

RESOURCES

5/ 2008

Go to your local bookstores as well as online! There are a lot of books, videos and DVDs explaining sexual issues, puberty, pregnancy and just about everything else. Look in the children and young adult sections as well as the general sections.

Something will fit your family's values, culture, language, religion and comfort level.

Don't forget to look at resources for general education..... we are more alike than unlike.

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BOOKS, MEDIA

1. Michigan Law

1. Michigan Administrative Rules for Special Education - revised

Center for Educational Networking

1-800-593-9146

www.cenmi.org (electronic copy)

2. P.A. 165/166 – Sexuality Education/HIV-AIDS-stds Education

www.michigan.gov/healthed

www.michiganlegislature.org

bechhoferl.@michigan.gov

2. Basic overviews

3. **Sexuality** – Your Sons and Daughters with Intellectual Disabilities

Schweir and Hingsburger 2000
Brookes Pub.
1-800-638-3775

This is written by a parent of a child with handicaps and a therapist. A lot of good ideas and common sense around sexuality issues. Lots of resources.

3. Developmental Sequence

4. **From Diapers to Dating** – A Parent’s Guide to Raising Sexually Healthy Children

Haffner 1999
Newmarket Press

This is a basic sexuality developmental sequence up to middle school age. Very helpful. It answers the questions “just what is normal at this age”, “what should we be concerned about” clearly.

5. **13 to 19** – A Parent’s Guide to Understanding the Teenage Years

Grant 1996
Element Press

This is a continuation of From Diapers to Dating. The age span is middle school to adulthood.

4. Family friendly explanations

6. **Teaching Children with Down Syndrome about Their Bodies, Boundaries, and Sexuality** – A

Guide for Parents and Professionals 2007
Couwenhoven
Woodbine Press

7. **What’s The Big Secret?** – Talking about Sex with Girls and Boys

Brown 1997
Little, Brown and Company

This is written for children not yet at puberty

8. **My Body Is Mine, My Feelings Are Mine**

Hoke 1995
Childsworld/Childsplay
www.guidancechannel.com

Storybook introduces the basic concepts of body safety. It includes a “Body Rules Safety Quiz” as well as an adult guidebook.

9. **My Body is Private**

Girard
Simple illustrated book that teaches about privacy, body ownership, right to refuse touches, abuse prevention

10. **Before You Were Born**

Davis 1998
Workman Pub.

A lift-the-flap sequence book that talks about the Mom and then, by lifting the flap, looks at the growing fetus. Ages 3 – 7.

11. **Let's Talk about Sex S-E-X** A Guide for Kids 9 – 12 and Their Parents
 Gitchel, Foster 2005
 Information on how to approach talking about sexuality in a way that is comfortable and positive.
 Good starting point.
12. **Asking About Sex and Growing Up** – A Question and Answer Book for Boys and Girls
 Cole 1988
 Commonly asked questions about puberty and growing up.
13. **How Babies Are Made** 1979
 Andry/Schepp
 Little, Brown Pub.
 Clear explanation of reproduction. Very clever.
14. **Where Do Babies Come From?** 1975
 Sheffield
 Knopf Pub.
 Traditional explanation. Lovely artwork.
- 15/16. **The What's Happening to My Body – girls**
The What's Happening to My Body – boys
 Madaras, Madaras 2003
 Newmarket Press
 Written to be read and discussed by parents and their young adult. Has a parent and teacher Guide included. Puberty age.
- 17/18/19. **It's Perfectly Normal** – Changing Bodies, Growing Up, Sex and Sexual Health – 10 CA
It's Not the Stork - 4 CA
It's So Amazing! A Book About Eggs, Sperm, Birth, Babies and Families - 7CA
 Harris, Emberly
 Written to be read by parents to and with their children. Award winning series.
20. **Janet's Got Her Period**
 Stanfield
www.stanfield.com
 Designed to help young women and their families prepare for menstruation. The package includes a 17 minute video, illustrates storybook, resource guide and step-by-step wall chart and 24 laminated cards. This is very expensive. Many school districts and physicians have copies of this to loan out to families.
21. **Period – A Girl's Guide to Menstruation**
 Loulan, Worthen 2001
 Designed to be read by parents and their daughter.

5. Health

22. **Pediatric Massage for the Child with Special Needs** 1992
 Drehobl, Fuhr
 Therapy Skill Builders
 1-800-228-0752 book and video
 This describes and illustrates massage techniques that have been found helpful around the issues of constipation, sleep disturbances, nurturing, etc. The video is wonderful.

23. **The GYN Exam Handbook and Video**

Stanfield

www.stanfield.com

The two video tapes depict an actual GYN procedure. Also includes 44 8x10 photographs. Many school districts and physicians have copies of this to loan out to families.

24. **My First Pelvic Exam**

www.healthedco.com

Excellent pamphlets with clear illustrations.

25. **A Guide to Testicular Examinations**

www.healthedco.com

Excellent pamphlets with clear illustrations.

6. Specific Behavior Problems

26. **Mom, I Hate you!** – Children’s Provocative Communication

Fleming, Ritts

Three Rivers Press

2003

27. **Splash Water on Your Face**

Prevent Child Abuse America

Fulfillment Center

1-800-835-2671

A list of “cooling down” tips for parents when children (any age) test their patience. Gives alternatives to lashing out physically or verbally.

28. **Helping Children With Sexual Behavior Problems:
A Guidebook for Professionals and Caregivers**

Johnson

Family Violence and Assault Institute

2004

7. Autism Specific

29. **The New Social Story Book**

Gray

Future Horizons, Inc.

2000 rev.

30. **Navigating the Social World**

McAfee

Future Horizons

Teaching social skills to persons with autism.

2002

8. Bullying, Teasing

31. **The “Are” Word** – Helping People with Intellectual Disabilities to Deal with Bullying and Teasing

Dave Hingsburger

Diverse City Press

www.diverse-city.com

2006

32. **Perfect Targets - Asperger Syndrome and Bullying**
 Heinrichs
 Austim Asperger Pub. Co. 2003
 Excellent resource section.

9. Friendships, Relationships, Dating

33. **Making Friends – The Influences of Culture and Development**
 Meyer, Park, Grenot-Scheyer, Schwartz, Harry 1998
 Brookes Pub.
34. **Unmasking Sexual Con Games – A Teen’s Guide to Avoiding Emotional Grooming and Dating Violence** 3rd ed. 2003
 McGee and Buddenberg
 Boys Town Press
35. **How To Talk with Teens about Love, Relationships, & S-E-X – A Guide for Parents**
 Miron, Miron
 Free Spirit Publishing 2002
36. **Boundaries – A Guide for Teens – How to build relationships that protect your personal space and respect your feelings**
 Peter, Dowd
 Boys Town Press 2000
37. **Signs of Sexual Behavior**
 Sexuality related vocabulary in ASL.
 T.J. Pub.
 Silver Spring, MD 20910
 301-585-4440
38. **Couples with Intellectual Disabilities Talk about Living and Loving**
 Schweir 1994
 Woodbine house
 1-800-843-7323
 Shares the words and thoughts of 15 couples who speak about their relationships. Focuses on assisting those with developmental disabilities to have meaningful relationships with peers.
39. **Enabling Romance: A Guide to Love, Sex and Relationships for the Disabled (and the People Who Love Them)** 1992
 Harmony Books
40. **Autism – Asperger’s & Sexuality: Puberty and Beyond** 2002
 Newport
 Future Horizons
 Written for adolescents and young adults with autism spectrum disorders by a couple on the spectrum.

10. Birth

41. **Silently, Lovingly Preparing for Your Child’s Birth**
 St. Joseph Mercy Hospital
 Pontiac, MI
 586-858-3000

Video describing pregnancy and childbirth through sign. Ann Heler owns a VHS copy of this.

42. **Life's Greatest Miracle**

(The Miracle of Life revised)

PBS

1-800-645-4727

www.ShopPBS.com

Reproduction from conception to birth.

11. Personal Safety, Crime, Court

43. **Dangerous Encounters** – Avoiding Perilous Situation with Autism – A Streetwise Guide for all

Emergency Responders, Retailers and Parents 2002

Davis, Schunick

Jessica Kingsley Pub.

Written for retailers and retail security. Great resource!

44. **Autism, Advocates and Law Enforcement Professionals; Recognizing and Reducing Risk Situations for People with Autism Spectrum Disorders** 2001

Debbault

Jessica Kingsley Pub.

Written for law enforcement.

45. **Crime Victims with Disabilities: What the Prosecutor Needs to Know About Autism, Cerebral Palsy, Mental Retardation & Traumatic Brain Injury** video/dvd 2006

California District Attorneys

www.cdaa.org/multimedia.htm

Experts in the fields of prosecution, law enforcement, medicine, education, and social services, present techniques for accommodating individuals, conducting interviews, and presenting cases in court. Diagnoses of autism, cerebral palsy, mental retardation and traumatic brain injury are explained. Individuals with disabilities share perspectives and experiences. A model interagency team response is profiled.

46. **Treating Adults and Juvenile Offenders with Special Needs**

Ashford, Sales, Reid

2001

American Psychological Association

12. Advocacy

47. **I Contact.** Sexuality and People with Developmental Disabilities

Hingsburger

1990

VIDA Pub. Co.

13. Siblings

48. **Special Siblings** – Growing Up with Someone with a Disability

Mary McHugh

2003

Brookes Pub. Co.

Discusses the issues around a sibling who is in some way “special”. Has chapters for both young and adult siblings. It also discusses having a sibling with mental illness. A lot of resources included.

14. Gay Issues

49. **Gay, Lesbian, Bisexual and Transgendered People with Developmental Disabilities and Mental Retardation** – Stories of the Rainbow Support Group
Allen
Specialneeds.com/books

15. Masturbation

- 50/51. **Hand Made Love** – A Guide for Teaching about Male Masturbation
Fingertips – A Guide for Teaching about Female Masturbation
Hingsburger
Diverse City Press
www.diverse-city.com
Both have a book and video. Both discuss privacy, pleasure and the realities of sharing living spaces with others. These are very graphic but very realistic and dignified. The books include a step-by-step photographic essay.

16. Psychotropic Medications

52. **Psychotropic Medications and Developmental Disabilities: The International Consensus Handbook**
Reiss, Aman 1998
Ohio State University Nisonger Center

People, Organization Support

1. **American Assoc. of Sex Educators, Counselors and Therapists (A.A.S.E.C.T.)**
POB 238
Mount Vernon, Iowa 52314
assect@worldnet.ATT.NET
A.A.S.E.C.T. certifies sex educators, counselors and therapists. (This certification is NOT required by any Michigan local school district or by Michigan law.) Send requests for educator certification information to the physical address.
2. **The Arc**
Arc Detroit 313-831-0202
Arc of Northwest Wayne County 313-532-7915
Arc of Oakland County 248-816-1900
One of the original advocacy groups for people with disabilities. Call any one of them and they can get to resources closest to you. Some Arcs offer day programming as well as advocacy services.
3. **Affirmations** – Metro Detroit Lesbian and Gay Community Center
311 W. Nine Mile
Ferndale, MI 48220
248-398-7105
Affirmations has a number of support groups including specialized programs for youth. They are also closely connected to the **Ruth Ellis Residential program** for glbt youth who have been

expelled from their homes because of their sexual orientation. They have some experience with youth who have a variety of disabilities.

4. **Laurie Bechhofer, M.P.H.**

Health Education Consultant
Michigan Department of Education
517-335-7252
bechhofer@michigan.gov

This office has the responsibility for interpreting and tracking P.A. 165/166/P.A. 451 activities across the state. They also coordinate the Michigan Model for Health curriculum and trainings. Laurie is extremely helpful.....she knows everyone in the state.

5. **Frank Caparulo**

Caparulo Associates
793 Orange Center Rd.
Orange, CT 06477
203-349-3467

Caparulo Associates specializes in “naïve offender” issues. CA offers counseling for both sexual offense victims and offenders with disabilities. They investigate and provide expert witness testimony. They train staff in the prevention of and response to actual offences.

6. **C.A.U.S.E. – Citizens Alliance to Uphold Special Education**

Detroit – Tri-County
15565 Northland Dr. Suite 506E
Southfield, MI 48075
1-800-298-4424
e-mail infodetroit@causeonline.org

Lansing – Main Office
6412 Centurion Dr. Suite 130
Lansing, MI 48917
1-800-221-9105 (toll free in MI)
e-mail: infor@causeonline.org

A statewide non-profit coalition providing **free** information, referral, support, advocacy, and workshops for parents and professionals working with children with disabilities and special needs

7. **Comprehensive School Health consultants – Michigan**

Most school districts, RESAs and ISDs have school health consultants. They oversee the training and curriculums for school health, sexuality, HIV/AIDS, Michigan Model for Health. They often have all of the current information on health related issues including obesity, diabetes, asthma, nutrition, etc. They also know which of their districts/schools are implementing sexuality and/or HIV/AIDS/std curriculums. **Laurie Bechhofer** (see entry) has the names and contact information for each local school district.

Pauline Prunell	Oakland Schools	248-858-2121
Marty Doring	Bay-Aranac ISD	989-667-3280
Patti Steele	Macomb ISD	586-758-5766
Kathy Gibson	Wayne RESA	734-334-1300
	Saginaw ISD	989-399-7462
Dr. Arlene Richardson	Detroit PS	313-866-2224
Shirley Berga	Detroit PS – Michigan Model coordinator	313-866-6330
Pam Sook	Gratiot-Isabella ISD	989-87-5101

8. **Dennis Debbault**

www.leanonus.org

The Law Enforcement Awareness Network

They provides information for first responders with information and resources that will allow them to better serve individuals within their communities affected by hidden disabilities and mental illness.

9. **The Family Support Network of Michigan** –
Michigan Dept. of Community Health
For families who have children with special **HEALTH** needs.
1-800-359-3722
They offer Parent-to-Parent Support, “Sibshop” training, Fathers Network and Grandparent resources.

10. **Barb Flis**
Health Consultant
Michigan PTSA
248-538-7786
barbflis@msn.com
Barb works with the state and Comprehensive School Health as parent representative. She is a wonderful advocate for families within education.

11. **Ann Heler, M.Ed., L.L.C.**
248-547-4692
aheler@sbcglobal.net
Sexuality Education specialist – special needs populations.
Private practice – inappropriate social-sexual behaviors.

12. **Dave Hingsburger**
daveandjoe@hotmail.com
www.diverse-city.com
<http://davehingsburger.blogspot.com/>
Dave is a therapist and advocate for people with special needs. He works out of Toronto, Canada. He has written a number of articles, books, pamphlets and produced a number of videos explaining sexuality related issues.

13. **Susan Ludwig, R.N.**
905-895-4426
sludwig@ican.net
Lots of experience with special populations. Has worked with Dave Hingsburger. Lots of activity ideas.

14. **Macomb-Oakland Regional Center**
Sexuality Services
16200 19 Mile Road
Mt. Clemens, MI 48044
586-263-8700 (Auburn Hills office)
The organization has recognized sexuality issues for quite some time. At times has offered training and classes.

15. **Michigan Protection and Advocacy Service, Inc.**
4095 Legacy Parkway
Suite 500
Lansing, MI 48911
1-800-288-5923
www.mpas.org
P&A’s mission is to advance the dignity, equality, self-determination and expressed choices of individuals. There are offices all around Michigan

16. **Kathleen McSurely**
Burger Developmental Center
30922 Beechwood
Garden City, MI 48135
734-425-5660
Kathy has a great deal of experience teaching sexuality education to students within the Autism Spectrum. She has adapted the social boundaries curriculum, Circles, to this population. She has also done a lot of work around death, grief and separation.
17. **MOUTH magazine**
Voice of the DisLabeled Nation
4201 SW 30th Street
Topeka, KS 6614-3023
www.mouthmag.com
A great magazine! Definitely not PC. Written by people with disabilities or those who passionately care about people with disabilities. Very provocative.
18. **Su Nottingham**
A12Connect@aol.com
She has a catalog of MasterKits which are teaching strategies, answer keys and materials that cover a wide range of sexuality education subject. She also does presentations.
19. **The Down Syndrome Guild of Southeast Michigan (formerly PCDS)**
POB 522
Royal Oak, MI 48068
1-248-827-9135
www.dsgsemi.org
This group has monthly meetings and a great deal of information. It is affiliated with the national organization. Good newsletter. There is also a western MI and an east side chapter.
20. **Parents and Friends of Lesbians and Gays (PFLAG)**
248-656-2875
www.pflagdetroit.org
PFLAG was created solely to support and help straight parents and friends of people who are gay, lesbian, bisexual (attractual) or transgendered. They have regularly scheduled meetings. They also can direct families, schools, etc. to other resources.
21. **Project Perform** – Providing Education and Resources to Families and Others Residing in Michigan
1-800-552-4821
www.wash.k12.mi.us/perform
Website, information folders, resources and referrals, one-on-one support, lending library
22. **THE SAFER SOCIETY RESOURCES**
The Safer Society Program and Press
Brandon, Vermont 05733
1-800-247-3132
SSP&P maintains the only computerized nationwide directory of agencies, institutions and individuals identified by SSP&P as providing specialized assessment and treatment of youthful and adult sex offenders. **Assessment and treatment referrals for victims/survivors and offenders are provided by phone (only) at no cost.**
Two national networks are maintained: (1) for professionals treating female sexual abusers and (2) for professionals treating sexual offenders identified as intellectually disabled.
SSP&P publishes 3 on going series: **The Safer Society Series**, directed primarily toward clinicians and affected persons. It includes descriptive studies of outpatient and residential treatment of juvenile and adult sex offenders and victim/survivors. The **Sex Offenders' Studies**

- (S.O.S.) – guided self-help workbooks for adult and juvenile sex offenders. The **Safer Society Program Series** – pertinent research papers and monographs.
23. **The Self-Esteem Shop**
32839 Woodward Ave.
Royal Oak, MI 48073
1-800-251-8336
www.selfesteemshop.com
Specializes in products for the “hard to find” categories; growing up with special needs, sexuality issues, self-image, in-depth explanations of various disabilities, etc. Staff is very knowledgeable about their products and resources.
24. **Sex Information and Education Council of the US (SIECUS)**
212-819-9770
www.siecus.org
This is THE premier site for sexuality education. Great resources!
25. **Sexuality Health Services Clinic**
University of Michigan Medical Center
Dept. of Obstetrics and Gynecology
Ann Arbor, MI 48109-0718
Information: Claudia Krouse Piper 734-763-4963
Lisa Engle, ACSW 734-763-6579
Dept. of Social Work
734-647-5675 for appointments
The clinic handles all issues around health and sexuality for people with special needs. They do both medical examinations and counseling/education. (Dr. Tom Elkins originally created this model in Tennessee.)
26. **Dr. Dick Sobsey**
University of Alberta
Author of Violence and Abuse in the Lives of People with Disabilities. This is now out of print.
Author with Gray Disability, Sexuality, and Abuse: An Annotated Bibliography
Authority on violence and abuse and people with disabilities.
SEE also University of Wyoming – Wyoming Developmental Disabilities Institute
resourceguide@uwyo.edu.
27. **Rosemary Spatafora**
Safety Bear, Inc. – Personal Safety Programs for Children and KidWISE Program for Parents
248-544-4504
Prevention and awareness of child abuse. She presents directly to students. She also works with staff to continue the program after her in-school presentations.
28. **TASH** (formerly The Association for Persons with Severe Handicaps)
410-828-8274
www.tash.org
It is TASH’s mission to eliminate physical and social obstacles that prevent equity, diversity and quality of life for children and adults with disabilities. TASH supports inclusion and full participation in all aspects of their communities as individually determined. Great annual conference.

29. **Dr. Bernie Travnikar**
 Travnikar Innovation Resources
 248-421-1138
bernardtravnikar@aol.com
 His firm is an advocate for people within the Autism Spectrum. He works with families, group homes, school districts, courts....anyone.
30. **Victims of Crime with Disabilities Resource Guide**
 c/o Wyoming Institute for Disabilities
 E-mail: resourceguide@uwyo.edu
 A comprehensive database of products and services, the Resources Database includes materials exclusively focused on crimes against people with disabilities. Users are able to locate books, videos, kits and other training and technical assistance resources as well as information about services such as hot lines, accessible shelters, training programs and resource centers.
31. **Dr. Susan L. Young**
 Director
 Program for Exceptional Families
 21031 Michigan Ave.
 Dearborn, MI 48126
 313-791-4335
 Strongly recommended by parents.
32. **Young Adult Institute**
 New York
 1-212-563-7474
www.yai.org
 They specialize in working with people of any special need. They have done almost everything with everyone. Great resource and yearly conference.

ARTICLES

1. **A Review of Sexuality Education Curricula: Meeting the Sexuality Education Needs of Individuals with Moderate and Severe Intellectual Disabilities**
 Blanchett, Wolfe
 Review & Practice for Persons with Severe Disabilities
 2002, Vol. 27, No. 1, 43-57.
2. **A Meta-Analysis of Video Modeling and Video Self-Modeling Interventions for Children and Adolescents with Autism Spectrum Disorders**
 Bellini, Akullian
 Exceptional Children, Vol. 73, No. 3, Spring 2007
3. **Using Videotape to Communicate with Parents of Students with Severe Disabilities**
 Alberto, Mechling, Taber, Thompson
 Teaching Exceptional Children, Vol. 27, No. 3, Spring, 1995

TEACHING MATERIALS

1. **Model of a Rubber Penis**
Purchase at any sex toy store

2. **Female Pelvis Skeleton with Sex Organs**
3 parts #L31
Directional Learning, Canada, Limited
Elora, Ontario
519-846-5397

3. **Anatomically Correct Dolls** \$14.00 ea
Discount School Supply
www.discountschoolsupply.com
14 inches tall. Available in African-American, Latin-American and Caucasian-American skin tones. These are infant dolls and appropriate for a play area in pre school, early elementary.

4. **Anatomically Correct Dolls** \$99.95 ea
Self Esteem Shop
www.selfesteemshop.com.
Dolls are all ages; baby, child, adult, elder. Available in African-American, Caucasian and Hispanic skin tones. These are the dolls that are commonly used when in assessing and expressing abuse.

5. **Easy Access Clothing**
1-800-775-5536
www.EasyAccessClothing.com
Adaptive clothing options. Clothing costs MAY be covered by insurance companies if your physician writes a prescription.!!!!

Mainstream

93. **Characterization of Developmental Disability in Children's Fiction**
Dyches, Prater
Education and Training in Developmental Disabilities
Vol. 40, No. 3, Sept. 2005

94. **Books That Portray Characters with Disabilities – A Top 25 List for Children and Young Adults**
Prater, Dyches
TEACHING Exceptional Children, Mar/Apr, 2008 pgs. 32 - 38

95. **Send In The Idiots – Stories from the Other Side of Autism**
Kamran Nazeer
Bloomsbury 2006

96. **The Curious Incident of the Dog in the Night-time**
Mark Haddon
Vintage 2003

97. **Riding the Bus with my Sister**
Rachel Simon
Plume 2003

98. **Fighting for Darla The Case Study of a Pregnant Adolescent with Autism**
Brantlinger, Klein, Guskin
Teachers College Press 1994
99. **Through the Same Door** – Inclusion Includes College
DVD 25 Minutes 2005
Rossen
www.danceofpartnership.com
contact: ruaw@aol.com
100. **Born on a Blue Day: A Memoir**
Tammet
Free Press 2006
Asperger's, synesthesia (numbers as shapes, colors, motions), savant syndrome diagnosis.
101. **Being The Other One** – Growing Up with a Brother or Sister Who Has Special Needs
Kate Strohm
102. **Living My Own Life** - Adults with Disabilities
25 min. dvd 2000
Wayne State University
Developmental Disabilities Institute
4809 Woodward Ave.
Detroit, MI 48202
313-577-2654