

Let's Talk Disability & Sex! Resource List for Youth

This resource list was made to help you explore topics about disability and sexuality at your own pace. You don't need to go through everything at once—come back to it whenever you need guidance or support.

How to use this resource list



We've gathered safe and accessible resources to support your journey, but we know that sexuality looks different for everyone. If you come across something you don't understand or have questions about, don't hesitate to seek support. Talk to a trusted person, like a parent, teacher, counselor, or healthcare provider, or reach out to someone you feel comfortable asking.

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. Body and Development: Learn about how your body changes as you grow and develop, including topics like puberty, physical changes, and emotional shifts.

2. Relationships and Dating: Explore tips and advice for building meaningful connections, from making friends to starting romantic relationships. These resources may cover communication, setting boundaries, and navigating the dating world.

3. Identity and Expression: Discover how to embrace and express your identity. Whether it's about gender, sexual orientation, or self-identity, these resources can help you explore who you are and how to share your authentic self with the world.

4. Pleasure and Exploration: Dive into topics about personal pleasure, sexual exploration, and understanding intimacy. This section includes resources on masturbation, pornography, and embracing your sexuality in ways that feel right for you.

5. Health and Wellness: Learn about staying healthy in all aspects of your life, from physical health to emotional well-being. These resources cover topics like self-care, sexual health checkups, and managing your healthcare.

6. Family and Future: Navigate conversations with family and caregivers about relationships and sexuality. These resources may also help you think about your goals for the future, like starting a family.

7. Safer Sex: Find essential information on safer sex, including how to protect yourself and your partner. These resources cover topics like contraception, STI prevention, consent, and disability specific information about sex.

Let's Talk Disability & Sex! Resource List for Youth

Explore organizations and websites offering a wide range of resources on sexuality and disability.
Click on the organization's logo to visit their website and access their full collection of materials.

Organization	Includes	Body & Development	Relationships & Dating	Identity & Expression	Pleasure & Exploration	Health & Wellness	Family & Future	Safer Sex
	This website offers videos created by Certified Sexual Health Educators and Peer Facilitators for people with cognitive disabilities.	✓	✓	✓	✓	✓	✓	✓
	This website includes picture-based and easy-to-read resources for people with and without disabilities.	✓	✓	✓	✓		✓	
	This website includes general information, animated videos, and handouts for all teens and emerging adults, including resources specific to disability.	✓	✓	✓	✓	✓	✓	✓
	This website offers information, fact sheets, reports, and more for young people with and without disabilities.	✓	✓	✓	✓		✓	
	This website offers tools, videos, checklists, and downloadable resources to support youth with disabilities.	✓	✓	✓	✓	✓	✓	✓
	This website offers downloadable resources such as research reports, policy briefs, and fact sheets for youth with disabilities.	✓	✓	✓	✓		✓	
	This website offers a 9 module sexual health curriculum for people with disabilities. The curriculum aims to supports learners in making informed decisions and recieving accurate sexuality education.	✓	✓	✓	✓		✓	

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Organization	Description	Body & Development	Relationships & Dating	Identity & Expression	Pleasure & Exploration	Health & Wellness	Family & Future	Safer Sex
 EXPLORING the Spectrum	This website provides helpful resources about sexuality and healthy relationships for Autistic youth and adults.	✓	✓	✓		✓		✓
 Planet Puberty	This website was co-designed with people with disabilities and offers factsheets, books, videos, flashcards, games, and more.	✓	✓	✓	✓	✓		✓
 sexuality and disability	This website features a series of questions and answers for women with disabilities.	✓	✓	✓	✓	✓	✓	✓
 Your Sexual Health Toolkit	This website includes guides, videos, and practical tools for people aged 16-24 with intellectual and developmental disabilities.	✓	✓	✓	✓	✓	✓	✓
 enhance the uk <small>changing society's views on disability</small>	This website features articles, downloadable PDFs, videos, and a Podcast series titled Undressing Disability.	✓	✓	✓	✓			✓
 every body curious	This website hosts a web-series created with and for young people, including specific content related to disability.	✓	✓	✓	✓	✓	✓	✓
 Scarleteen <small>QUEEN VEX EDITOR ALL SINCE 1998</small>	This website features articles and advice columns for young people with and without disabilities.	✓	✓	✓	✓	✓	✓	✓
 Sins Invalid	This website shares videos and images from performances by artists with disabilities.	✓	✓	✓	✓	✓		

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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 materials.

Resource	Organization	Body & Development	Relationships & Dating	Identity & Expression	Pleasure & Exploration	Health & Wellness	Family & Future	Safer Sex
Relationships & Sexuality	National Down Syndrome Society	✓	✓			✓	✓	
Our Sexuality, Our Health: A Disabled Advocate's Guide to Relationships, Romance, Sexuality and Sexual Health	Office of Developmental Primary Care, University of California	✓	✓	✓		✓	✓	✓
Handbook: Relationships and Sexuality	The Autism NOW Centre	✓	✓	✓	✓	✓	✓	✓
PleasureABLE: Sexual Device Manual for Persons with Disabilities.	Disabilites Health Research Network	✓		✓	✓	✓		✓
Sex Ed for Self Advocates	Organization for Autism Research	✓	✓	✓	✓	✓		✓
Sex and disability: the facts	Aruma	✓	✓	✓	✓	✓	✓	
Disability and Sexuality Fact Sheet	Victoria State Government Department of Health	✓	✓	✓	✓	✓	✓	✓
Transgender Easy Read Guide	Care Management Group, CHANGE and Choice Support	✓		✓	✓	✓		
Our Sexuality, Our Health: A Disabled Advocate's Guide to Relationships, Romance, Sexuality and Sexual Health.	University of California, San Francisco. Office of Developmentla Primary Care.		✓		✓	✓	✓	✓