

Let's Talk Disability & Sex! Resource List for Healthcare Providers

This resource list was made to support you in navigating conversations about disability, sexuality, and relationships. Take your time exploring these resources, and revisit them when questions come up.

How to use this resource list



This curated resource list was designed to support healthcare providers in offering inclusive, affirming, and developmentally appropriate care to youth with disabilities. These resources are not intended to replace clinical guidelines or define scope of practice. Instead, they offer practical tools and insights to support your day-to-day conversations with youth and families about topics like identity, relationships, and sexuality.

If you don't find a resource that fits your needs right now, don't worry—this list is a work in progress and will be updated regularly.

We'd love to hear from you! Share your suggestions or feedback with us:

- Resources you find helpful
- Resources you think we missed
- Ideas for new topics to include

Send us your suggestions by email at profile@hollandbloorview.ca.

How did we find resources?



Our team (young people with disabilities, parents, healthcare providers and researchers):

- Collected resources that were suggested by parents, young people with disabilities, researchers and healthcare providers
- Completed a detailed online search for webpages using words related to sexuality and disability

How did we choose resources?

Our team created rules (criterion) to decide whether to include a resource or not. These rules were that the resources must:

- Focus on disability and sexuality
- Provide original content (not just a list of webpages)
- Be usable by our target groups (youth with disabilities, parents, healthcare providers)
- Use up-to-date and inclusive (includes all people) language



Topic Labels

1. Disability and Sexuality: These resources explore ideas and perspectives on disability and sexuality, including ways to challenge common myths and build a foundation for inclusive care.

2. Communication Tips: These resources include strategies, tools, and examples to support open, respectful conversations about bodies, identity, relationships, and sexuality.

3. Consent and Boundaries: These resources provide strategies for supporting disabled youth in understanding and expressing autonomy, consent, and personal boundaries.

4. Gender and Sexual Diversity: These resources offer guidance on providing affirming and inclusive care, including using inclusive language and understanding the intersection of disability and identity.







5. Relationships: These resources provide guidance on how to support youth in building respectful, safe, and positive relationships with friends and romantic partners.

6. Safety: These resources provide information on supporting physical and emotional boundaries, including abuse prevention, contraception, and sexual health care.

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Explore organizations and websites offering a wide range of resources on sexuality and disability.

Click on the logos to visit each organization's website and access their full collection of materials.

Organization	Includes	Disability and Sexuality	Communication Tips	Consent and Boundaries	Gender and Sexual Diversity	Relationships	Safety
	This website provides educational tools, conversation guides, and lived experience stories to help healthcare providers engage more confidently in discussions about sexuality with youth with disabilities.	✓	✓	✓	✓	✓	✓
	This website includes guides, tools, games, a sexual health glossary, and other resources to promote accessible sexuality education for people with intellectual and developmental disabilities aged 16-24 years old.	✓	✓	✓	✓	✓	✓
	This resource shares tips and information on having meaningful conversations about gender and sexuality		✓		✓		
	The "SexAbility" program equips healthcare providers and parents with resources, activities, games, and workshops to build knowledge and confidence in discussing sexuality.		✓	✓	✓	✓	✓
	This website was co-designed with people with disabilities and offers factsheets, books, videos, flashcards, games, and other healthful resources for promoting sexuality education among people with disabilities.	✓	✓	✓	✓	✓	✓
	This website offers a 9 module sexual health curriculum for people with disabilities. The curriculum aims to support learners in making informed decisions and receiving accurate sexuality education.		✓	✓	✓	✓	✓

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Discover individual resources created by organizations to support education and awareness on disability and sexuality. Click on the resource titles to view these targeted materials.

Resource	Organization	Disability and Sexuality	Communication Tips	Consent and Boundaries	Gender and Sexual Diversity	Relationships	Safety
<u>PleasureABLE: Sexual Device Manual for Persons with Disabilities.</u>	Disabilites Health Research Network	✓					✓
<u>Teens, Sex, and Neuromuscular Conditions</u>	Holland Bloorview Kids Rehabilitation Hospital	✓	✓	✓	✓	✓	✓
<u>Supported Loving Toolkit</u>	Choice Support	✓	✓	✓		✓	✓
<u>Addressing Healthy Sexuality for Children and Teens with Disabilities</u>	American Academy of Pediatrics	✓		✓			✓
<u>Sexual Health Education for Adolescents with Intellectual Disabilities: A Literature Review.</u>	Saskatchewan Prevention institute	✓		✓		✓	✓
<u>Our Sexuality, Our Health: A Disabled Advocate's Guide to Relationships, Romance, Sexuality and Sexual Health.</u>	University of California, San Francisco. Office of Developmental Primary Care.	✓				✓	✓