



Episode 16: Sex Wrap Up

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. What were some of your first experiences with sexuality/ seeing yourself as a sexual being? What about your upbringing influenced how and when these experiences happened?
2. What is your perspective on dating and relationships, what are your experiences when fist dating someone?
3. What are some ways that we can relieve the social pressures that surround sexuality and dating?
4. What are your reactions when seeing people with disabilities as potential partnerships?
5. What do we need to work on as a society to help create access for all of us to have meaningful relationships?
6. I was once asked "why should someone date you?" and I honestly could not answer it. So I believe that is an important exercise, list 5 gifts that you have and 5 reasons why you deserve an intimate partnership (because you do!).