

Let's Talk Disability & Sex! Resource List for Parents and Caregivers

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



We've gathered safe and accessible resources to help you feel more confident and informed, recognizing that every young person's experiences are unique. If you have questions or come across something you're unsure about, consider reaching out to a trusted professional, like a healthcare provider or educator, or connect with other parents and caregivers for support.

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. Communication Tips: Explore practical advice on starting open, honest, and age-appropriate conversations with your child or teen about sexuality and relationships.

2. Healthy Relationships: Guidance on how to support your teen in building respectful, safe, and positive relationships. These resources explore friendships, family, and dating.

3. Changes and Growth: Learn about the physical, emotional, and sexual development of pre-teens and teens. These resources include information on puberty, body changes, and how specific guidance on how these changes might look for youth with disabilities.

4. Gender and Sexual Diversity: Explore how to support your teen's identity and sexual orientation in affirming and inclusive ways. These resources cover topics like coming out, using inclusive language, and how disability can intersect with identity.






5. Future Planning: Navigate conversations about your teen's rights, choices, and access to care. These resources include information on contraception, family planning, fertility, healthcare access, and other sexuality related long-term planning.

6. Safety and Consent: Understand how to support your teen's physical and emotional safety. These resources offer guidance on teaching consent, boundaries, preventing abuse, and recognizing red flags.

7. Digital Media: Learn how to guide your teen through safe and respectful use of digital spaces. These resources cover social media, sexting, online safety, and how to talk about digital boundaries and relationships.

Let's Talk Disability & Sex! Resource List for Parents and Caregivers

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	Communication Tips	Healthy Relationships	Changes and Growth	Gender and Sexual Diversity	Future Planning	Safety and Consent	Digital Media
	This website offers tools, information and information related to sexuality, organized by age and topic.	✓	✓	✓	✓	✓	✓	✓
	This website was co-designed with people with disabilities and offers factsheets, books, videos, flashcards, games, and more.	✓	✓	✓		✓	✓	
	This resources shares tips and information on having meaningful conversations about gender and sexuality	✓		✓				
	The "SexAbility" program equips parents and caregivers with resources, acitivities, games, and workshops to build knowledge and confidence in discussing sexuality.	✓	✓	✓		✓		
	This website offers a variety of information, tips, videos, and stories to encourage and empower parents to have conversations about sexuality.	✓	✓	✓	✓	✓	✓	✓

Updated Spring 2025



Let's Talk Disability & Sex! Resource List for Parents and Caregivers

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	Communication Tips	Healthy Relationships	Changes and Growth	Gender and Sexual Diversity	Future Planning	Safety and Consent	Digital Media
 EXPLORING the Spectrum	This website offers downloadable toolkits with accessible sexuality education resources to support caregivers of Autistic people.	✓	✓	✓	✓	✓	✓	✓
 enhance the uk <small>changing society's views on disability</small>	Created in partnership with Split Banana, this guide aims to help parents have open, honest conversations about sexuality with young people.	✓	✓			✓		
VANDERBILT KENNEDY CENTER <small>for Excellence in Developmental Disabilities</small>	These downloadable guides offer support for parents and caregivers of children with intellectual and/or developmental disabilities who are approaching or at the age of puberty.	✓		✓	✓			
 Centre for Sexuality <small>— Since 1972 —</small>	This webpage offers information and tips on talking to children with developmental disabilities about sex.	✓						
 Your Sexual Health Toolkit	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.	✓	✓	✓	✓	✓	✓	✓

Updated Spring 2025



Let's Talk Disability & Sex! Resource List for Parents and Caregivers

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	Communication Tips	Healthy Relationships	Changes and Growth	Gender and Sexual Diversity	Future Planning	Safety and Consent	Digital Media
Relationships & Sexuality	National Down Syndrome Society	✓	✓			✓	✓	
Let's Talk About Sex: A Resource for Parents.	Muscular Dystrophy Canada	✓	✓	✓	✓	✓	✓	✓
Sex Education - A Guide for Parents	National Autistic Society	✓	✓	✓			✓	
Sex Education for Children and Teenagers with Disability.	Raising Children Network (Australia)	✓	✓	✓	✓	✓		
Navigating the 'sex talk' with your disabled teen	Disability Horizons	✓		✓		✓		✓
Talking to children and youth about healthy relationships and sexuality.	Hamilton Health Sciences, McMaster Children's Hospital.	✓	✓	✓			✓	✓
Talking to children with cognitive disability about sex.	Victoria State Government Department of Health	✓						
Sexuality and developmental disability: a guide for parents	Government of Ontario	✓		✓			✓	
Sexual Health Education for Young People with Disabilities - Research and Resources for Parents/Guardians	Advocates for Youth	✓	✓			✓	✓	

Updated Spring 2025

