concepts of privacy, safety, and personal boundaries
- Ensure your child understands their personal rights and their choices for healthy sexuality

HOW?

When you notice something, point it out.

WHY?

Our kids can't necessarily ask a question.

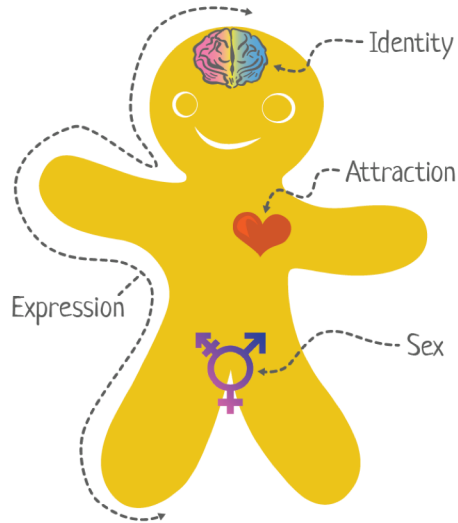
Make the rules the same for the whole family.

WHY?

Let's Get Started

- Be proactive--pre-teach
- Be concrete and specific
- Be consistent and repetitive about sexual safety
- Find someone of the same gender to teach the basics of safety and hygiene
- Address the social dimension of sexuality
- Strongly reinforce for all appropriate behavior
- Redirect inappropriate behaviors

The Genderbread Person v4



Puberty

People should be taught about what changes will happen to their bodies, and those of the opposite gender:

Body hair	Hygiene - pimples, body odor, etc.
Menstruation	Reproduction, pregnancy, and birth
Masturbation	The right to say NO to unwanted sexual contact
Body image	The right to say NO to unwanted physical contact
Gender roles and stereotypes	Respecting personal space
Sexually transmitted infections	Romantic relationships and friendships
Birth control and condom use	The changes of puberty happen at different rates for different people
Breast development	
Vaginas lubricating	
Penis and testicle growth	
Erections and "wet dreams"	

Body Parts and Functions

Penis **Anus** **Scrotum**
Sperm **Vagina**
Cervix **Labia**

Hygiene is Important








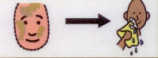








HOW?

- Small Steps
- Visual aids
- In and out of shower
- Same order every time
- Number the bottles in order
- 1 step at a time
- Not negotiable

Before we go out today, make sure you have checked these things?

✓

<input type="checkbox"/>		Smell your armpits. Do they smell fresh? If not, put some deodorant on.	
<input type="checkbox"/>		Look at your clothes. Are they clean? If not, change them, or clean them.	
<input type="checkbox"/>		Look at your nose - is it clean? If not, blow it.	
<input type="checkbox"/>		Look at your face - is it clean? If not, wash it.	
<input type="checkbox"/>		Look at your hair - does it look neat? If not, brush it.	
<input type="checkbox"/>		Look at your clothes - are they neat? If not, fix them.	
<input type="checkbox"/>		Go to the toilet. Make sure your undies are clean and that they don't smell. If they are not clean, change them.	

Public vs. Private

Private Body Parts

Body parts that are covered by a bathing suit or underwear.

Private parts should be covered when you are in public places.

If you want to touch or scratch your private parts you should wait until you are in a private place.

No one can touch your body without your permission.

No one can see your body without your permission.

Your body should not be shown to anyone who doesn't want to see it.

Private Behavior

Things you do only when you are by yourself.

Should occur in an appropriate private place.

Brushing teeth, picking nose, adjusting underwear, going to the bathroom.

Private Place

A place where there is only one person.

A place in which you are usually alone.

Public vs. Private

Public Body Parts

Body parts that can be seen by others.

Hands, feet, face, neck (refer to family rules)

Public Behavior

Things you can do when you are with or around other people.

Public Place

A place where there is more than 1 person.

Places where you are likely to see other people.

Masturbation

- Masturbation is when a person touches or rubs their genitals to make them feel good. You can choose to do it or not.
- Masturbation is normal.
- Whether someone chooses to masturbate or not is a personal choice.
- Masturbation is not harmful.
- Masturbation can be part of a person's healthy sexual expression. The only time it might be considered a problem is when a person is masturbating so much, that it interferes with the development of healthy relationships or the involvement of other activities.
- Masturbation is something that is done in private – where could someone masturbate? – In a private bathroom or in the bedroom. It is not OK to masturbate in a public washroom.

Safe vs. Unsafe Touch

Safe Touches: touches that are important to get, that make us feel loved and cared about.” (i.e. Hugs, kisses, handshakes, cuddles, a pat on the back, high fives, etc)

Unsafe/Hurtful Touches: might leave a bruise or mark on our body.” This is an opportunity to reinforce to your child that giving hurtful touches isn't okay, and that it is also not okay for people that take care of kids to give them hurtful touches or for kids to see other people getting hurtful touches. (i.e. punches, kicks, slaps, bites, etc)

Necessary Touches: sometimes it is okay or necessary or helpful for an adult to look at or touch a child's private parts. Depending on the age of the child, allow the child to think about some of these times. (i.e., help in the bath, changing a baby's diaper, going to the doctor, or a parent may need to look at or touch a child's private parts if they are sick or hurt.)

Touch provides us with a method of communication and is important for our well-being. Learning about inappropriate touch can help children learn strategies to help them stay safe including when to ask an adult for help.

Define Sexual Abuse for Your Child

Introduce this as another kind of hurtful touch that is also “not okay.”

“When someone bigger or older looks at or touches the private parts of a child’s body for no good reason or when someone bigger or older asks the child to look at or touch the bigger or older person’s private parts.”

With older children include: “or when an older or bigger person talks to you in a sexual or inappropriate way or shows you pictures or sites on the Internet of naked people or of people touching people’s private (or sexual) parts.”

Boundaries and Personal Space

- Who is the owner of your body? – you own your body! Your body is unique and special and every body is different.
- What can you do with your body? – run, jump, dance, clap, laugh, eat
- How do you take care of your body? – eat healthy foods, hygiene, and exercise.
- Taking care of your body includes saying who can touch you and come into your personal space. Every body deserves to be treated with respect.
- Your body is private and some parts are more private than others.

Circles of Relationships

Touch • Talk • Trust

Purple Circle

Includes only you

No one can touch your child unless they want to be touched.

Who would you let in your private space? (parents, siblings, close friends, doctors, etc.)

What kind of touch would you accept? Where can they touch you? When can they touch you? Why can they touch you?

Blue Circle

People who are closest to you

This usually includes immediate family members

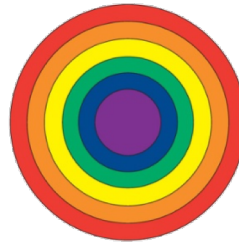
Appropriate touches in the blue circle may include kisses, cuddles, and hugs.

Green Circle

Usually extended family members and close friends.

It may be necessary to distinguish between close friends and other friends.

Appropriate touches may include a one-arm hug, or even a pat on the back or shoulder.



Circles of Relationships

Touch • Talk • Trust

Yellow Circle

Includes people whose names are known to you (acquaintances)

These are people who have been introduced to them, but do not know well.

Appropriate touches include handshakes. Touch is only limited to hands.

Orange Circle

Includes people you occasionally see around their neighborhood.

These are people who have very little in common with you.

Explain who their community helpers are. They include store clerks, postal workers, restaurant waiters, etc.

Appropriate touches include waving and nodding to people with familiar faces.

Red Circle

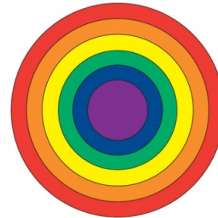
People they do not know. They do not know their names and recognize their faces.



























These people who have nothing in common with you.

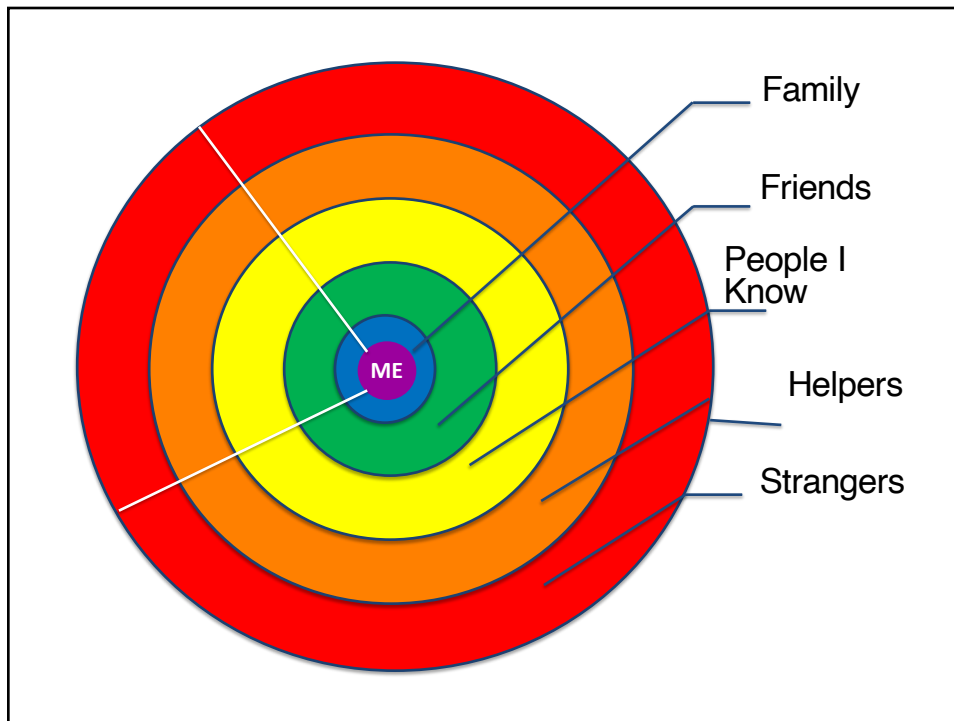
How would you know a person is a stranger?

No touching people in the red circle.

You cannot tell if a stranger is good or bad because you do not know anything about them.



<p> It may be a purple circle area if...</p> <ol style="list-style-type: none"> 1. I'm alone  2. I'm in my bedroom  3. I'm in the bathroom at HOME  	<p> It may be a red circle area if...</p> <ol style="list-style-type: none"> 1. I'm outside of my home or school  2. I see someone or lots of other people I don't know  3. These people don't know my mom and dad  	<p> It may be a yellow circle area if...</p> <ol style="list-style-type: none"> 1. I see people I've met before but only know a little bit  2. These people know my mom and dad  3. I'm at a playground with lots of other kids 
<p> It may be an orange circle area if...</p> <ol style="list-style-type: none"> 1. I'm in a place where people are there to help me like a hospital school or doctor's office    2. Some people are wearing a uniform or a badge   	<p> It may be a blue circle area if...</p> <ol style="list-style-type: none"> 1. I'm in my house  2. I ONLY see my mom, dad or sister  3. I'm visiting other family at their home with my parents  	<p> It may be a green circle area if...</p> <ol style="list-style-type: none"> 1. I'm playing with boys and girls I know  2. I am with boys and girls who make me feel good  3. I'm at a friend's house 



kc.vanderbilt.edu/healthybodies

