

Bodily Autonomy & Wellness Among People with Disabilities in Indiana

Results from the 2021 Indiana Disability Justice's Community Strengths, Needs, and Desires Assessment

Experiences During ADOLESCENCE

Body Exploration

84% of respondents were not encouraged to explore their body, sexuality, and boundaries, including at least 65% of respondents in each age group.



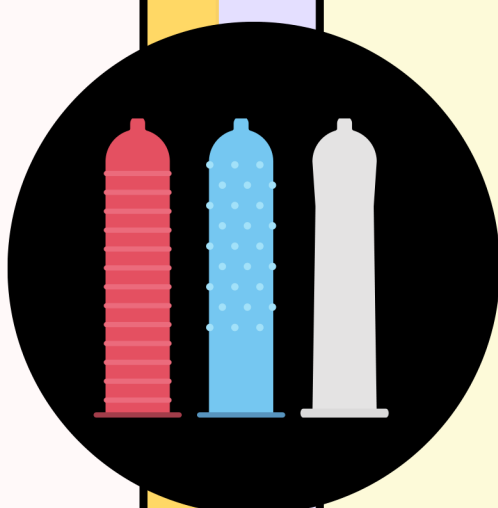
Puberty Education

37% of all participants were not taught about puberty, including 30% of women and 60% of men. 36% of all participants were also not taught about periods - no men recalled being taught about periods.



Safer Sex Education

56% of respondents were not taught how to prevent pregnancy, including 76% of those aged 46-65. Only 39% of respondents called being taught how to prevent STI transmission.



Experiences During ADULTHOOD

Body Function

65% of respondents reported usually receiving accurate information about how their body works. 17% of men reported a fear of retaliation for seeking this information.

Hygiene Information

73% of participants reported usually receiving accurate information about how to take care of their body. 67% reported had experienced being given inaccurate information about their body.

Safer Sex Education

27% of respondents reported rarely receiving accurate information about practicing safe sex, including 66% of those aged 56-65.

Transparency and Important Notes About This Survey

This survey is not peer-reviewed research and is not representative of people with disabilities in Indiana, but it is statistically significant. Data regarding gender is weighted but data regarding age is not.

This survey received 41 responses by participants living in 17 counties (including 9 out of 10 INSILC districts). Among those who disclosed their demographic data, participants included:

- 22 women, 6 men, and 2 non-binary people
- People aged from ranges 18-25 up to 76-85
- 26 White people, 2 Native Americans, 1 Black person, 1 Latinx person, 1 Asian or Pacific Islander person, and 1 multiracial person
- 23 straight people, 7 LGB/SGL people, 1 asexual person, and 1 questioning person
- People raised in mainline and evangelical Christianity, Catholicism, Judaism, and atheism

Participants included people with cognitive and developmental disabilities (9), chronic illnesses (13), physical disabilities (12), sensory disabilities (9) [including Blind and/or Deaf participants], psychiatric disabilities and neurodivergence (21).



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