



Proud Aspy Mom Newsletter | August 2021

Better Late Than Never!



Let's talk about the taboo subject of sex



So no one wants to talk about it- BUT it is a fact of life. Yes – the uncomfortable topic of sex AND when you introduce it to your teenagers. I will be the first to admit that I have put the topic off for some time, however nature is taking it's course and my daughter with ASD looks completely different then she did just one year ago. The reality is if I am truly preparing her for life-I have to prepare her for all aspects of life and my husband too!

When you talk with persons on the spectrum-often you get caught into a world of idioms or explaining abstract concepts. But as difficult as it is to discuss this topic- it is not something we can afford to ignore.

Let me provide some context. A dear friend of ours was watching our daughter. Our daughter calculated how old our friend was and how old her child was. She quickly realized that the body will allow you to have a “human being” sooner than most people would like us to. Of course I had no explanation for this other than the truth. That sent me on the search for how do I have a meaningful conversation with my daughter about sex.

So-I turned to our trusted life coach and occupational therapist for their thoughts. Both indicated that this was something very personal and to be clear. In essence building trust is key to how our children interpret the nuances of intimacy. I still have not addressed this matter to date- but I am working my way up to it. In the interim -here are some resources that may help ease the taboo topic.



Sexuality Education for Youth on the Autism Spectrum

Helping kids in the spectrum make good social choices when it comes to growing up and understanding reproductive anatomy.

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Sex-Ed For Self-Advocates

Written as a guide for individuals 15 and older who are on the autism spectrum.

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Sex-Ed Tool Kit

introduction to Sex Education for Autistic Teens and Adults

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Life is like ice-cream

This period of life is quite interesting. I remember it well with my older daughter. It is a time of reflection and realizing that we did not create minions but rather individual spirits who seek to soar.

Our children may be nothing like us or completely like us and either way it can be frustrating. But one thing is for sure - the



teenage years through young adult years are a crucial time of exploration.

So I'm describing this to my daughter and trying to be clear about why it's always so important to me for her to flourish independently. She says and I quote "mom life is like ice cream...I know it's going to melt so I plan to enjoy every bit of it." Well that was enlightening. She went on to tell me why it was important for her to figure out what she wanted to do and NOT what WE her parents wanted her to do.

I started thinking about college again and wondering if it is her path. The truth is I don't know. As I continue to explore and research pathways-both vocational and educational I realize that our daughter will have many many choices. Time to begin the process of letting go.

I read the thought process behind the concept of "exposure" and was in awe. Because I can't say it any better-it is summarized below.

"The purpose of exposing students with intellectual disabilities to PSE is to provide them, for perhaps the first time in their lives, the expectation that they CAN learn after leaving high school and the opportunity to CHOOSE to learn. Due to the nature and structure of high school, students with ID are seldom provided the chance to choose what they want to learn about, nor are they given guidance about how to access knowledge as adults. Choosing to learn about something is a process takes some skills."

- *Think College INSIGHT*

Think College

Dedicated to inclusive education for students with intellectual disability

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Who we are at 10, 15, 20 and 50 are ever-changing. Persons with Intellectual disabilities are no different. We have to give them room to blossom.

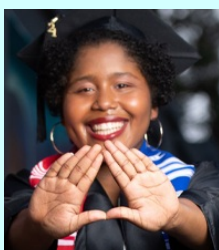


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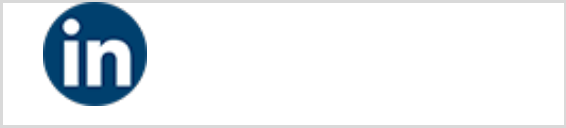
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