



## **OAR Releases Sexuality & Sex Education Audio Guide**

FOR IMMEDIATE RELEASE

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ARLINGTON, VA – Following the release of OAR’s sex education guide earlier this year, OAR is excited to release an audio version of the guide, available both on the website and as a podcast. People with autism are often deprived of the opportunity to learn about sex, relationships, and sexuality in school and rarely exposed to sexual education materials that address the specific needs and concerns of people with autism, despite being at a greater risk for sexual abuse than the general population. By further increasing the accessibility of our *Sex Ed. Guide for Self-Advocates*, OAR hopes to continue addressing this lack of resources.

For many people with autism, it can be easier to absorb information auditorily than to read large amounts of text. Additionally, many people with autism also have visual impairments or difficulty reading due to disabilities like dyslexia. The new audio guide makes OAR’s *Sex Ed. for Self-Advocates* available to those individuals who need to or would prefer to listen rather than read.

Self-advocates can listen to this resource uninterrupted through the podcast page on our website. The podcast version of the guide can also be accessed through podcast directories such as Apple Podcasts and Blubrry, allowing listeners to download the podcast for easy listening anywhere. Alternatively, self-advocates can access the audio guide on the original *Sex Ed. for Self-Advocates* webpages, enabling them to more easily view links and diagrams along with the audio recording.

The resource contains nine sections, each building on information from preceding sections within the guide. Each section is focused on a key topic in sexuality & sex education. They include:

- Public vs. private
- Puberty
- Healthy relationships
- Consent



- Dating
- Sexual orientation and gender identity
- Personal values and boundaries
- Sexual activity
- Online relationships and safety

Listeners can focus on sections they are interested in or navigate through the guide from beginning to end. While the guide was written for self-advocates age 15 and up, it also contains tips and lists of additional helpful resources for parents and educators of those on the spectrum.

OAR once again extends its gratitude to the community of sex educators, researchers, self-advocates, and parents who contributed to the writing and review process. OAR offers special thanks to Sophie Thurschwell and Corinne Gambacurta, our interns, who narrated and edited the audio guide, as well as Margaret Gorman, our Programs and Outreach Associate, who assisted with production and outreach.

*Sex Ed. for Self-Advocates* is available online on OAR's main website and can be directly accessed at <https://researchautism.org/sex-ed-guide/>. The podcast version of the guide can be accessed at <https://researchautism.org/sex-ed-for-self-advocates-podcast/>. OAR continues to provide all its resources, including this one, free of charge to the community, and welcomes all donations.

If you have any questions or feedback about OAR's *Sex Ed. for Self-Advocates*, please contact OAR at 703-243-3466, or [programs@researchautism.org](mailto:programs@researchautism.org).

**About OAR:** The Organization for Autism Research (OAR) is a national non-profit organization formed and led by relatives of children and adults with autism spectrum disorders. OAR is dedicated to promoting research that can be applied to help families, educators, caregivers, and individuals with autism find much-needed answers to their immediate and urgent questions. Learn more at [www.researchautism.org](http://www.researchautism.org).

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