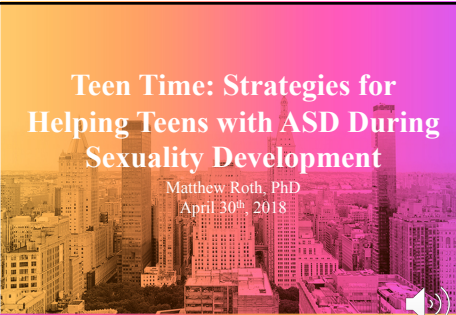


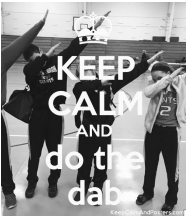

 **Teen Time: Strategies for Helping Teens with ASD During Sexuality Development**
Matthew Roth, PhD
April 30th, 2018

 **Today**

- Define sexuality
- Review what we know about sexuality development and Autism Spectrum Disorder
- Explore unanswered questions
- Introduce sexuality education





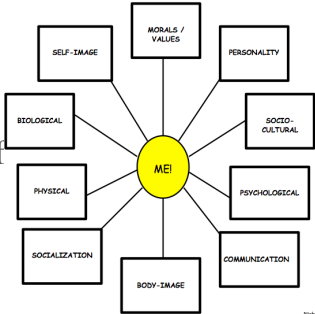
 **What Comes to Mind...**

When you see this word:


Sexuality




 **The Dimensions of Human Sexuality**




Richard, 2007




 **Sexuality Defined**

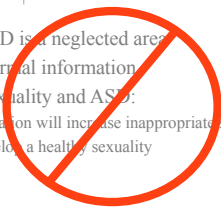

“The sexual knowledge, beliefs, attitudes, values, and behaviors of individuals. Its various dimensions involve the anatomy, physiology, and biochemistry of the sexual response system; identity, orientation, roles, and personality; and thoughts, feelings, and relationships. Sexuality is influenced by ethical, spiritual, cultural, and moral concerns.”

The Sexuality Information and Education Council of the United States (SIECUS), 2004



 **Lack of Research**

- Sexuality in ASD is a neglected area
- Relying on informal information
- Myths about sexuality and ASD:
 - Sexuality education will increase inappropriate sexual behavior
 - Unable to develop a healthy sexuality



The List

Knowledge of Sexuality, Sexual attitudes,
Sexual interests, Sexual behavior,
Public vs. private behavior, Experience,
Body Changes, Hygiene, Self-image,
Friendships, Bullying, Dating, Stalking,
Gender Identity, Sexual Orientation,
Abuse, Sexual Obsessions, Boundaries



Body Changes

- Adolescents with ASD mature physically according to developmental timelines
- Society expects teens to take care of body, teens with ASD may not get this
- ASD teens had adequate knowledge but poor practice
- Cognitive barriers to hygiene
- Sensory issues can lead to poor hygiene



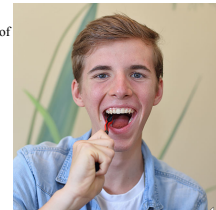
Videos



Task Analysis

Brushing Teeth

- Pick up the toothbrush
- Wet the brush
- Take the cap off the tube
- Put paste on the brush
- Brush the outside of the bottom row of teeth
- Brush the outside of the top row of teeth
- Brush the biting surface of the top row of teeth
- Brush the biting surface of the bottom row of teeth
- Brush the inside surface of the bottom row of teeth
- Brush the inside surface of the top row of teeth
- Spit
- Fill cup with water
- Rinse teeth with water
- Spit
- Rinse the brush
- Replace the brush in the holder
- Wipe mouth
- Screw cap back on tube



Routines

Evening	How Many Minutes?	Time
Start Doing Hygiene		9:05
Trim nails	5 minutes	9:05
Comb hair	5 minutes	9:10
Brush teeth	5 minutes	9:15
Floss teeth	5 minutes	9:20
Shave face	10 minutes	9:25
Wash face	5 minutes	9:35
Watch T.V.	10 minutes	9:40
Read	10 minutes	9:50
Go to bed		10:00PM




Sexual Behaviors


- Few privacy behaviors?
- Inappropriate touching of self and others/disrobing
- Problems with self pleasure
- Improperly labeled as "sexual deviant"



Milestones PSYCHOLOGY | Public Versus Private



KITCHEN
Private Place Public Place




DOCTOR'S EXAMINATION ROOM
Private Place Public Place

Milestones PSYCHOLOGY | Boundaries



- Internal and External Boundaries

Rigid



Loose

Milestones PSYCHOLOGY | Personal Space

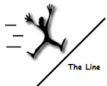
Milestones PSYCHOLOGY | Line Crossing

What is suspected...

- Perspective taking deficits
- Sexual frustration/desires
- Tendency to exhibit private sexual behavior in public
- Intense interests in other individuals, and sexual preoccupations (RRBs)


HOWEVER...

- Social isolation
- Difficulty deceiving others, and
- Rule governance, law abidance



Milestones PSYCHOLOGY | Stalking

- Touching someone inappropriately
- Making inappropriate comments
- Monitoring one's activity
- Following others
- Pursuing them in a threatening manner
- Making threats against others and themselves.
- Pursued a potential partner longer even when there was no response or negative response from the potential partner

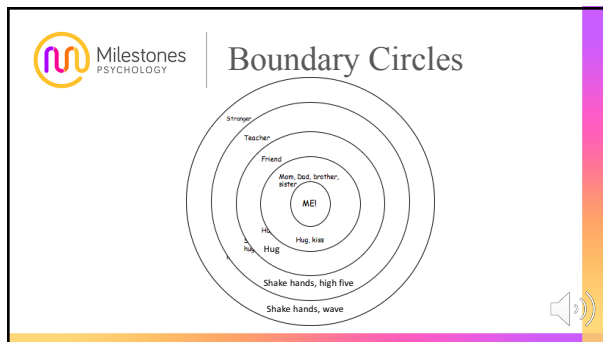


Milestones PSYCHOLOGY | Touching

It's generally okay to touch somebody's arm.
TRUE FALSE

It's generally okay to touch somebody's head or face.
TRUE FALSE





Milestones PSYCHOLOGY

A 5 Is Against the Law!

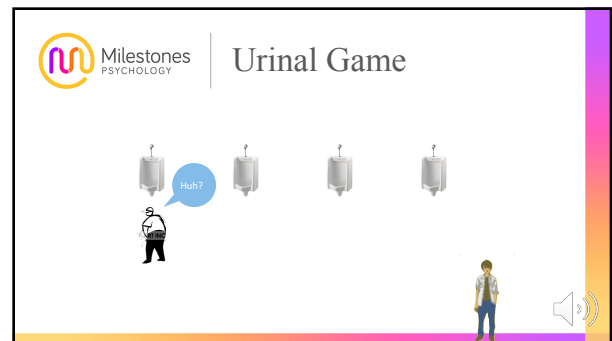
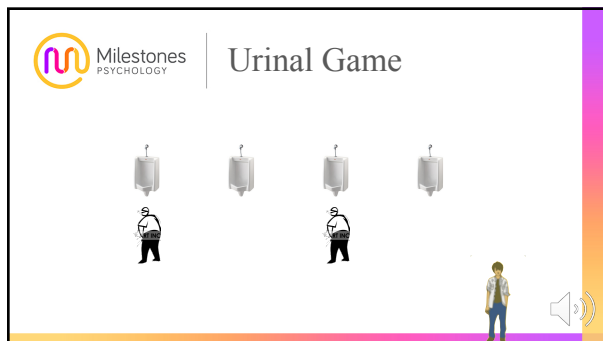
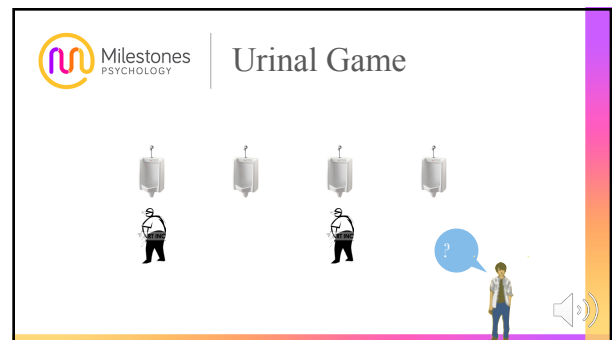
Social Boundaries: Straight Up!
An honest guide for teens and young adults

Karl Duen Bunnell

2008 ASL LITERARY BOOK OF THE YEAR

Activity: Here is an example of how Robert's uncle might look. This is a good thing to discuss with your parents or teacher, or in a youth social skills group.

1. Against this law: Making comments about a girl's body. They will make the girl uncomfortable and make you feel bad if it is to be.
2. Making comments about a girl's body. They will make the girl uncomfortable and make you feel bad if it is to be.
3. Making comments about a girl's body. They will make the girl uncomfortable and make you feel bad if it is to be.
4. Making comments about a girl's body. They will make the girl uncomfortable and make you feel bad if it is to be.
5. Making comments about a girl's body. They will make the girl uncomfortable and make you feel bad if it is to be.





Victimization

- Limited amount of studies but indicate at least as likely to more likely in ASD population.
- Communication limitations
- Potential signs of victimization
 - Increased aggression
 - Increased self-injury
 - Social withdrawal
 - Over activity
 - Sleep disturbances
 - Appetite disturbances
 - Increased repetitive behavior
 - Decreased self-care



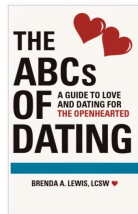
Why Do We Think So?

- Interpreting social cues
- Pragmatics problems (i.e., deception)
- Unquestioning compliance
- Reliance of others
- Social isolation
- Lack of information



Dating

- High interest in dating
- Less sources of information
- Less knowledge of dating
- Lower relationship history
- Less intimate experiences



Sexuality Education

- Teens with ASD have the potential to live healthy sexual lives, express their sexuality, make autonomous sexual decisions, form own attitudes, and develop healthy relationships
- All persons have a right to sexuality education and opportunities for healthy sexual expression
- Sexuality education can promote adult health by
 - Providing information about sexuality
 - Providing an opportunity to question, explore and examine their sexual attitudes
 - Helping to develop relationships and interpersonal skills
 - Help foster responsibility and develop safety skills



If I Had My Way...

- | | | |
|--|--|--|
| <ul style="list-style-type: none"> • Body changes during puberty • Hygiene • Boundaries, personal rights of self and others, personal space • Defining public versus private places, behaviors, and conversations • Masturbation • Attraction, knowing | <p>when you feel attracted to someone, signs someone may be attracted to you</p> <ul style="list-style-type: none"> • Approaching and talking to someone you are interested in • Knowing when you are ready to date • Basic dating • Safety (abuse prevention, bullying) • Behaviors that may | <p>"cross the line" and make others uncomfortable or feel threatened unintentionally and legal issues related to those</p> <ul style="list-style-type: none"> • *Aware of ASD diagnosis |
|--|--|--|



Questions?

