

Other
Important
Issues
For
Allies
To
Know

We need the community, parents and staff to let go of the idea that people with disabilities are not sexual, do not want to be in relationship.

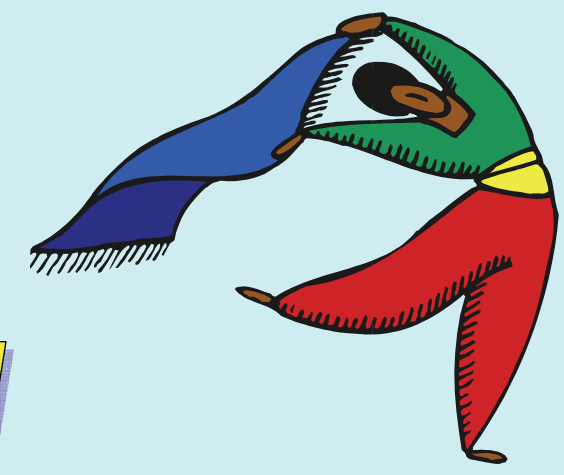
It is important for us to get information from other people — *other than support staff.*

Make sure people can go to Planned Parenthood. They have good information about being in a relationship. Go with both people in the relationship.

There is a fine line between getting support when needed and people taking over for you.

Green Mountain Self-Advocates gmsa@sover.net or 802-229-2600

Sexual Self-Advocacy



Green Mountain Self-Advocates
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What Sexual Self-Advocacy Means



- ◆ Feeling good about yourself.
- ◆ Feeling comfortable meeting people, flirting and asking somebody to dance.
- ◆ Being free about your sexuality like if you are gay, straight or lesbian.



- ◆ Feeling free to speak to your partner and tell them what you want and don't want in a relationship.
- ◆ Knowing your rights and responsibilities when in a relationship.



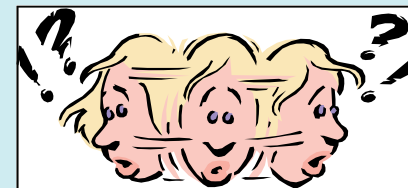
- ◆ Not letting people use you in a relationship, take advantage of you.
- ◆ Knowing how to deal with someone pressuring you to do something sexually you don't want to do.
- ◆ Dealing with stalkers and harassment.
- ◆ Being safe on the internet.



- ◆ Getting detailed information about sex that everyone can understand.
- ◆ Knowing about birth control and safe sex.
- ◆ Learn new things and decide what is right and safe for you.



- ◆ Telling your parents about your relationship when they don't agree.
- ◆ Dealing with your partner's parents being a barrier.
- ◆ Dealing with parents when they try to hitch you up with other people.
- ◆ Privacy is important – so speak up for it.



- ◆ Getting married.
- ◆ Breaking up with people by letting them down easy.
- ◆ Learning from your mistakes.

SEXUAL SELF-ADVOCACY IS HARDER THAN SELF-ADVOCACY