Sexual Health Risks

- A lot of women with IDD are sexually abused. Many do not get help for the abuse.

- More young women with IDD do not have safe sex than people without IDD. Unsafe sex means things like not using a condom. Young women with IDD are more likely to have a baby when they are not ready.

- Women with IDD do not see a doctor for checkups about having safe sex and keeping their body parts healthy as much as they should. For example, tests for diseases or breast exams (mammograms).

Why do Hoosier Women with IDD Need Sexual Health Education?

- There is not a lot of sexual health information made for women with IDD.

- Students with IDD do not get a lot of sex education in school or from their parents. In Indiana, sexual health classes only cover basic information. Schools do not make every student take a sexual health class.

- Women with IDD need to learn about healthy relationships: 1) how to stand up for yourself, 2) understand consent (giving permission), and 3) understand emotions and close relationships. This will help women with IDD build knowledge and good habits.
“... I’d say the school had some, you know, just like the period type starting things. But as far as actual sex, they didn’t really teach it.”

**Recommendations**

- Women with IDD should get sexual health education. The information should be easy to understand.

- Classes about sexual health should help people who learn in different ways. Some people learn best with pictures, or reading, or watching videos, or doing activities.

- Women with IDD should help create the classes and help teach the classes.

- Sexual health classes should teach about many topics. It is important to learn about good, healthy relationships. It is important to learn about consent (giving permission) and how to speak up for yourself.