

Sexuality and Disability: Reducing the Stigma, Improving Access, and Increasing Equity

Program Description

Individuals with disabilities are rarely included in meaningful discussions regarding sexuality, sexual health, or sexual rights. From a lack of accessible sexual health education in schools to disparities in reproductive healthcare, stigma and implicit bias prevent providers, clinicians, and healthcare professionals from fully understanding the sexual health needs of disabled Americans. This presentation will discuss how individuals with disabilities have historically had their sexual and reproductive rights denied, how current stigmas and biases impact their access to appropriate education and healthcare, and how providers can begin to address their own biases around the topic of sexuality for disabled individuals.

Learning Objectives

Upon completion of this workshop, participants should be able to:

1. Describe how individuals with disabilities have historically been denied their sexual and reproductive rights.
2. Explain how implicit bias and ableism impact the sexual health and well-being of disabled individuals.
3. Identify strategies to increase equity for individuals with disabilities who desire or require sexual health education and resources.

Target Audience

This program is for providers across the spectrum of healthcare (physicians, nurses, social workers, mental health counselors, etc.) who work directly or indirectly with individuals with disabilities.

Contact Hours

2.0 contact hours

Program Agenda

9 AM to 9:30 AM	Defining disability and sexuality
9:30AM to 10:00AM	History of sexual and reproductive rights of disabled Americans
10:00AM to 10:15AM	Break
10:15AM to 10:45AM	Identifying implicit bias and ableism
10:45AM to 11:15AM	Creating accessible and equitable sexual health programs
11:15 AM to 11:30 AM	Q&A
11:30 AM	Adjourn

Faculty

Nellie Galindo, MSW, MSPH is the Founder and CEO of Accessible Sexual Health LLC, providing education, resources, and consultation to advance access to comprehensive sexual health education for people with disabilities. She has been teaching comprehensive sex education since 2007 and has been involved in the disability rights

movement since 2014. Nellie identifies as an individual with a mental health disorder and is deeply committed to reducing stigmas surrounding mental health, sexuality, and the reproductive and sexual rights of disabled people. She received her master's degrees from the University of North Carolina at Chapel Hill.