Who’s afraid of... sex education?

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Plan for today

- How is sex ed delivered? By whom?
- How does identity intersect with sex ed access?
- How can we make positive changes?
My “Why”

Human rights
Autonomy
Safety
Sexuality & relationship education

- Anatomy
- Contraception
- Boundaries
- Reproduction
- STIs
- Puberty
- Consent
- Communicating with a partner
- Specific sexual behaviors
- Sources of information
- Pleasure
- Technology and sexuality
- LGBTQ+ identities

https://siecus.org/resources/professional-learning-standards-for-sex-education/
More info, please!

Sexual orientation

Gender identity

Consent

Assertiveness

(Crehan et al., under review)
How is SRE delivered?

- **SCHOOLS**
- **FAMILY**
- **PEERS**
- **MEDIA**
# 1. REQUIREMENTS AND QUALITY OF EDUCATION

<table>
<thead>
<tr>
<th>State</th>
<th>Sex Education Mandated</th>
<th>HIV/STI Education Mandated</th>
<th>Healthy Relationships Education Mandated</th>
<th>If sex education, HIV/STI instruction, or healthy relationships instruction is provided, then instruction must be</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alabama</td>
<td>X*</td>
<td>X</td>
<td>S, HIV, HR</td>
<td>age-appropriate evidence-based culturally appropriate medically accurate</td>
</tr>
<tr>
<td>Alaska</td>
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<td>X</td>
<td>IHR</td>
<td>evidence-based culturally appropriate medically accurate</td>
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<tr>
<td>Arizona</td>
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<td>IHR</td>
<td>medically accurate</td>
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<tr>
<td>California</td>
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<td>S, HIV, HR</td>
<td>medically accurate</td>
</tr>
<tr>
<td>Colorado^</td>
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<tr>
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</tr>
<tr>
<td>District of Columbia</td>
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<td>S, HIV, HR</td>
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</tr>
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<td>X</td>
<td>HIV</td>
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</tr>
<tr>
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</tr>
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<tr>
<td>Kansas</td>
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<td>IHR</td>
<td>medically accurate</td>
</tr>
<tr>
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<tr>
<td>Louisiana</td>
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<tr>
<td>Maine</td>
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<tr>
<td>Mississippi</td>
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<td>S, HIV, HR</td>
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</tr>
</tbody>
</table>

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^ Colorado recognizes that there is a need “to ensure that all young people in Colorado have access to evidence-based, medically accurate, culturally sensitive, and age-appropriate comprehensive sexuality education, information, and resources to guide them in making informed decisions about their health and relationships.” However, there is no sex education, HIV/STI instruction, or healthy relationships instruction mandated in Colorado.

* Policies included in the table are state laws and state-wide rules, regulations, or standards that have the force of law. For a complete explanation of each state’s sex education and HIV/STI instruction policies, please refer to the law and policy section of each State Profile.
How is SRE delivered?

- Schools
- Family
- Peers
- Media
The Challenges to Addressing Sexuality

Schmidt, 2019; Healy et al., 2009; Cheng et al., 2005; Barnard-Brak et al., 2012; Wittenberg & Gerber, 2009; Woo et al, 2010
Sources of sexuality and relationship education
Where do you get information about consent?

Group: ASD

- Internet (website of verifiable quality) 26.32%
- Internet (first hits on google) 1.75%
- Romantic Partner 1.75%
- Friends same age (within 2 years) 7.89%
- Friends younger (greater than 2 years) 11.40%
- Friends older (greater than 2 years) 7.02%
- Parents 5.26%
- Siblings 9.65%
- Mentors 2.63%
- Care Providers 5.26%
- Other 1.75%
Where do you get information about partnered sexual acts?

Group: ASD

- Internet (website of verifiable quality): 23.02%
- Internet (first hits on google): 11.11%
- Romantic Partner: 14.29%
- Friends same age (within 2 years): 13.49%
- Friends younger (greater than 2 years): 8.73%
- Friends older (greater than 2 years): 1.59%
- Parents: 0.79%
- Siblings: 0.79%
- Mentors: 0.79%
- Care Providers: 0.79%
- Other: 0.79%
Identity and access

In 2015, only 12% of students said their SRE programs included same-sex relationships.

LGBTQ+ children often have less trusted adults in their life.

1 in 5 LGB patients report that their sexual orientation has caused delays in healthcare.

Behaviors vs. labels


Examine our own sources of information

We tend to fall back on our own experiences when not presented with new information

We oftentimes repeat communication patterns that we observed when we were younger
# Build a team

<table>
<thead>
<tr>
<th>Parents/family</th>
<th>Teachers</th>
<th>Pediatrician</th>
<th>Therapists</th>
</tr>
</thead>
<tbody>
<tr>
<td>Consent</td>
<td>Consent</td>
<td>Menstruation</td>
<td>Menstruation</td>
</tr>
<tr>
<td>Hygiene</td>
<td>Reproduction</td>
<td>Hygiene</td>
<td>Consent (SLP, psych)</td>
</tr>
<tr>
<td>Family beliefs/values</td>
<td>Social/relationship skills</td>
<td>Contraception</td>
<td>Sensory experiences (OT)</td>
</tr>
<tr>
<td>IEP options</td>
<td></td>
<td></td>
<td>Social/relationship skills (OT, SLP, psych)</td>
</tr>
</tbody>
</table>

- Promoting positive sexual health and behavior
- Addressing problematic behavior
- Promoting sexual self-advocacy
Resources

OAR Sex-ed for Self-advocates

Gay and Lesbian Medical Association (GLMA) provider directory

Crehan Lab Resource Guide

sites.tufts.edu/crehanlab
Thank you for listening!
Want to stay in touch?

Get updated info through our lab newsletter (hit subscribe here: sites.tufts.edu/crehanlab)

Sex education (virtual!) for autistic adolescents (ages 13-17)

Sexuality questionnaire survey for autistic adults (ages 18+)

Sex education survey for young adults with IDD (ages 14-25)

Follow us on social media for study info, resources, and events!

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