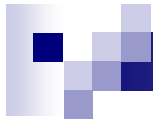




Mingling Disability and/or Aging with Dating, Romance, Relationships, and Sexuality

A Sexy Spring V Skillshare





Agenda

- **Overview (10 Minutes)**
- **Safer Space Overview (5 Minutes)**
- **Group Activity (70 Minutes)**
 - **Introductions (15 Minutes)**
 - **Skillshare Discussion (55 Minutes)**
- **Wrap-up (5 Minutes)**



Facilitator

Mr. Lance H. Hegland

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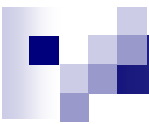


Lance

- Rural-Born/Raised Urban-Transplanted Straight Caucasian Male Experiencing Juvenile or Intermediate Spinal Muscular Atrophy
- Experience and Knowledge Limited to Those Circumstances
- Recognize, Accept, and Remain Aware of My Experiential and Knowledge Limitations
- Realize What Works for Me, You, or Others, Might Not Necessarily Work for Someone Else

Why Are We Here?






To realize our sexual freedom, our goal must be to infuse the dominant sexual culture with the richness of our own experience. We must celebrate our differences from those without disabilities [and/or aging]. We must see our differences in appearance and function, which are the [effects of disability and/or aging], also contain the seeds of our sexual liberation.

Barbara Faye Waxman

"It's Time to Politicized Our Sexual Oppression," The Disability Rag, March/April 1991
Introduction Page 1 "The Ultimate Guide to Sex and Disability: For All of Us Who Live with Disabilities, Chronic Pain, and Illness". Kaufman, Miriam; Silverberg, Cory; and Odette, Fran. Cleis Press, 2nd edition (2007 Nov 28).



**... and in order to do that,
we must accept and love
ourselves**

**then begin to spread that
acceptance and love
throughout our communities**

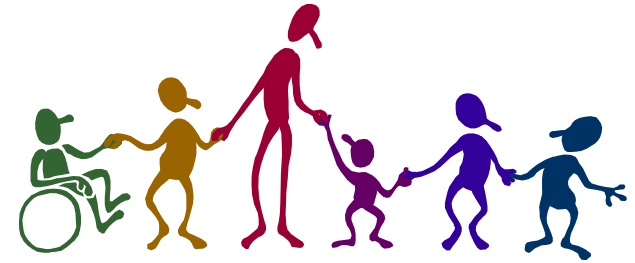
-- leading by example...



Workshop Overview — What

a very informal and general open discussion among participants of dating, romance, relationship, and sexuality in light of disability and/or aging

Overview — Who



- Individuals Experiencing Various Effects of Disability and/or Aging

- Past, Present, Future

- Lovers
- Dates
- Partners



- Family
- Friends
- Colleagues
- Professionals

- General Public (Individuals Who Do Not Experience, or Have Little Familiarity with, the Effects of Disability and/or Aging)

Overview — How

Share Your...

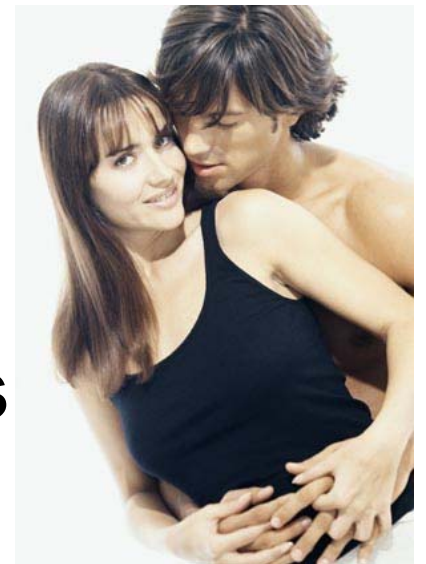
- **Curiosities**
- **Questions**
- **Concerns**
- **Challenges**
- **Experiences**
- **Knowledge**
- **Solutions**



Overview — Topics

May Include, But Are Not Limited To...

- **Myths**
- **Stereotypes**
- **Prejudices**
- **Effects**
- **Challenges**
- **Resources**
- **Solutions**
- **Strategies**
- **Techniques**
- **Assistive Technology**





Overview — Guidelines

- **Acknowledge others' individuality and self-expression.**
- **Respect others' individuality and self-expression.**
- **Share differences in individuality.**
- **Express differences in individuality in respectful manner.**
- **Be positive when offering feedback and suggestions.**

Individuality



- Experiences

- Values

- Goals

- Preferences

- Needs

- Beliefs

- Opinions

- Views

- Sentiments

- Thoughts

- Choices



Individuality Influences

- **Genetics**
- **Gender**
- **Race**
- **Color**
- **Sexual Orientation**
- **National Origin**
- **Age**
- **Body Type**
- **Environment**
- **Ability**
- **Talent**
- **Knowledge**
- **Skill**
- **Religion**
- **Political Beliefs**
- **Familial Status**
- **Parental Status**
- **Marital Status**
- **Education**
- **Vocation**
- **Income**
- **Class**
- **Community**
- **Etc.**



Overview — Guidelines

- **Be encouraging with comments.**
- **Focus on describing strengths to continue and opportunities for improvement.**
- **Try to put yourself in the “shoes” of the other people in the discussion.**
- **Be gracious when receiving feedback and suggestions.**



Vibes Watchers

- **Introductions**

- **Role Description**

- **“Head” Vibe Watcher**



Safer Space Guidelines

1. Respect your own physical, mental and emotional boundaries.
 - a) Stay attuned to your own needs
 - b) Feel free leave workshops at any time, for any reason
 - c) If something doesn't feel right to you, please speak up. You may not be the only one who feels that way.
 - d) If you don't want to talk or answer a question, say so
 - e) Don't wait for someone to "get the hint." Try to vocalize what you need.
 - f) Be assertive if possible. Speak to the person you have a concern with and be direct
 - g) If you need help negotiating a situation, find a Vibes Watcher to assist you.



Safer Space Guidelines

2. Respect others' physical, mental and emotional boundaries.
 - a) **Always ask for explicit verbal consent before engaging or touching someone.** Never assume consent, especially if drug/alcohol use is involved. Highly intoxicated people are always considered non-consenting.
 - b) **Don't assume the race, sexuality, gender, history with violence etc. of others.** Instead, ask if someone is open to engaging in dialogue about identity. Don't take it personally if someone doesn't want to answer a question. Try asking a Vibes Watcher instead.
 - c) **Respect the confidentiality of others.** You are welcome to share what you learned at Sexy Spring, but not names or identifying details of other conference participants



Safer Space Guidelines

3. Sexy Spring is a cooperative learning environment
 - a) We are all here to learn, and we all have something to offer
 - b) Clarifying questions are encouraged
 - c) Respect diverse opinions, beliefs, and points of view. Share ideas rather than judgments. Use 'I' statements as much as possible to state your reactions or your experiences.
 - d) There is no such thing as totally Safe Space. In attending Sexy Spring you are taking a risk in order to learn. You may find yourself outside your comfort zone.
 - e) Assume positive intent
 - f) Everyone (including you) will make unintentional mistakes
 - g) Be aware of the effects your behavior has on others and accept responsibility for it.
 - h) Expect to be confronted by others if you make a mistake



Volunteer Request

- **Board Writer**

- **Note Taker**



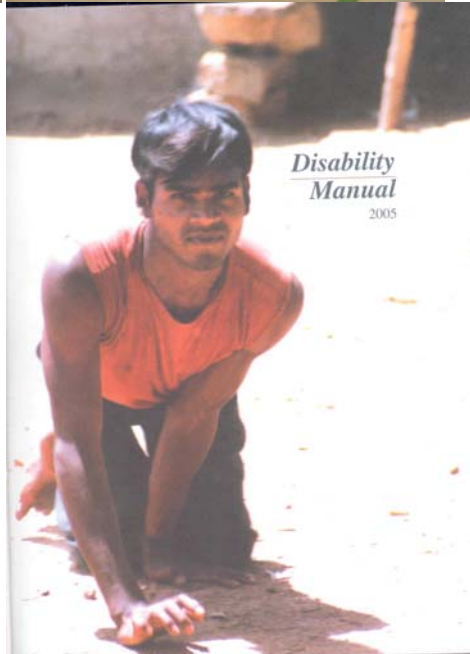
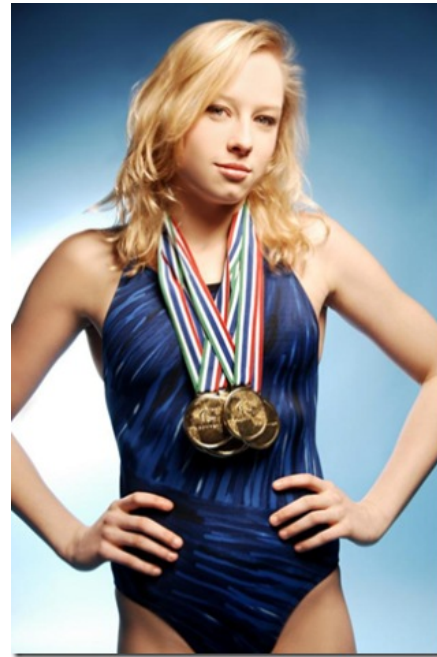
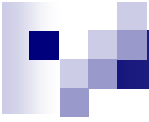
Participant Introductions

- **First Name**
- **Preferred Gender Pronoun**
(e.g. he, she, they, zie)
- **Workshop Expectations, Topic Interests, Questions, Curiosities, Knowledge Areas**

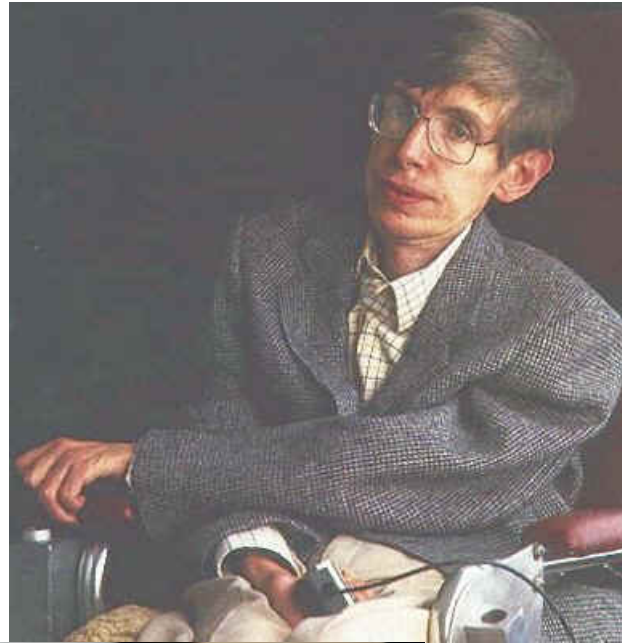
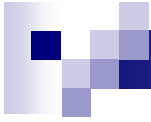


Let the Discussion Begin















Wrap-up

- **Expectations Met?**
- **More Information Desired
or Needed?**



Next Steps

- **Ongoing Monthly Skillshares?**
- **Occasional Seminars?**
- **Book Club?**



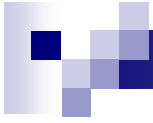
Additional Resources

- **Web:**

<http://www.precisainc.com/events/sexyspringv/>

- **E-mail:** lhhegland@precisainc.com

- **Voice:** 612.378.7028



THANK
YOU