Preparing for “The Talk”: Ways to get ready to talk about sexuality, relationships, & identity

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Event

Strong reaction

Association of sexual behavior and negative reaction

Shame

Decreased chance of sharing/asking questions
Increased knowledge, more prosocial behaviors
Door for communication is already open
Positive, proactive, frequent conversations about sexuality
Event
Stakeholders feel prepared to provide support and resources
Increased knowledge, more prosocial behaviors
So here we are!
What topics fall under the umbrella of sexuality and relationship education?
• Bystander effect: "And it’s an um, it’s almost a right... it’s a right of a child to know how their body works. It’s a right... but I don’t know whose responsibility..."
Where do you get information about consent?

Group: ASD

- Internet (website of verifiable quality): 26.32%
- Internet (first hits on google): 7.89%
- Romantic Partner: 11.40%
- Friends same age (within 2 years): 7.02%
- Friends younger (greater than 2 years): 9.65%
- Friends older (greater than 2 years): 23.68%
- Parents: 5.26%
- Siblings: 1.75%
- Mentors: 2.63%
- Care Providers: 1.75%
- Other: 1.75%

Crehan et al., 2021
Who is and who should be teaching sexual health education content?

(Crehan, Schwartz, & Schmidt, 2023)
More info, please!

Sexual orientation
Gender identity
Consent
Assertiveness

(Crehan et al., 2023)
Is a friend

Partner has shared interest

Partner has shared interest

Holding hands

Partner likes to ...

Partner likes to ...

Partner likes to ...

Cuddling

Partner likes to ...

Kissing

A partner who is funny

A partner who likes to stay in

A partner who is quiet

A partner who is talkative

Having sex

A partner who likes to go out
Reflect on your own
Identify your resources
Feedback
Accountability
time for a bit of self-reflection...
You as a facilitator

One of the older kids was telling me about Sex Ed class. Apparently the teacher said, 'It involves a tromboner with a plunger going whaa-whaa-whaa!'
Reflect on your own
Identify your resources
Feedback
Accountability
Creating a team

Who would you like to cover the topics listed below? Who can you share this list with?

Consent  Menstruation  Reproduction  Hygiene  Social/relationship skills  Anatomy
Personal beliefs/values  Puberty  Identity  STIs  Internet safety  Masturbation
Addressing problematic behavior  Promoting positive sexual health and behavior  Communication skills around sexuality
*Add your own!

<table>
<thead>
<tr>
<th>Parents/family+</th>
<th>Teachers</th>
<th>Pediatrician</th>
<th></th>
<th></th>
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</tr>
</thead>
<tbody>
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</tbody>
</table>

+may be helpful to list specific family members
Reflect on your own
Identify your resources
Feedback
Accountability
Is the plan working?
<table>
<thead>
<tr>
<th>Category</th>
<th>Subtopics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hygiene / Self Care</td>
<td>Personal boundaries</td>
</tr>
<tr>
<td></td>
<td>Avoiding Danger and Abuse</td>
</tr>
<tr>
<td></td>
<td>Dating Skills</td>
</tr>
<tr>
<td>Terms for Anatomy</td>
<td>Public vs. Private Behaviors</td>
</tr>
<tr>
<td></td>
<td>Relationship Building</td>
</tr>
<tr>
<td></td>
<td>Partnered Sex Acts</td>
</tr>
<tr>
<td>Sexual Behaviors</td>
<td>Consent</td>
</tr>
<tr>
<td></td>
<td>Pornography</td>
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<tr>
<td></td>
<td>Sexual Health</td>
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<tr>
<td>Social Media</td>
<td>Legal Issues</td>
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<tr>
<td></td>
<td>Society and Culture</td>
</tr>
<tr>
<td></td>
<td>Other: __________</td>
</tr>
</tbody>
</table>

Fill in a timeline of when to cover each topic:

- Now: __________________
- In 6 months: __________
- In 1 year: __________
- Within 2 years: __________
- Within 3 years: __________
<table>
<thead>
<tr>
<th>What communication skills are strengths for this topic?</th>
<th>Generalization efforts:</th>
</tr>
</thead>
<tbody>
<tr>
<td>How will interests impact this topic?</td>
<td>Checking for understanding</td>
</tr>
<tr>
<td>How might a sensory profile impact this topic?</td>
<td>Frequency of review</td>
</tr>
<tr>
<td></td>
<td>Variety of settings</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>What are the individual’s best way of learning?</th>
<th>How will the information be presented and by whom?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Verbal explanations</td>
<td>When should I start introducing this?</td>
</tr>
<tr>
<td>Media</td>
<td></td>
</tr>
<tr>
<td>Incremental</td>
<td>What resources will I need?</td>
</tr>
<tr>
<td>Social Stories</td>
<td></td>
</tr>
<tr>
<td>Internet</td>
<td></td>
</tr>
<tr>
<td>Other (please describe)</td>
<td></td>
</tr>
<tr>
<td>Visual Supports</td>
<td></td>
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</table>
Reflect on your own
Identify your resources
Feedback
Accountability
Accountability

- Set small goals
  - What do you already do? E.g., do you read before bed? Audio books? Watch videos?
- Tie this to a regular event
  - IEP meetings
  - Birthdays
  - First week of the month
- Get a friend involved...or reminders on your phone!
Resources

• Sex ed for self-advocates
• Sexetc.org
• Amaze.org
• The Porn Conversation
• Research resources
• Clinical resources
CREHAN LAB | TUFTS UNIVERSITY

Let's spark conversation about sex education together!

We are running small group sessions to discuss important sex ed topics. In light of COVID-19, we are offering to host these discussions remotely, via Zoom. Sessions are provided free of charge and grouped based on age.

You will be compensated with a $40 Amazon gift card!

CONTACT US
crehanlab@tufts.edu  617 804-7555

@CrehanLab
@PegasusCAPS

For autistic teens age 13-17!

https://www.amazon.com/Supporting-Transgender-Autistic-Youth-Adults/dp/1785928031


https://www.amazon.com/Spectrums-Autistic-Transgender-People-Their-ebook/dp/B0868YN1FW
Thank you for listening!

Big thanks to our Community Advisory Board, Research Team, and participants!

- Study announcements
  - @CrehanLab on Facebook and Instagram
  - https://sites.tufts.edu/crehanlab/activities/resources/

- Training opportunities and parent groups
  - @PegasusCAPS on Facebook and Instagram
  - www.pegasuscaps.com
### SRE Self-Assessment

**Circle the top topics you are worried about covering, **star** the top topics you feel well-equipped to take on**

<table>
<thead>
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<td>Consent</td>
<td>Levels of Intimacy</td>
<td>Sexual Health</td>
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<tr>
<td>Social Media</td>
<td>Legal Issues</td>
<td>Society and Culture</td>
<td>Other: ________</td>
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### For topics that worry you, what in particular will be your challenge?

- Knowing the words to use
- Anticipating questions
- Other (please describe):

- Knowing when to bring it up
- Other (please describe):

### For topics you felt ready for, what helped?

- Resources/research
- Other (please describe):

- Support of friends/partner
- Other (please describe):

- Past experiences
- Other (please describe):