

12-Part Sexuality Series for Parents with Children with an Intellectual Disability

Part 12 of 12: **Next Steps**

As parents we do our best to provide our children with the facts and values to help them grow into being responsible adults who feel good about themselves and lead fulfilling lives. We accept that despite difference, the need to have healthy relationship and the desire to be involved in intimate relationships are normal.

Along this journey we question ourselves over and over. We seek out the advice of family, friends, and professionals. We never stop caring and learning. So many resources are readily available, but this abundance of resources can be overwhelming. The following web sites provide just a sample of the useful and reliable resources that are readily available.

<http://teachingsexualhealth.ca>

A website developed by Alberta educators and health professionals that offers on line resources for parents and educators. Some resources are specifically geared toward children with differing abilities.

<http://sexualityandu.ca>

A Canadian web site committed to providing accurate and up-to-date information and education on sexual health.

<http://www.peelregion.ca/health/sexuality>

A resource developed by Peel Region Public Health that provides information and resources on issues pertaining to sexual health and relationships for all ages.

<http://www.visualaidsforlearning.com/>

An online resource providing free visual aids on a variety of topics pertaining to adolescent males and females. The resources have been developed in consultation with teachers trained in early childhood, primary school, high school and speech therapy. Each of these professionals is also the parent of a child with developmental delays.

These are just a few of the many excellent web resources that are available. Libraries and book stores also have many books which may meet your needs. Take some time to pursue the options that are available and select what you feel comfortable using.

Enjoy the journey as your children grow develop into healthy individuals with healthy relationships.

Written by: Eleanor Gibson, Behaviour Consultant, Lake Ridge Community Support Services