



Early intimate relationships

Reflections from my life and work

Gabriella Carafa (she/ her)MSW RSW PMH-C



In today's talk I will...

- Reflect on my experiences growing up particularly around how it relates to early intimate relationships
- Sprinkle in some wisdom from my work as a social worker in paediatric rehab



Who am I?



- Congenital disability
- Certificate in rehab services
- Registered social worker
- Previously worked in paediatric rehab full-time
- Passionate about supporting youth and their families in the transition to adult services
- Currently working in perinatal social work
- Therapist and consultant in private practice



Growing up...

- Effects of culture
- Disability representation
- Friendships
- Opportunities to practice skills
- Exposure to sexual education





Start early



- Starts at home
 - Directing your own care
 - Exposure to healthy role models
 - Developmentally appropriate information that you can build on overtime



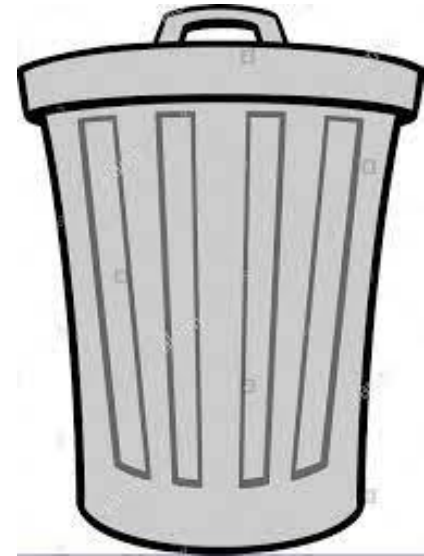
The teenage years



- Importance of mentorship
- Make room for privacy
- Modeling healthy relationships
- Life skills programming
- Exposure to people with disabilities in relationships



Healthy vs Unhealthy Relationships





Takeaways

- Start early
- We all have a role to play
- Trusted adults and mentorship are important
- Disability representation matters
- Consult with community agencies and other professionals as needed



Follow, like and RT



Crutches_and_spice

Blackdisability

The_autisticats

Rollingthroughmotherhood

VilissaThompson

Disability_visibility

Accessnowapp

Pixiesbigwhy

Fidgets.and.fries

centeringdisability



Disability doesn't make you exceptional, but questioning what you think you know about it does.

— *Stella Young* —

AZ QUOTES