



## **Episode 14: Sex: A Psychologist's Perspective**

Start talking! Bring up these conversations with your friends, with your family, with people you don't know! Talk about it on social media?? Tag @disarmingdisability. Happy thinking, and thank you for creating a more inclusive society.

1. Reflect on your own sexual education curriculum. What was taught? What was not taught that you wished was taught? Was disability talked about?
2. What needs to be added to sexual education curriculum?
3. What is your own comfort level discussing sexuality and intimacy related conversations? What have you experienced in our own upbringing that has shaped how you have these conversations?
4. Reflect on your communication strategies- both having conversations about your own sexuality + intimacy with others, and other's communicating about their sexuality and intimacy experiences. What are these conversations like? Are they meeting everyone's needs?
5. How do you discuss sexuality and intimacy with children with whom you have a personal or professional relationship with?
6. What are steps you can take to open up dialogue around sexuality related topics?