



## **Episode 15: Sex: Elevatus Training**

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 does a sexuality self-advocate mean to you? How can you help empower yourself or those around you to be stronger sexuality self-advocates?
2. What are the messages you hear about disability and sexuality? If you have a disability yourself, what are the messages you have received? Identify 3, and determine if they are fact or fiction.
3. There is an alarming higher rate of sexual abuse for people with disabilities, what are 3 strategies you can do to help the efforts of decreasing these numbers?
4. What are your own values around sexuality? How do these shape the messages you receive and share?
5. People with disabilities have the right to be sexual beings. What does this statement mean to you? Does it challenge your values? What can you do to boarded thought patterns and social norms that you were raised with?