

# STRATEGIES FOR TEACHING

## EVIDENCE-BASED STRATEGIES FOR TEACHING PUBERTY & SEX EDUCATION

STRATEGY	EXAMPLE TOPICS
<p><b><u>Social Narratives &amp; Scripting*</u></b></p> <p>- explaining social situations &amp; expected behavior</p> <p><small>*Most effective when used with other strategies, such as modeling</small></p>	<ul style="list-style-type: none"><li>• Social interaction in dating</li><li>• Choosing appropriate times to engage in specific behaviors</li></ul>
<p><b><u>Social Skills Training</u></b></p> <p>- structured adult/provider-led training on targeted social skills</p>	<ul style="list-style-type: none"><li>• Reading social cues</li><li>• Communicating health needs</li></ul>
<p><b><u>Task Analysis</u></b></p> <p>- breaking down the steps of a multi-step task or routine</p>	<ul style="list-style-type: none"><li>• Hygiene or self-care routines</li><li>• Steps on how to engage in a novel social situation</li></ul>
<p><b><u>Modeling/ Video Modeling &amp; Role Play</u></b></p> <p>- viewing a model or acting out a situation or task</p>	<ul style="list-style-type: none"><li>• Any of the above mentioned topics</li><li>• Can be combined with other strategies listed</li></ul>
<p><b><u>Visual Supports</u></b></p> <p>- Visual representation that supports a learner in engaging in skills without person-delivered prompts</p>	<ul style="list-style-type: none"><li>• Any of the above mentioned topics</li><li>• Can be combined with other strategies listed</li></ul>

# RESOURCES

FOR

# TEACHING

BOOKS, CURRICULA, & PROGRAMS FOR  
TEACHING PUBERTY & SEX EDUCATION

RESOURCE	TOPIC (S)
<u><b>Sex Ed for Self-Advocates</b></u> - Organization for Autism Research	Public vs. private, puberty, healthy relationships, consent, dating 101, sexual orientation & identity, sexual activity, online relationships & safety
<u><b>A Guide to Safety</b></u> - Organization for Autism Research	Relationship & sexual safety, bullying, internet & workplace safety, safety for adult self-advocates
<u><b>Alaska Friendships &amp; Dating Program</b></u> - UAA Center for Human Development	Relationships, boundaries, communication, personal safety, sexual health, etc.
<u><b>What’s Happening to Tom &amp; Ellie</b></u> - Book Series	Puberty, using the bathroom safely, personal sexuality, private vs. public
<u><b>Attainment Personal Care/Personal Success Curriculum*</b></u>	Hygiene, personal care, routines, menstrual care, dressing, etc.
<u><b>Circles Curriculum</b></u> (multiple levels)*	Relationship levels & appropriate behavior, boundaries, preventing exploitative relationships

\*Includes visual supports, task analysis, role play, and video modeling; Available in the SESA Library at <https://sesa.org/library/>