



LET'S TALK DISABILITY & SEX

A Connection Day
to Discuss Sexuality and Young
People with Disabilities

April 28, 2021
9:00 a.m. – 2:30 p.m. EDT

CONFERENCE BOOK

Bloorview
RESEARCH INSTITUTE

Canada's Only Hospital-Based
Childhood Disability Research Institute

Holland Bloorview
Kids Rehabilitation Hospital

About Holland Bloorview Kids Rehabilitation Hospital

Holland Bloorview Kids Rehabilitation Hospital creates a world of possibility by supporting children and youth living with disability, medical complexity, illness and injury. Holland Bloorview is a top 40 Canadian research hospital that is fully affiliated with the University of Toronto and serves over 8,000 families annually.

Providing both inpatient and outpatient services, Holland Bloorview is renowned for its expertise in partnering with clients and families to provide exceptional care and is the only organization to ever achieve 100 per cent in two successive quality surveys by Accreditation Canada.

Holland Bloorview is a founding member of Kids Health Alliance, a network of partners working to create a high quality, consistent and coordinated approach to pediatric health care that is centred around children, youth and their families.

For more information or to donate, please visit hollandbloorview.ca or connect on Twitter, Facebook, Instagram, LinkedIn and parent-blog BLOOM.

Bloorview Research Institute

Unlocking the potential of the Bloorview Research Institute (2018 - 2023)

Holland Bloorview Kids Rehabilitation Hospital (Holland Bloorview)'s scientists are world-renowned leaders in childhood disability research. Through a bold campaign to grow the Bloorview Research Institute (BRI), we will continue to make transformational discoveries that will have a global impact in the lives of children and families across the world.

The growth includes expanding the infrastructure and research capacity of Holland Bloorview's research institute, bringing new and state-of-the-art equipment including Canada's first, fully-accessible, customizable, immersive, child-friendly research MRI, and catalyzing researchers from across the world. It marks the largest research expansion in the hospital's history.



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Welcome from the CEO of Holland Bloorview Kids Rehabilitation Hospital



Dear attendees,

Welcome to the Let's Talk Disability and Sex Connection Day.

In pediatric services, the topic of sexuality is not widely discussed. That's why I am so proud that Dr. Amy McPherson and her research team at Holland Bloorview is leading this conversation on youth with disabilities and their sexuality.

As you will see from the conference agenda, we have brought together many stakeholders— from parents and caregivers, health-care professionals, researchers and young adults – to explore what sexuality looks like from each of these perspectives and how we can better support all of the people involved in discussions about sexuality and disability.

We have an exciting lineup of speakers who will discuss their research and lived experience on what we know about sexuality and childhood disability, as well as how we can help move the conversation forward.

During the event, the following important questions will be asked, such as what are the research gaps? What is the greatest need for resources?

I am especially looking forward to an art exhibit that will be live streamed to conference-goers at the event and on display at the hospital's music therapy room (1E-195) between April 26 and May 6.

This physical and digital art exhibition, titled *illuminating*, will illustrate how young adults living with disabilities have navigated their sexuality journey in healthcare settings. It will showcase in a visual way how we can work together to reduce stigma surrounding sexuality for youth with disabilities in our health-care system.

I wish everyone a wonderful and inspiring day of learning and enlightenment at this important event.

Julia Hanigsberg
President and CEO

A message from the lead organizer



Welcome everyone!

Thank you for attending this Connection Day event, where we will talk about a topic that many people find difficult to discuss: sexuality. We know that sexuality can be a sensitive topic when providing healthcare to children and youth with disabilities. I want us to join together today to start creating solutions wherever possible. However, I also want to acknowledge that this topic is complex and not easy.

Today is just the start of a conversation that I hope we can continue to work on together.

The World Health Organization describes sexuality as a core part of human nature and a human right. Sexuality includes how people view themselves and others, feel about their body, think about diversity, understand consent, and develop healthy relationships (including friendships). It will look different for different people. People may also talk about it differently.

When discussing these topics, it is important to respect each other's self-identities and to learn from one another. Our goal for today is to create a welcoming space where authentic conversations around sexuality and children and young people with disabilities can flourish.

Today's event is part of a broader program of work in my ProFILE research lab at Holland Bloorview, which stands for Promoting a Future of Inclusive Healthy Lifestyles for Everyone. The lab aims to support children and young people with disabilities live their healthiest life - whatever health means to them. This includes emotional health, mental health, and physical health. Sexuality can be related to any or all of those areas.

I look forward to learning from and with you today. Let's talk disability and sex.

Amy McPherson, PhD
Senior Scientist, Bloorview Research Institute
Associate Professor, Dalla Lana School of Public Health
& Rehabilitation Sciences Institute, University of Toronto

Including the youth voice



Welcome everyone, especially the young adults taking part in the Connection Day.

My name is Keisha Goberdhan and I am a Youth Facilitator at Holland Bloorview. I identify as a young adult living with a physical disability and use my lived experience and clinical reasoning to engage youth and their families and caregivers in conversations around transitions to adult healthcare and what a meaningful transition looks like for them.

As part of this, I believe that making space to hold discussions around sexuality is very important. All youth deserve information and support to get the knowledge and skills to promote healthy relationships and self-image.

I have been part of the amazing team that has been planning the Connection Day. Throughout the process, I have ensured that the youth voice is clearly heard and that we are creating a safe space for our discussions.

One way we have included the youth perspective is through the art exhibit titled *illuminating*. I want to thank all the young people who have taken the time to create and share their art pieces, which will give us insights into how young people with disabilities are already navigating sexuality within healthcare settings. The goal is for all of us- healthcare providers, researchers, parents, caregivers and young adults- to reflect upon how we can work together to continue having conversations around sexuality and disabilities long after our time at the Connection Day has come to a close.

My best hope is that young adults attending the event today will find the discussions and art exhibition accessible, interactive, and meaningful.

I wish each of you an insightful and inspiring time at the Connection Day!

Keisha Goberdhan

Keisha Goberdhan
Youth Facilitator, Neuromotor Clinic
Holland Bloorview Kids Rehabilitation Hospital

Welcome!

We are so glad you can join us today for *Let's Talk Disability and Sex: A Connection Day to Discuss Sexuality and Young People with Disabilities*. Our aim is to bring together researchers, healthcare professionals, young adults with disabilities, and parents of children with disabilities to help us understand sexuality and disability better. To do this, we will share what research has told us and also listen to people who have lived experiences in this area.

The goals of this day are to:

- Identify where more research needs to be done
- Decide where we have enough information to create resources
- Identify key audiences and messages for those resources

Language is important ...

We recognize that language evolves over time.

During the day, many different terms will be brought up when discussing sexuality and disability. When talking about these topics, please use the terms you feel most comfortable with (while considering whether they will be hurtful to others). Please always listen for and respect a person's self-identified terminology. We have included a glossary of terms at the end of this conference booklet to define some of the terms that you may hear during the day. However, we understand that people may have their own definitions.



We use the term 'sexuality' to describe a central aspect of being human throughout life that encompasses sex, gender identities and roles, sexual orientation, eroticism, pleasure, intimacy and reproduction (World Health Organization definition, 2006).

People-and identity-first language...

People-first language avoids defining a person in terms of their disability e.g., "a person with a disability," or "a person living with a disability,". Identity-first language mentions the disability first e.g., "autistic individual" or "disabled person". Speakers can use whichever they feel most comfortable with.



How do we define children and young adults?

Throughout the day, when we refer to 'young adults' we mean those who are 18-25 years of age. When we refer to 'children' or 'young people' this includes those who are 24 years of age or younger. When we say 'parents' we refer to all caregivers.

Schedule of the Day

April 28, 2021 9:00 a.m. – 2:30 p.m. EDT Online via Zoom

9:00–9:15 a.m. **Welcoming Remarks**
Julia Hanigsberg, Keisha Goberdhan & Amy McPherson

9:15–10:00 a.m. **Talk Theme 1:**
Early intimate relationships
Speaker: Dr. Loree Erickson (15 min)
Speaker: Gabriella Carafa (15 min)
Q&A (15 min)

10:00–10:45 a.m. **Talk Theme 2:**
Meaningful sexual lives and sexual rights
Speaker: Dr. Shaniff Esmail (15 min)
Speaker: Rainbow Hunt (15 min)
Q&A (15 min)

10:45–11:30 a.m. **Talk Theme 3:**
Multiple and converging identities
Speaker: Alan Santinele Martino (15 min)
Speaker: Mari “Dev” Ramsawakh (15 min)
Q&A (15 min)

11:30 a.m.–12:30 p.m. **LUNCH and Art Exhibition**

12:00–12:15 p.m. **Information Sharing:**
Sharing findings from our recent research

12:15–12:145 p.m. **Panel Discussion**

12:45–1:30 p.m. **Small Group Discussion:**
What resonated with you the most throughout the morning?
What are the key research gaps?
Where are the greatest needs for resources?

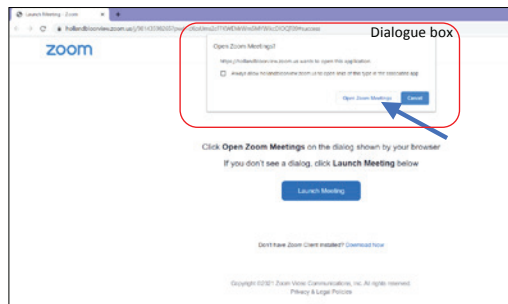
1:30–2:15 p.m. **Bringing It All Together:**
Prioritization & Vote!

2:15–2:30 p.m. **Closing Remarks**

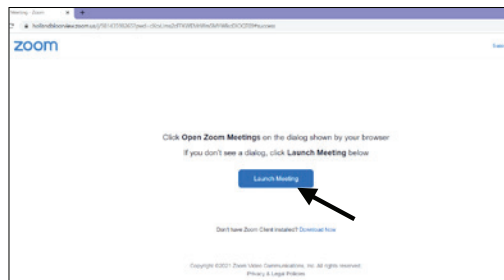


Guide to Zoom

- 1 To access Zoom on event day, please use the link that was provided to you via email when you completed your Eventbrite registration
- 2 Once you have clicked the link, a dialogue box should appear as shown below, click "Open Zoom Meetings" to launch Zoom from your internet browser



If you do not see a dialogue box, click "Launch Meeting" as shown below:

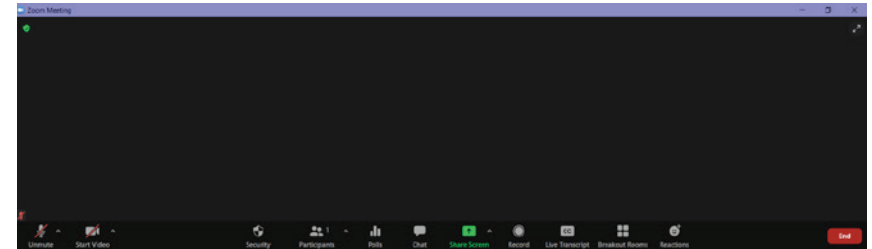


If you are experiencing difficulties logging in using the Zoom link on event day, you may also dial in via **1-647-374-4685**, with the **Meeting ID: 981 4359 8265**.

If you are still experiencing difficulties and would like help from the event day team, please email Celeste at clumia@hollandbloorview.ca.

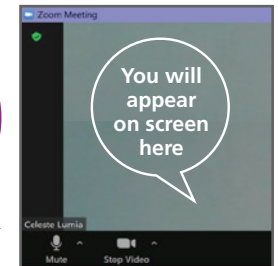
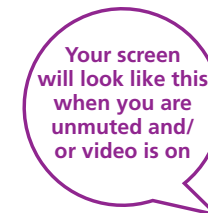
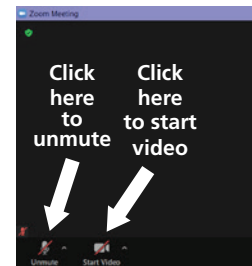
Zoom Functions

Once you log in on event day, your Zoom screen will look like the screen below, your audio and video will be muted, and multiple Zoom functions will be visible at the bottom of your screen:

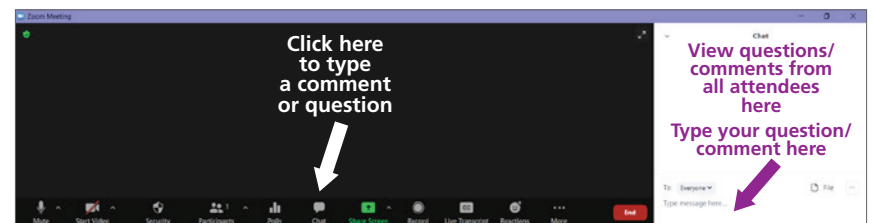


We ask that you please keep your microphone on mute while speakers are presenting. You may choose to keep your video on or off throughout the day.

To unmute your microphone during the discussion portions of the day or to ask a question, click the microphone symbol at the bottom left of your screen. Similarly, to start your video, click the video symbol at the bottom left of your screen:



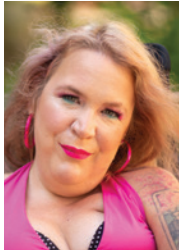
If you would like to ask a question or make a comment while the speakers are presenting, you can type a question/comment by clicking the "Chat" symbol at the bottom of your screen:



Speakers

(in order of presentation)

Dr. Loree Erickson, she/her



Dr. Loree Erickson's activist, research and teaching interests include disability justice, prison abolition, porn studies, cultures of un/desirability, queercrip porn, media and marginalized communities' strategies for surviving and flourishing including but not limited to care collectives. She is an internationally award-winning queercrip porn performer and maker, and a community organizer. In addition to other community organizing, she is a forerunner in theorizing and thriving through care collectives having met her care needs through her community for 20 years. She's a white settler queer femmegimp wheelchair user, cat lady, lover of sun, social justice and sparkly things.

Gabriella Carafa, she/her



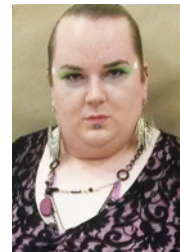
Gabriella Carafa has a physical disability and is a registered social worker. Previously Gabriella worked as a paediatric social worker specializing in supporting clients and families transition successfully to adult services as well as meet their goals. Gabriella regularly talks with young people and their parents about sexuality and is a frequent guest at parent groups to speak about the topic. Gabriella is dedicated to supporting individuals to advocate for themselves and their loved ones to enhance their quality of life. She is committed to eliminating barriers and ultimately stigma for parents with disabilities in order to access services and supports they need.

Dr. Shaniff Esmail, he/him



Dr. Esmail is a Professor and Associate Chair in the Department of Occupational Therapy, at the University of Alberta. Dr. Esmail is also an Occupational Therapist with clinical and research interest focusing primarily on sexuality and disability. Dr. Esmail has extensive research and clinical experience in sexuality and disability and sexual health education programs. He developed the Post Graduate Certificate in Sexual Health at the University of Alberta and co-produced the nationally televised documentary SexAbility, which looks at sexuality and disability. Dr. Esmail currently serves as Vice President for both Alberta Society for the Promotion of Sexual Health and Alberta Council of Professionals for Sexual Health. Dr. Esmail teaches a variety of courses in the Department of Occupational Therapy as well as a variety of human sexuality courses at the University of Alberta, in the faculties of Rehabilitation Medicine, Medicine, and Human Ecology.

Rainbow Hunt, she/her



Rainbow Hunt is a transgender woman, born and raised in Scarborough, who is labelled with an intellectual disability. A community activist and artist, Rainbow is the Project Director and founder of Rainbow's Pride In Scarborough (RPIS), an organization that works closely with LGBTQ+ youth with disabilities from diverse communities across Scarborough. The annual RPIS event includes activities, information on service and employment opportunities and support for youth who feel isolated. Rainbow has also worked as a mentor and peer educator for EMPOWER: Youth, HIV/AIDS and the Arts, a joint initiative with the Queen West Community Health Centre and the Gendering Adolescent AIDS Prevention (GAAP) project. The EMPOWER program trains diverse youth to do arts-based HIV/AIDS educational workshops for youth in their own community.

Dr. Alan Santinele Martino, he/him



Dr. Alan Martino is an Instructor in the Women's and Gender Studies Department at Carleton University. He received his Ph.D. in Sociology at McMaster University. His main research interests include gender, sexualities, disability, as well as their intersections. He is a community-based, qualitative research methods researcher, often using participatory and inclusive approaches. His dissertation looked at the romantic and sexual experiences of 46 adults with intellectual disabilities in Ontario, Canada. His work has been published in journals, including *Disability Studies Quarterly*, *Canadian Disability Studies Journal*, and *Forum: Qualitative Social Research*, and edited volumes focused on disability and/or sexualities studies. He is currently the co-lead for the Sociology of Disability Research Cluster at the Canadian Sociological Association, as well as the co-lead for the emerging Virtual Disability and Intimate Citizenship Research Hub.

Mari "Dev" Ramsawakh, they/them



Mari "Dev" Ramsawakh is a disabled, non-binary and multidisciplinary artist and storyteller. Their work focuses on their many intersecting identities and social justice. They have written news articles, essays, and opinion pieces for CBC, HuffPost Canada, Insider, Bitch Media, and other publications. They have produced the podcasts *Sick Sad World* and *Cripresentation* and have acted as editor for *Possibilities Podcast* and *Leaders in Colour Podcast*. They've published short fiction in the 2014 *Hart House Review* and in the Toronto 2033 anthology published by *Spacing Magazine*. They also facilitate workshops on ableism and anti-oppression, write poetry and occasionally model.

Talk Overviews

Please refer to hollandbloorview.ca/connection-day for complete transcriptions of each talk.

Theme 1: Early Intimate Relationships



Speaker 1: Dr. Loree Erickson

Working with lived experience, activist cultural production, and academic research, this talk introduces some of the ways that dominant ideologies surrounding sex/uality and disability result in numerous barriers and structural practices that undermine and determine the collective worth and well-being of disabled communities. Dr. Loree Erickson uses the concept "Cultures of un/desirability" to do this work. This concept attempts to interrogate normative limitations surrounding dominant ideas of sex and sexiness as well as the complex interlocking sociopolitical matrix operating in how we determine who is valued, understood as desirable and granted the status of personhood. Dr. Loree Erickson will be highlighting a few of the key interrelated aspects and impact of cultures of undesirability particularly on disabled youth in the early years. Dr. Loree Erickson will also introduce queercrip porn as a strategy that works to transform cultures of undesirability. We need interventions that open opportunities to build, live and flaunt otherwise, pushing against the harm, erasure, and exclusion of cultures of un/desirability.



Speaker 2: Gabriella Carafa

As a person with lived experience of disability and a registered social worker, Gabriella knows how important it is to have conversations about sexuality and relationships. In this talk about early intimate relationships, Gabriella will reflect on how her lived experience has shaped the way she facilitates conversations, provides education and supports young people and their caregivers to increase their comfort level on the topic of sexuality and relationships. Gabriella will reflect upon how early social experiences can help with navigating intimate relationships, communication and expressing sexual needs.

Our Process

The exhibition was created through an organic artistic collaboration and conversation between many voices. Artist creations in this exhibition were developed by young adults living with disabilities in the Toronto community. The artistic materials that the youth artists used to make their creations consisted of photography and narratives. The artists generously created and loaned their art to us. Given the global pandemic of Covid-19, they used an entirely digital process. We are grateful to them for creating their artistic works during these turbulent times.

Drs. Amy McPherson and Fiona Moola led the writing for the grant and exhibition, Madison Giles and Stephanie Posa worked closely with the young artists and coordinated the logistics. Joseph Cannizzaro, exhibition designer and visual artist, created the exhibition. All of these individuals were supported by an Art Working Group, which included Keisha Goberdhan, Christine Providenza and Dr. Patricia McKeever.

On Meaning

Artistic meaning is a complex process. Understanding the meaning of a piece of artwork is heavily influenced by the artist's intent, the materials they use, the viewer's interpretation, and the social and cultural lens that we use to look at the world.¹ The artists have included a narrative of what the art means to them. However, we also acknowledge that the original intent and meaning of the work for the artist could be lost through the representation process that we have used. We also acknowledge that there can be multiple interpretations and these are all shaped by who we are, the social positions we belong to (race, gender, sexuality), and what we choose to see and not see. We are aware that the images shown could provoke shock or anxiety, and that some of them might be for adult audiences only. We have tried to be ethical, reflective, and cautious, and purposefully avoided the voyeurism and tokenism that has so often hurt the disabled community in the past.

What did the pieces mean to you? How did they differ from the artists meaning?

Leave Us Your Thoughts

We hope you enjoyed your exhibition experience in the *illuminating* space! We encourage you to reflect on the exhibition and the hidden narrative of sexuality for youth with disabilities. Please email profile@hollandbloorview.ca to let us know the impact of the exhibition on you. If you have a question about the exhibition design process and materials, please email: joseph@studiocannizzaro.com

Thank you! We wish to express our deep gratitude to the many people who supported our exhibition in the context of Covid-19. We are grateful to all of the young adults for sharing their beautiful artistic creations with us. We are thankful to the Bloorview Research Institute's Dr. Tom Chau, Mani Kang, and Nadia Tanel for their endless support. We are grateful for the guidance and support of Holland Bloorview's Infection Prevention and Control team and the Pandemic Steering Committee.

Glossary

This glossary provides words that you may hear at the Connection Day or when talking about disability and sexuality. We have taken our definitions from reliable resources, but it is important to always listen for and respect a person's self-identified terminology. Please be mindful that a variety of terms are used by individuals to identify themselves, not all of which are included in this glossary.

Ableism | A set of beliefs or practices that devalue and discriminate against people with disabilities.²

Able-bodied | Someone who does not identify as having a disability. The term "non-disabled" or the phrase "does not have a disability" or "is not living with a disability" are more neutral choices.³

Ally | Someone who is supportive of groups who experience oppression, such as the 'LGBTQ2S+ community, where the term would encompass straight and cisgender allies, as well as those within the LGBTQ2S+ community who support each other. Allyship should reflect an ongoing, sustained relationship with marginalized communities. Good allies walk alongside or behind marginalized communities, but never in front.^{4,5}

Asexual | The lack of a sexual attraction or desire for other people.⁴

Bisexual | An emotional, romantic or sexual attraction to more than one sex, gender or gender identity, although not necessarily simultaneously, in the same way or to the same degree.⁴

Cisgender | A term used to describe a person whose gender identity aligns with the sex assigned to them at birth.⁴

Cisnormative | A worldview or ideology which promotes being cisgender as the 'normal' or preferred gendered state, above being trans.⁴

Disability | A wide range of abilities and challenges that can impact physical and/or intellectual development, function, and the performance of activities of everyday living.⁶

Gay | An emotional, romantic or sexual attraction to members of the same gender. Men, women and non-binary people may use this term to describe themselves.⁴

Gender | How individuals perceive themselves and what they call themselves, this can be the same or different from their sex. Sometimes it can be referred to as 'gender identity'.⁴

¹Rose, G. 2016. *Visual Methodologies: An Introduction to Researching with Visual Materials*. 4 ed. Sage: London

²Center for Disability Rights. Integration Independence, Civil Rights. #Ableism.

<https://www.cdmys.org/blog/uncategorized/ableism/>

³National Center on Disability and Journalism. *Disability Language Style Guide*. <https://ncdj.org/style-guide/>

⁴The Human Rights Campaign. *Glossary of Terms*. <https://www.hrc.org/resources/glossary-of-terms>

⁵Inclusion, Diversity, Equity and Accessibility Task Force. Holland Bloorview Kids Rehabilitation Hospital.

⁶Centers for Disease Control and Prevention. *Disability and Health Overview*.

<https://www.cdc.gov/ncbddd/disabilityandhealth/disability.html>

Gender binary | An assumption that there are only two genders ('man' and 'woman'), which are polar opposites.⁴

Gender expression | External appearance of one's gender identity, usually expressed through behaviour, clothing, body characteristics or voice, and which may or may not conform to socially defined behaviors and characteristics typically associated with being either masculine or feminine.⁴

Gender-fluid | A person who does not identify with a gender or has a fluid or unfixed gender identity.⁴

Gender identity | One's innermost concept of self as a man, woman, a blend of both or neither – how individuals perceive themselves and what they call themselves. One's gender identity can be the same or different from their sex assigned at birth.⁴

Gender non-conforming | A broad term referring to people who do not behave in a way that conforms to the cultural expectations of their gender, or whose gender expression does not fit neatly into a category. While many also identify as transgender, not all gender non-conforming people do.⁴

Heteronormative | A worldview or ideology that promotes being heterosexual (and cisgender) as the 'normal' or preferred sexual orientation above others.⁴

Heterosexual | Used to describe people whose enduring physical, romantic, and/ or emotional attraction is to people of the opposite sex. Also referred to as *straight*.⁷

Intellectual and developmental disabilities | Disorders usually present at birth that affect the trajectory of the individual's physical, intellectual, and/or emotional development. Many of these conditions affect multiple body parts or systems.⁸

Intersectionality | The unique experiences that result from multiple and competing identities colliding, such as sexuality and disability or sexuality and race.⁹

Intersex | When a person's anatomy does not fit into medical sexed understandings of either 'male' or 'female'. Just like anyone else, an intersex person can have any gender or sexual orientation.¹⁰

Invisible disability | A physical, mental or neurological condition that is not visible from the outside, yet can limit or challenge a person's movements, senses, or activities.¹¹

Lesbian | A woman who is emotionally, romantically or sexually attracted to other women. Women and non-binary people may use this term to describe themselves.⁴

LGBTQ2S+ | An umbrella term to refer to the diverse and fluid sexual orientations and gender identities that people hold [...]. LGBTQ2S+ social identities and social locations can also overlap (for example, some people identify as both trans and queer), and are dynamic and changing [...]. There is no singular or homogenous LGBTQ2S+ community, but a variety of communities, as well as LGBTQ2S+ individuals who may not consider themselves part of any common "out" group.⁷

Non-binary | A person who does not identify exclusively as a man or a woman. Non-binary people may identify as being both a man and a woman, somewhere in between, or as falling outside these categories. While many also identify as transgender, not all non-binary people do. Non-binary can also be used as an umbrella term encompassing many different identities.⁴

Pansexual | Someone who has the potential for emotional, romantic or sexual attraction to people of any gender though not necessarily simultaneously, in the same way or to the same degree.⁴

Physical disability | An acquired or congenital physical and/or motor impairment such as cerebral palsy, spina bifida, muscular dystrophy, and amputations. The disability may interfere with the development or function of the bones, muscles, joints and central nervous system.¹²

Queer | A term people often use to express a spectrum of identities and orientations that are counter to the mainstream. Queer is often used as a catch-all to include many people who do not identify as exclusively heterosexual/straight. This term was previously used as a slur but has been reclaimed by many parts of the LGBTQ2S+ movement.⁴

Questioning | A term used to describe people who are in the process of exploring their sexual orientation and/or gender identity.⁴

Sex | A medical term that is used to classify an individual as female or male or intersex. Sometimes it can be referred to as simply 'physical sex', 'anatomical sex', or 'sex assigned at birth'.⁴

Sexual orientation | An enduring emotional, romantic or sexual attraction to other people. Note: an individual's sexual orientation is independent of their gender identity.⁴

Transgender or Trans | An umbrella term for people whose gender identity and/or expression is different from cultural expectations based on the sex they were assigned at birth. Being transgender does not imply any specific sexual orientation. Therefore, transgender people may identify as straight, gay, lesbian, bisexual, etc.⁴

Two-spirit | A person who identifies as having both a masculine and a feminine spirit and is used by some Indigenous people to describe their sexual, gender and/or spiritual identity. As an umbrella term it may encompass same-sex attraction and a wide variety of gender variance.⁷

⁷Re: Searching for LGBTQ2S+ Health. *Community: What community means to us*. <http://lgbtqhealth.ca/community/>

⁸National Institutes of Health. *Intellectual and Developmental Disabilities (IDDs): Condition Information*.

<https://www.nichd.nih.gov/health/topics/idds/conditioninfo/default>

⁹Weldon, L. Intersectionality. 2008. In G. Goertz and A. Mazur. *Politics, Gender and Concepts. Theory and Methodology*. Cambridge University Press.

¹⁰Slater, J., Jones, C. *Around the Toilet*. (2018, May). *A research project report about what makes a safe and accessible toilet space*. <https://aroundthetoilet.wordpress.com/around-the-toilet-report/>

¹¹Invisible Disabilities Association. *Invisible Disability*. <https://invisibledisabilities.org/what-is-an-invisible-disability/>

¹²Newfoundland and Labrador. *Education*. <https://www.gov.nl.ca/education/k12/student-support-services/physical/>

Resources

If you find any of the topics discussed during the event distressing or would like more support to talk about these topics further, please refer to the following resources and numbers:

To get immediate support, contact:

Gerstein Crisis Centre

Phone: 416-929-5200

Trans Life Line

For trans and gender non-conforming individuals

Phone: 1-877-330-6366

For more information and resources:

The 519

519 Church St, Toronto, ON M4Y 2C9

<https://www.the519.org/>

The 519 is committed to the health, happiness and full participation of the LGBTQ2S communities. The 519 provides a range of programs and services, including counselling services and queer parenting resources to coming out groups, trans programming, and senior's support.

Talking about Sexuality in Canadian Communities (TSCC)

<https://tascc.ca/>

Committed to supporting and promoting healthy sexuality throughout the lifespan. Provides practical tools and strategies for parents, service providers, and youth with disabilities.

Scarleteen

<https://scarleteen.com>

Inclusive sexuality and relationships information for teens and emerging adults with and without disabilities.

Undressing disability

<https://undressing.enhancetheuk.org/>

A hub for information, education, resources and networking within the world of disability and sexuality.

Split Banana

<https://splitbanana.co.uk/sex-ed-guide-for-young-people-with-disabilities?rq=disability>

Supports disabled young people (14 years and up) in finding the knowledge and guidance they need to navigate the world of sex and relationships.

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