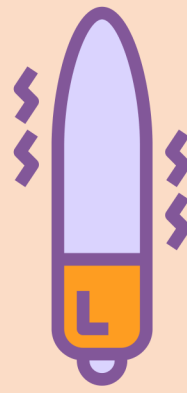


Adolescent Sexual Autonomy & Wellness Among People with Disabilities in Indiana

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

MASTURBATION



Only 10% of respondents felt able to ask questions about masturbation, and all of those who felt able to ask questions about masturbation were aged 35 and under.

KINK INCLUSIVE SEX EDUCATION



92% of respondents were not taught about kinks or fetishes during their adolescent sex education. Among those who did receive this education, all respondents were aged between 26 to 35.

PREPARATION FOR INTIMATE RELATIONSHIPS



70% of respondents reported not receiving sex education that prepared them for intimate relationships.



Only 16% of men and 33% of women received education about family planning and fertility.



COMMUNICATING DESIRES

65% of all respondents, including 73% of women and 50% of men indicated they were not taught how to let others know what they did and did not want in a relationship.



PRACTICING COMMUNICATING BOUNDARIES

83% of men and 75% of women reported that adults did not help them practice communicating about their desires and boundaries during adolescence.

SEXUAL DECISION MAKING



Only 17% of women and 33% of men (20% overall) reported that adults helped them practice making decisions about sexual activity. At least 50% of respondents in every age group reported that adults did not help them make decisions about sex.



LEARNING OTHERS DESIRES

Only 30% of respondents (including 50% of men and 18% of women) were taught how to find out what other people did or did not want in a relationship.



RESPECTING OTHERS BOUNDARIES

About 60% of respondents (83% of men and 52% of women) reported being taught how to respect others' boundaries.

51% of respondents reported adults helping them practice listening to and respecting others' desires and boundaries.



AFFIRMING INTIMATE RELATIONSHIPS

40% of respondents experienced at least one intimate relationship during adolescence that "felt really good."

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This survey is not peer-reviewed research and is not representative of people with disabilities in Indiana, but it is statistically significant.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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