

Sexual Health

Definition

"Sexual health is a state of physical, mental and social well-being in relation to sexuality. It requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence." (WHO, 2014).

Rationale

Experiencing a disability (intellectual, physical, or developmental) does not, by itself, validate any loss of rights related to sexuality and sexual health.

- All people, regardless of the experience of a disability, have inherent sexual rights and basic human needs.
- All people have the right to exercise choices regarding friendships, sexual expression, and responsible sexual behavior.
- All people have the right to plain language information that allows informed decisions around issues of sexuality and health.
- All people have the rights to protection from sexual harassment and other forms of abuse (physical, sexual, emotional).
- All people have a responsibility to consider the values, rights, and feelings of others related to sexuality.

Rationale content informed by the policy statement on sexuality made by Arc, Congress of Delegates and American Association on Intellectual and Developmental Disabilities Board of Directors (2004) written to protect the rights of people experiencing intellectual and related developmental disabilities.

Vision

Alaskans with disabilities have access to screening services, resources for informed decision-making, and increased awareness related to sexual health.

Access

ACTION STEPS

- 7.1.1 The AHDP, in partnership with the Disability Law Center, Northwest ADA Center, and Independent Living Network, will distribute information and promote the use of resources on **communication and information accessibility** of sexual health related services such as those providing counseling, testing, referral, and treatment for HIV/STI and/or pregnancy prevention.
- 7.1.2 The AHDP, in partnership with the Disability Law Center, Northwest ADA Center, and Independent Living Network, will distribute information and promote the use of resources on **built environment accessibility** of sexual health related services such as those providing counseling, testing, referral, and treatment for HIV/STI and/or pregnancy prevention.
- 7.1.3 The AHDP, in partnership with the Disability Law Center, Northwest ADA Center, and Independent Living Network, will distribute information and promote the use of resources on **staff training, policies, and accommodations on accessibility** of sexual health related services such as those providing counseling, testing, referral, and treatment for HIV/STI and/or pregnancy prevention.

Data/Surveillance

ACTION STEPS

- 7.2.1 The AHDP will utilize data to identify and prioritize sexual health screening disparities among Alaskans with disabilities and disseminate information in an annual report to stakeholders.

Education/Awareness

ACTION STEPS

- 7.3.1 The Division of Public Health Sections of Women's, Children's, and Family Health (DPH WCFH) and Chronic Disease Prevention and Health Promotion will develop media campaigns and resources on sexual

health topics that are accessible and inclusive of people with disabilities through the use of diverse images of people with disabilities, person-first language, varied literacy levels, and alternate formats.

7.3.2 The DPH WCFH will partner with Access Alaska and the Independent Living Network to recruit adolescents with disabilities to serve on the Youth Alliance for a Healthier Alaska advisory board.

7.3.3 The UAA CHD will develop and disseminate an on-line tool kit for health care providers on health promotion and prevention topics including sexual health for people with intellectual/developmental disabilities.

7.3.4 The AHDP, in partnership with the UAA CHD, will support training and technical assistance on universal design principles for accessible testing, treatment, and education programs through conference presentations and on-line training module.

Collaboration

ACTION STEPS

7.4.1 The UAA CHD will promote and support the Friendships & Dating program by conducting annual train-the-trainer workshops. The Friendships & Dating Program teaches adults and teens/young adults (16+) with intellectual and related developmental disabilities how to make and keep healthy relationships and prevent violence in their relationships by advocating for increased awareness about the sexual health needs of adults with intellectual/developmental disabilities.