

Sexual Resources

This is a list of some resources to explore sex and disability. We do not take any responsibility for the content on any of these websites, nor do we take any responsibility for any actions you undertake as a result of your own research on this topic or any damage or negative consequences which may occur because of actions you may take.

Films

- The sessions with Helen Hunt - A man in an iron lung/polio who wishes to lose his virginity contacts a professional sex surrogate with the help of his therapist and priest.
- Rust and bone - we haven't seen this, but this is about Alain who leaves Belgium for Antibes to live with his sister and her husband as a family. Alain's bond with Stephanie, a killer whale trainer, grows deeper after Stephanie suffers a horrible accident.
- Margarita with a Straw (Netflix) coming of age story about a young woman with CP exploring her sexuality and gaining independence (unfortunately it's a non-disabled actress though!).

Documentaries/TV shows

Channel 4, though they like to use sensational titles, have quite a lot of documentaries on sex and on sex and disability.

- The Sex Education show – Available on Channel 4OD
- Undateables - Available on Channel 4OD: showing the journey of different individual with physical and learning disabilities as they try and find a relationship.
- 40 Year Old Virgins - Available on Channel 4OD: This is not about disability, but can be helpful watching to those who have not had much sexual experience. It shows the journey of a man and a women who have not had sex before because of negative experiences. They travel to the US to visit a sex surrogate to help them get over their fear of sex and help them explore their sexual selves.
- Virgin School - Available on Channel 4OD: this explores the journey of a shy man who found it difficult to date and have sex with girls. He visits a sex surrogate school in the Netherlands where he embarks on a journey of self-discovery.
- Desperate Virgins - Available on Channel 4OD

- Scarlet road: this is about an Australian sex worker who works with disabled clients.

Books

(available from places like Amazon and some parts you can read for free through Amazon Look Inside or by searching for the book on Google books):

- 'Sex and Disability a Guide to Everyday Practice' by Morgan Williams
- 'The Ultimate Guide to Sex and Disability' by Miriam Kaufman
- 'Desires' by Penny Pepper - erotic stories which involve people with disabilities.
- 'The Body Image Workbook' by Thomas Cash
- 'Tactile Mind' by Lisa Murphy – nude photographs for the blind, available from <http://tactilemindbook.com/>
- 'Enabling Romance: A guide to love, sex and relationships for people with disabilities (and people who care about them' by Kroll and Klein
- 'Sex and back pain: advice on restoring comfortable sex lost to back pain' by Herbert
- 'Not made of stone: the sexual problems of handicapped people' by Heslinga, 1974 (hence use of the word handicap)
- 'Sex when you're sick: reclaiming sexual health after illness or injury' by Katz
- 'Sexual options for Paraplegics and quadriplegics' by Mooney
- 'The sensuous wheeler: sexual adjustment for the spinal cord injured' by Rabin
- 'An intimate life: sex, love and my journey as a surrogate partner' by Cohen Greene
- 'Sex, intimacy and breast cancer', booklet provided by Macmillan
- 'Sexuality and MS a guide for women' by Ward-Able by MS society
- 'Sexuality and MS a guide for men' by Webster by MS society

Websites/videos for education and sex contacts

- www.spokzpeople.org.uk can provide relationship and couple counselling, sex therapy and sexual support for individuals.
- Charity support people with disabilities in London www.enhancetheuk.org/enhance/undressing-disability/ They also have the Love Lounge: www.enhancetheuk.org/enhance/the-love-lounge/ for relationship advice.
- Series of encouraging videos/education on "Sex on Wheels" by American Gary Karp

<http://link.brightcove.com/services/player/bcpid57846412001?bclid=2652491001&bctid=2457645001&msource=email->

- YouTube video Disability, Sex, Relationships and Dating Roundtable by Hannah Witton
<https://www.youtube.com/watch?v=AvGNiwR57iI>
- Facebook page 'Are Cripples Screwed?' (not our wording!)
www.facebook.com/groups/2219590487/
- About the history and issues surrounding sex and disability:
www.mosaicscience.com/story/sex-disability
- Sex and disability training for professionals:
www.disabilitypartnership.org.uk/advice/sextraining.shtml
- SHADA, the Sexual and Health and Disability Alliance:
www.shada.org.uk. They have meetings in London twice a year about progress in the sex and disability world and informing healthcare professionals on how to advise people on sexual issues. Linked with Outsiders and TLC.
- www.tlc-trust.org.uk website connecting disabled people with sex workers, surrogates and advocates. Linked with SHADA and Outsiders.
- www.outsiders.org.uk is a peer support group for people with disabilities and/or social impairments. Mainly in London, though have lunch groups in several locations. Some of their involvement can be quite explicit, so perhaps not for people who are shy about sex and relationships and need a more subtle approach. Linked with SHADA and TLC. Have developed the Sexual Respect Toolkit for healthcare professionals to broach the topic with people with disabilities.
- Paradoxies: www.madambeckyadams.co.uk/Para-Doxies.html an agency of sex workers with disability experience.
- Aquarion in Amsterdam, they provide sexual training and surrogacy for those who would like to explore their sex lives after illness or accidents or if you have not experienced many sexual encounters and would like to gain confidence. <http://www.surrogatepartner.nl/>. Part of the Channel 4 documentary 'Virgin School'.
- Leonard Cheshire In Touch, sharing relationship stories and sex education: <http://www.lcdisability.org/?lid=11930> and <http://www.lcdisability.org/?lid=11928>
- Article in sex education shop for people with disabilities in Canada, may get additional information and support if you link through to the Rose Centre: <http://disabilityhorizons.com/2012/06/sexual-expression-the-rose-centre-young-people->

[disabilities/?utm_source=Disability%20Horizons%20RSS-Email&utm_campaign=7e7ca4cce5-RSS_EMAIL_CAMPAIGN&utm_medium=email](http://www.thesite.org/sexandrelationships/havingsex/sexanddisability)

- <http://www.thesite.org/sexandrelationships/havingsex/sexanddisability>
- <http://www.sexsupport.org/DisabilityLinks.html>
- <http://www.loversguide.com/straight/sex/sex-and-disability.html>
- Sex education website Sexperience, based on the Channel 4 Sex Education Show Series: www.sexperienceuk.channel4.com
- www.touchingbase.org
- www.datingwebsites.org/guide-to-sexually-transmitted-diseases/
- www.togetherforshortlives.org.uk support those with life-limiting conditions.

Sexual tools and aids

- Visit www.spokz.co.uk, our sister company for a range of sex aids which may be suitable
- Remap are a charity that may be able to make one-off sex aids or gripping aids for you.
- We will try and advise you where we can on which aids may or may not be suitable or to give you more information on where to look.
- Links on adapting existing sex aids:
 - <http://www.comeasyouare.com/sex-information/sex-and-disability/>
 - <http://fuckthedisabled.tumblr.com/tagged/sext toys>
- Condoms with applicators, slightly easier to put on, though hard to find, so let us know if you find an alternative.
 - Pronto (South African)
 - Four seasons Quickie condom:
www.fourseasonscondoms.com.au (Australia)
 - Sensis with Quik Strips, from www.sensiscondoms.com

Forums – share with peers

- <http://www.youareable.com/forums/showthread.php/1194-Sex-challenges-with-a-disability-%28graphic-info%29-SERIOUS-DISCUSSION-PLEASE!!>
- <http://amputees.proboards.com/thread/163/disability-prostitution?page=1#scrollTo=1078>