**Bodily Autonomy & Wellness Among People with Disabilities in Indiana**

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

**TEXT ONLY VERSION**

**Experiences During Adolescence**

* Body Exploration
  + 84% of respondent were not encouraged to explore their body, sexuality, and boundaries, including at least 65% of respondents in each age group.
* Puberty Education
  + 1/3rd of all participants were not taught about puberty, including 30% of women and 60% of men.
  + 1/3rd 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 2/3rd of those aged 46 – 55.
  + Less than 40% were taught how to prevent STI transmission.

**Experiences During Adulthood**

* Body Function
  + 65% if respondents reported usually receiving accurate information about how their body works, but 17% of men also reported a fear of retaliation for seeking this information.
* Hygiene Information
  + Almost 3/4th of participants reported usually receiving accurate information about how to take care of their body, but 2/3rd also reported having the experience of being given inaccurate information about their body.
* Safer Sex Education
  + Over 1/4th of respondents reported rarely receiving accurate information about practicing safe sex, including 2/3rd 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This survey is not peer-reviewed research and is not representative of people with disabilities in Indiana, but it is statistically significant.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 participant], psychiatric disabilities and neurodivergence (21).