

Dating and Sexual Health Resources for Youth with Disabilities

- Mike's Crush
 - An 8-lesson curriculum/video program which teaches youth with autism and special needs how to establish healthy and safe relationships
 - <https://dibbleinstitute.org/product/mikes-crush/>
- Healthy Bodies Toolkit
 - Guides created by the Vanderbilt Kennedy Center to help parents support children with disabilities through puberty
 - Available in Spanish
 - <https://vkc.vumc.org/healthybodies/>
- Charting the Course
 - A Family Toolkit to Help Youth with Autism Navigate Sexuality and Relationships
 - Can be found at the Organization for Autism Research website under "Parent Online Resources": <https://researchautism.org/self-advocates/sex-ed-for-self-advocates/sex-ed-additional-resources/#1637010876823-3a11598d-ff70>
 - Additional resources also available at this site, including for LGBTQ+ youth
- Elevatus: A training center dedicated to providing sexual health education curricula, workshops, and training materials to educators of youth with developmental disabilities
 - <https://www.elevatustraining.com/>
- For further professional training: <https://www.sexedlectures.org/certificate-program/>

Additional Reading:

- Disability Scoop newsletter
 - <https://www.disabilityscoop.com>
- Disability, Intimacy, and Sexual Health: A Social Work Perspective (Book)
 - Dr. Rueda and colleagues' book on social workers' experiences serving individuals with disabilities across the lifespan. Includes discussion of policy, practice considerations, and resources across age groups.
 - To purchase: [Click here](#)

Disability Dating Websites:

- Dating4Disabled
 - <https://www.dating4disabled.com/>
- Disabled Passions
 - <https://disabledpassions.com/>