

Healthy Sexuality and Sex Education for ASD/AS individuals

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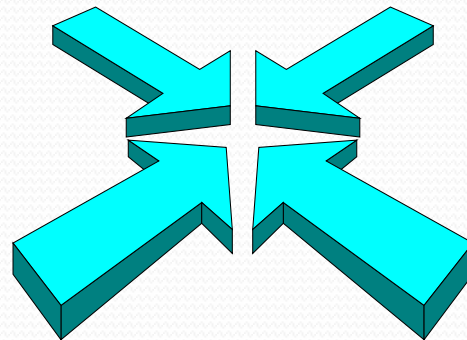
Multidisciplinary team

Clinique Autisme et Asperger de Montréal

<http://www.clinique-autisme-asperger-mtl.ca/>

Definition of sexuality

- Few research & clinical attention
- Normal part of development and life
- Complexity of sexuality: more than behaviours!



ASD Profile

- Social skills: free of social rules
- Communication abilities: verbal and non verbal
- Theory of Mind: different ways of thinking?
- Notion of consent
- Emotions: detecting, reading, expressing
- Routines & rituals
- Sensory issues
- Lack of information and education
- Co-morbidity (other diagnosis)

Fears related to sexuality

- Not being able to provide correct answer to a question
- STDs & AIDS
- Unwanted pregnancy
- Unions, couples, marriage
- Sexual exploitation
- Judgment of others
- Higher level of sexual interest

Issues of development

- Sexual behaviours: self-stimulation, exploring sexuality
- Frustrations and inappropriate behaviours
- Gender identity & role definition:
 - flexibility, conflict, confusion
- Social imitation: context, consent

Factors influencing social and sexual development (Griffiths, 1999)

- Information
 - Basic knowledge
 - Experiences
 - Social support
- Limitations of the environment
 - Gender segregation
 - Social network
 - Rules
 - Sex education

Puberty

- Physiological changes
 - Hormones levels (testosterone, oestrogen)
 - Body changes: body hair, sexual function, reactions, periods, etc.
- Psychological changes
 - Emotions (mood changes, stronger, cycle)
 - Independence
 - Curiosity
 - Interests

Puberty

- Friendship & social skills
- Skills: communication: verbal & non verbal, social interactions, sharing
- Intensity of relationship
 - Appropriate: finding a balance
 - Inappropriate
 - Love & friendship, intimacy



Puberty

- Recognition of abusive/unfriendly relationship
- Dangerous relationship
- Qualities of a healthy relationship
 - Sharing
 - Communication
 - Pleasure, interest
 - Respect, communication
 - Steps in relationships
- **Making Waves Program:**
<http://www.counselling.net/>



Inappropriate behaviors

- History of abuse
 - Abuse (1.7 time) American Academy of Pediatrics, 1996.
 - Physical: 18.5%-38%
 - Sexual: 13-16%
 - Psychological : 32% (Autism Soc. of America, 2010; Univ. of Penn., 2005)
- Sensory profile
- Limited choice of partners

Inappropriate behaviors

- Organic factors (25% serious health problems) no complains...
- Psychologic/psychiatric condition: dual diagnosis
 - Depression, anxiety
 - ADHD
 - Phobia, OCD, etc.

TONY ATTWOOD, ISABELLE RENAUULT AND NICK BUBIN

THE
**AUTISM
SPECTRUM,
SEXUALITY
AND THE
LAW**

What every parent
and professional
needs to know



Safety on Internet

Attwood, Hénault & Dubin, 2014

- Sharing personal information
- Pictures and files
- Social Medias(Facebook, etc.)
- Predators on the NET
- Pornography
- Safety steps when meeting someone

Consent

- YAI.org: Sexual Consent questionnaire
- Theory of Mind
- Practical material
- Videos

Sex education

- Goals:
 - Better knowledge
 - Developing own limits and judgement
 - Provide and ask for consent
 - Decode situations: interpersonal & intimate contexts
 - Improve social and sexual skills: learn adaptive and positive behaviours



Asperger Syndrome and Sexuality

FROM ADOLESCENCE THROUGH ADULTHOOD

Isabelle Hénault

Foreword by Tony Attwood

Sociosexual Skills Workshops

- www.jkp.com
- 15 weeks, 90 minutes
- 12 themes
- Small groups (4-12)
- Adolescents & adults
- Questionnaires, games, role-playing, software, videos, discussions, social stories, group project



Workshop Themes & Activities

- Introduction
- 1. Love & friendship
- 2. Physiological changes
- 3. Sexual relationships
- 4. Emotions
- 5. Contraception and prevention of STI's

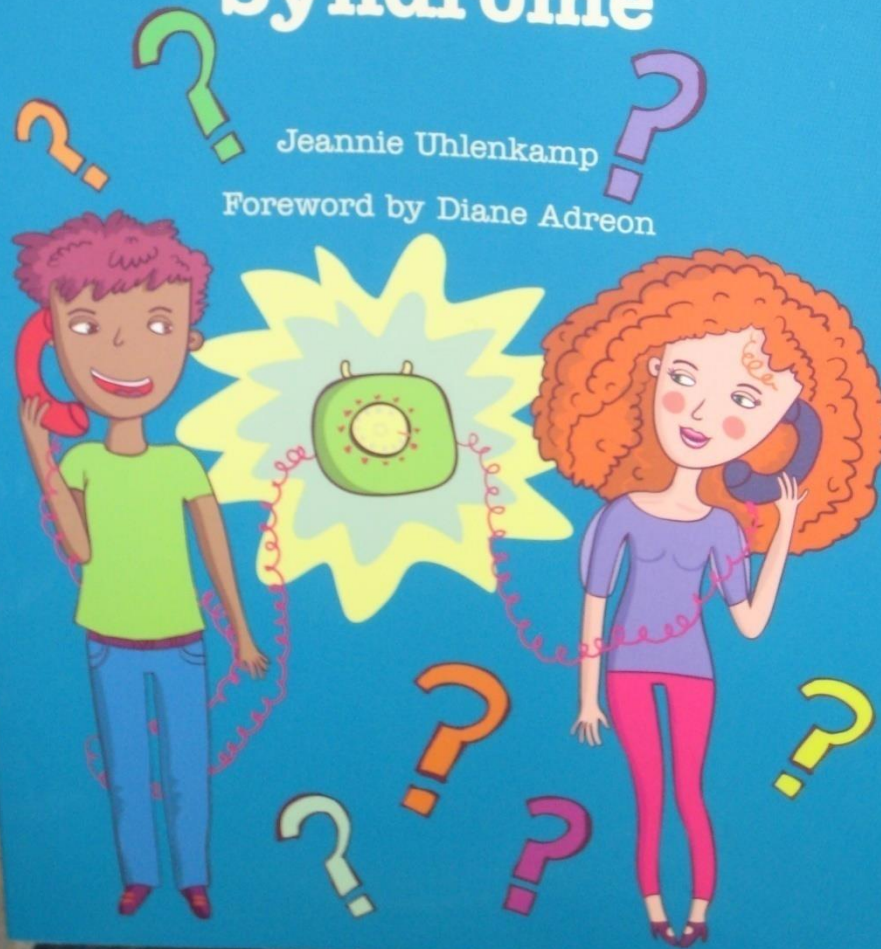
Workshop Themes & Activities

- 6. Sexual orientation
- 7. Alcohol, drugs and sexuality
- 8. Sexism and gender roles
- 9. Sexual abuse and problem behaviours
- 10. Theory of Mind, communication and intimacy

The Guide to Dating for Teenagers with Asperger Syndrome

Jeannie Uhlenkamp

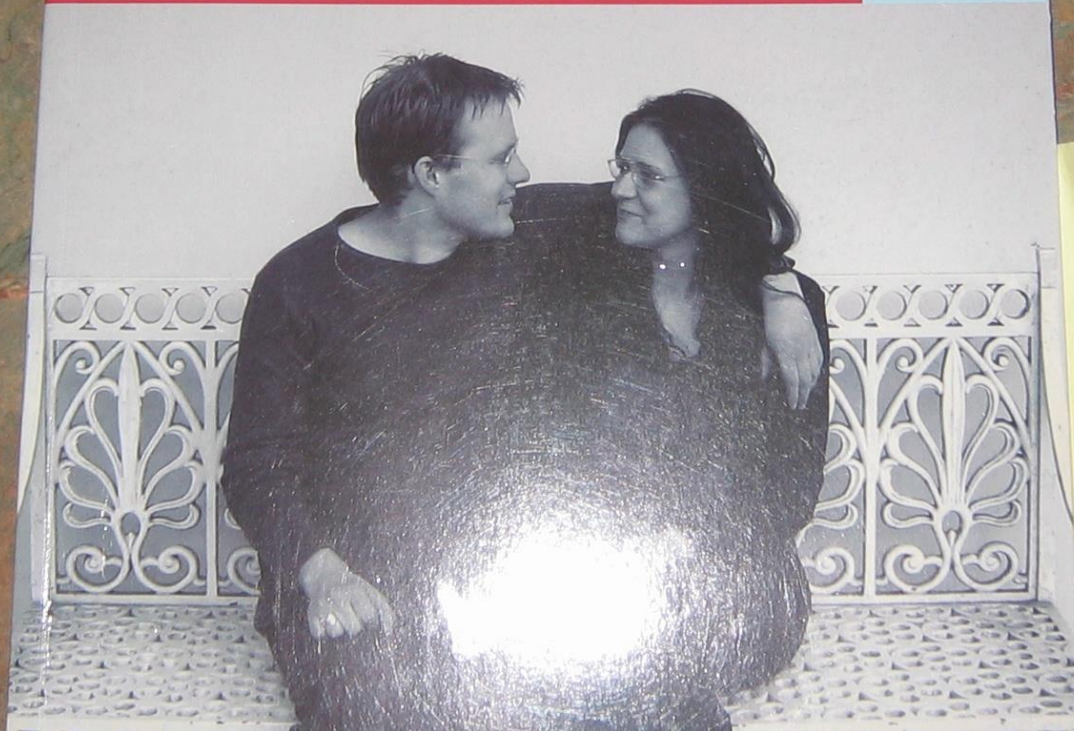
Foreword by Diane Adreon



The Asperger Love Guide

A practical guide for adults with Asperger's
syndrome to seeking, establishing and
maintaining successful relationships

**Genevieve Edmonds
and Dean Worton**



www.msss.gouv.qc.ca

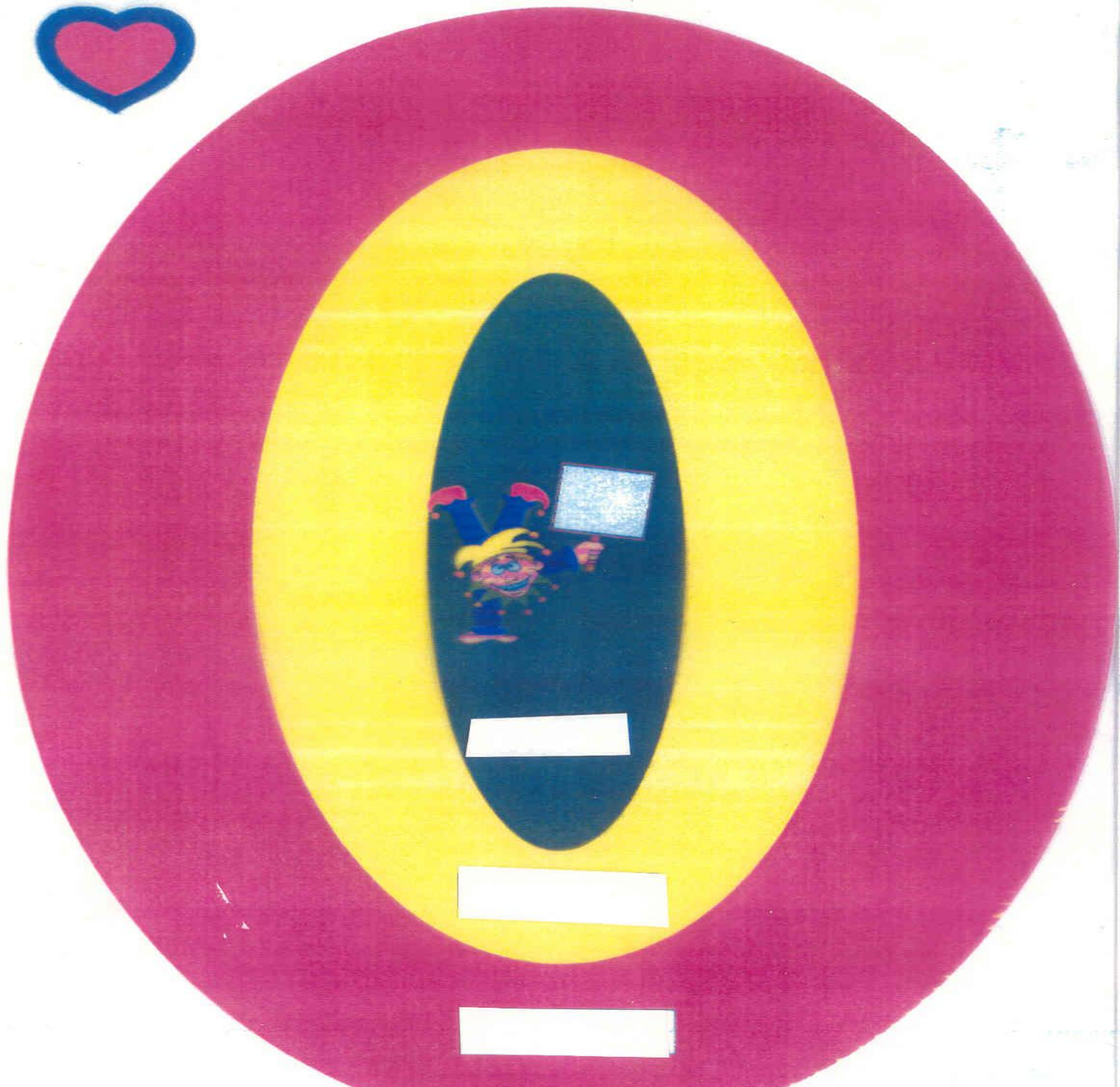
Free Program

- **Preventing AIDS and other STDS through sexuality education for students with intellectual impairments - Compendium of teaching and learning activities geared to adapted curricula**

Government program-free

- Gender differences, body parts
- Age groups
- Private-public
- Sexual behaviours

www.msss.gouv.qc.ca



MIND READING

the interactive guide to emotions

a unique reference work covering over 400 emotions



based on research by Cambridge University

over 5000 video and audio expressions of emotion

- a chance to study emotions expressed in the face and the voice
- see and hear each emotion performed by six different people
- stories put every emotion in context
- lessons and quizzes teach emotion recognition
- collectible rewards help with motivation
- a variety of games add to the fun

WINDOWS & MAC DVD-ROM / CD-ROM SET

www.jkp.com

Mind reading

Videos

- Flirting or Stalking?
- Making New Friends
- Love or Abuse?

- [www. socialsignalled.com](http://www.socialsignalled.com)

Results

- 1.Improvement of social and sexual skills
 - Presentation
 - Conversation/reciprocity
 - Helping/empathy
 - Non verbal skills
 - General knowledge/judgement



Results

- 2. Reduction of problem behaviours
 - Isolation (contact, activities, conversation)
 - Impulsivity
 - Inapp. sexual behaviours (masturbation, touching)
- 3. Generalization (3 months measure)
 - Better knowledge
 - Interpersonal relationships, friendship
 - Positive attitude about sexuality

Discussion

- Interest and needs from individuals
- Demand from parents and professionals
- Interesting results
- Service curriculum

