

## Other Important Issues for Allies to Know

We need the community, parents and staff to let go of the idea that people with disabilities are not sexual; do not want to be in a relationship.

It is important for us to get information from other people — other than support staff.

Make sure people can go to Planned Parenthood. They have good information about being in a relationship.

There is a fine line between getting support when needed and people taking over for you.

## Our Rights Our Future

Privacy • Respect • Speaking UP • Courage  
Self Confidence • Free To Be Me Gay Or Straight  
Flirting, Dating and Dancing • Education  
Staying Safe • Marriage • Equal Partnership

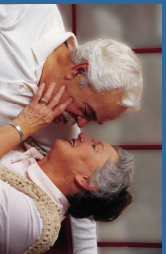
## Sexual Self-Advocacy

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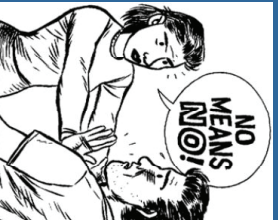
# What Sexual Self-Advocacy Means



- ▶ Feeling good about yourself
- ▶ Feeling comfortable meeting people, flirting and asking somebody to dance
- ▶ Being free about your sexuality

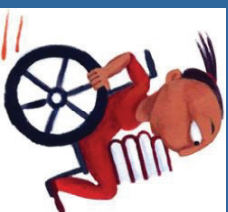


- ▶ Feeling free to speak to your partner and tell them what you want and don't want in a relationship
- ▶ Knowing your rights and responsibilities

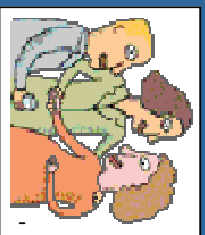


- ▶ Not letting people use you in a relationship, take advantage of you
- ▶ Knowing how to deal with someone pressuring you to do something sexually you don't want to do
- ▶ Dealing with stalkers and harassment

- ▶ Getting detailed information about sex that everyone can understand
- ▶ Knowing about birth control and safe sex
- ▶ Learn new things and decide what is right and safe for you



- ▶ Telling your parents about your relationship when they don't agree
- ▶ Dealing with your partner's parents' objections to the relationship
- ▶ Dealing with parents when they try to hitch you up with other people
- ▶ Privacy is important-so speak up for it



- ▶ Getting married
- ▶ Breaking up with people by letting them down easy
- ▶ Learning from your mistakes



**Sexual Self-Advocacy is Harder than Self-Advocacy**