Early intimate relationships

Reflections from my life and work

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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 —