

Relationship & Dating Resources for People w/I/DD

Books & Curricula

[Boyfriends & Girlfriends: A Guide to Dating for People with Disabilities](#) by Terri Couwenhoven. An introduction to dating basics written for people with intellectual disabilities. Content covers handling sexual feelings & crushes, dating basics, how to start a boyfriend/girlfriend relationship, boundaries, sharing touch and affection, fixing problems in relationships as well as staying safe. Interactive activities are included with lots of illustrations.

Circles: Intimacy and Relationships by Leslie Walker-Hirsch. Published by James Stanfield Company www.stanfield.com. A well-respected program that uses videos and vignettes to teach social distance, changing relationships, and relationship-building skills. Appropriate for students from middle school through adulthood. Circles app for individual personalization can be downloaded at <https://www.circlesapp.com/>

[Loving Each Other Safely](#) A Books Beyond Words book (no words, just illustrations) is a company from the UK that creates picture-based books for people with learning disabilities. All of their books allow readers to customize narration (although a sample script is always in the back of the book). This story focuses on a heterosexual couple and their journey through dating and ultimately a sexual relationship.

[Sexuality Education for Adults with Developmental Disabilities](#) by Planned Parenthood of Greater Northern New England and Green Mountain Self Advocates - A unique curriculum designed to help people establish sexuality education groups and include self advocates as teachers. This comprehensive curriculum focuses mostly on relationships, both friendships and romantic relationships, and the skills and responsibilities needed within those relationships.

[Teaching Children with Down syndrome About their Bodies, Boundaries, and Sexuality: A Guide for Parents and Professionals](#) by Terri Couwenhoven A comprehensive “how-to teach about sexuality” resource that offers practical information and teaching ideas for addressing a wide variety of sexuality issues across the life span including relationships and dating. 2nd edition available in 2024!

[What is Sex? A Guide for People with Autism, Special Educational Needs and Disabilities](#) by Kate Reynolds. Illustrated, inclusive and graphic illustrations of the diverse ways people express themselves sexually. LGBTQ+ friendly and inclusive.

Videos

[National Council on Independent Living Video Series](#) – A video series done by and for people with intellectual disabilities that address basics: puberty, masturbation, healthy relationships, consent, pregnancy, and how to use a condom.

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[Adult Down syndrome Center- Sharing Touch and Affection](#) Excellent videos on a wide variety of health topics. *Sharing Touch and Affection* video is designed to teach boundaries in different types of relationships.

[Amaze.org](#) – these videos are short, animated and not adapted or modified specifically for people with I/DD but I love the simplicity of these videos. They offer a WIDE range of sexuality topics (use search box- they are discrete) from masturbation to sexual orientation to porn.

<https://www.real-talk.org/videos> Real Talk is a resource from Canada that includes videos for adults with intellectual disabilities having conversations about sexual health topics, including dating, relationships, love, and pleasure. The videos include people with a wide range of identities and experiences.