

What are the Rules of Sex for Individuals with I/DD???

Are they the same as for others? What are the rules?

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**The Rules of Sex
Social and Legal Guidelines
for those who have
Never Been Told
Written for Young Adults**

By

Johnny Nuñez

& Nora J. Baladerian, Ph.D., C.S.T.

May 2005

Quotes and Comments

"Dr. Baladerian's work on this guidebook, *The Rules of Sex* is a courageous and typical example of her work. She speaks to the ideas, thoughts, concerns and desires of a population of our society that seems to be forgotten. We all have the same concerns about sex and she does such a wonderful job in sharing and teaching in this guidebook. Everyone should read it and maybe she can answer a few questions that have bothered us for years."

- Jerry Villanueva
- Senior District Attorney Investigator, Elder/Dependent Adult Abuse - Prosecution Unit

Quotes and Comments

“Sex has become so taboo in our culture that we as educators, parents and friends of young adults and people with disabilities have done them a disservice.

Dr. Baladerian in her practice sees the repercussions of this disservice and I feel has done a wonderful job of taking what some people feel is an uncomfortable subject, and making it very easy and acceptable to talk about. A great book for anyone curious or concerned about the social and legal aspects of sexual behavior.”

- Mandy Williams, Equal rights advocate

Quotes and Comments

People with intellectual disabilities should be given the opportunity to learn about sex and the law in a safe, non-threatening and easy-to-understand way, yet this information is surprisingly hard to find. This book provides parents, teachers, advocates and others a simple guide to use to effectively teach basic facts that people with intellectual disabilities need to know in order to learn about boundaries (laws) regarding sex and protect themselves from victimization, while at the same time enjoying their sexuality.

- Leigh Ann Davis

Assistant Director of Professional & Family Services
The Arc of the U.S

Quotes and Comments

- Statistics and anecdotal evidence show that many individuals with developmental and related intellectual disabilities unintentionally cross the bounds of acceptable sexual behavior. The “Rules of Sex” is an important book for these individuals because it provides clearly understood and unambiguous guidelines to individuals who haven’t had these issues explained before or at least with this clarity.

Jim Stream, Executive Director, Arc Riverside

Quotes and Comments

- “A timely guidebook for adults of all ages! Hooray for Johnny and Nora, for having the courage to write what few are brave enough to discuss, and for recognizing that our collective failure to confront our own discomfort leads to traumatic and unnecessary consequences for young adults who we have left in ignorance.”
- Beverly Franz, Sex Educator

Quotes and Comments

As a lawyer who has worked for 15 years in young offender court, I can safely say that this book fixes two huge problems in our “new” information society. It should be required reading in every police station or county lock up for every child ever arrested: it would prevent numerous future arrests because many kids simply do not know some of “this information” the second fix is that because parents can’t and won’t talk sensibly to their kids about sex, this book is parent friendly, in that the book speaks like a parent in words kids can understand.

David Michael Boulding, Criminal and Family Lawyer,
Fetal Alcohol and the Law

The Rules of Sex: For Those Who Have Never Been Told

Talking About Sex

- Usually, people do not talk about sex.
- And, when they do, often they are embarrassed.
- So, most of the time, people avoid the subject, or they make jokes about it.
- If you want to know about sex, we want to give you the information in a way that is clear, and easy to understand. We will not be embarrassed about this very important area of our lives.
- This book has been written for teenagers, for young adults, and for any adult who wants to know about sex. We also wrote this book for parents, teachers, counselors and advocates, so they have clear ideas about what you want to know, and about healthy sexuality

Even though our culture may promote negative feelings about sexuality, everyone in the country also has a private life, in which they enjoy their sexuality. And they talk about and may enjoy sexuality.

The question is, how do you learn about something when you are never allowed to talk about it?

This book is written to help us talk more easily about sex, which is important to everyone in our own personal lives.

Taboos About Talking About Sex

Call out

Talking About the Authors of this Book

“Dr. Nora” Baladerian, one of the writers of this book, is a licensed psychologist. She is also a Certified Sex Therapist (C.S.T.) and Sex Educator (C.S.E.).

Johnny Nuñez, is a community member who has a sincere interest in the well being of young adults. He believes that education is much better than ignorance, and that it is much better to provide than withhold information. People can be safer and happier when they have been given correct information on the do’s and don’ts of social and sexual behavior.

Why this book?

The first purpose of this book is to tell people the laws and social rules about sexual behaviour. If no one talks about this, there is no way to learn what is OK and what is not. *You only find out when you get into trouble for breaking a social rule or a law. That is unfair.*

The second purpose of this book is to help people talk about sexual behaviors.

This book is written so that teenagers and young adults can get information about sexuality in a way that they can easily understand.

This book is good for police officers, probation officers, and others in law enforcement. The police can teach people the laws about sexual activity. Usually the sexual act is not the problem. The problem is **WHERE it is done, or **with WHOM** it was done, or sometimes even **WHEN** it was done.**

What is in this book?

Information about having sex: Basic do's and don'ts.

What are the possible outcomes of having sex?

What about sex and me? What can I do?

Sex and others: Looking, touching, when is it right or wrong?

What is in this book?

Are there things I cannot say?

Privacy Issues and sexual rights.

Are there certain places you can and cannot do sexual things?

What is in this book?

What about gay sexuality?

What are other kinds of sexuality?

A way to know if what I want to do sexually is OK or not.

What is in this book?

A way to know if something is the right place, time and person.

What is sexual abuse?

Laws about sexual behaviour.

Learning some words about sexual acts.

What does “having sex” mean?

What do you think?

For a man with a woman, this means sexual intercourse, when a man's penis is put into a woman's vagina.

For a man with a man, it is when one puts his penis into the anus of the other.

This is done for the pleasure both people have when they do it. People have sex because it is enjoyable.

Law – The rules in the city, state and country you live in that you have to obey... when you don't obey the law, the police may be called and you can get in trouble. When you don't obey the law you might have to go to jail.

The law says you can have sex with another person if:

CALL OUT !

The law says you can have sex with another person if:

- 1. You both are 18 years of age or more (check for the law in your State that defines “age of majority”);**
- 2. You both want to have sex with each other;**
- 3. You are not the person’s child or parent or brother or sister;**

What if you are the persons' ...

Teacher or student

Supervisor or employee

Personal Care Provider or employer

Bus Driver or rider (if they are disability-related service providers)

Independent Living Services (ILS) worker or client

Individual Services worker or client

Regional Center worker or client

Doctor or patient

2. What Are The Possible Outcomes Of Having Sex?

What do you think?

2. What Are The Possible Outcomes Of Having Sex?

Sex is important for us personally, for our self-esteem and our self-image.

It is important in how we feel socially.

It is important to know how you feel about sex, what YOU think is right or wrong, and to think about the consequences of sex for you.

What is YOUR CODE of sexual conduct?

Let's begin.

What are the PHYSICAL positive and negative consequences of engaging in sexual activity with another person? How does your body feel?

UH-OH. Let's define consequence:

Is it:

- 1. After you do something, you get punished or something bad happens.**
- 2. After you do something, something good happens**
- 3. After you do something, something happens.**

POSITIVE

You feel like you have just exercised

Your body feels very satisfied & relaxed

You are tired, but a “good” tired

A pregnancy begins that you wanted

NEGATIVE

You give or receive a sexually transmitted disease

A pregnancy begins that you DID NOT want

Your body hurts because your partner was too rough with you.

What are some THINKING
outcomes of engaging in sexual
activity with another person?

What are your *thoughts*? CALL OUT

POSITIVE

I'm glad I did this!

I really had a good time!

I feel like I want to do it again.

NEGATIVE

I wonder what this means.

I don't think this was a good idea.

I should not have done that because ...

What are some of the **EMOTIONAL** positive and negative consequences of engaging in sexual activity with another person?

What are your feelings?

POSITIVE

I'm feeling so happy!

I'm feeling like maybe I am in love!

I'm happy I did this!

NEGATIVE

I don't feel good about what I just did.

I'm feeling so sad.

I feel lonely.

What are some of the
SPIRITUALLY positive and negative
consequences of engaging in sexual
activity with another person?

This is how you view your sexual
activity according to your spiritual or
religious beliefs.

When we were having sex, it felt so completely right.

I felt that having sex with this person was such a great connection.

I feel that having sex is sacred, and this experience felt sacred and good.

NEGATIVE

I'm not sure that what I did was right or not.

I feel like I have done something wrong.

**I feel I have betrayed myself and God/my
church/temple/mosque.**

What are the SOCIAL consequences?

These are the effects of your private sexual activity upon others including your family, friends and other members of the community. These are what people think of you after learning about your sexual activity. Or, what you imagine they are thinking.

POSITIVE

My friends and family support me.

They are happy that I am happy.

I feel I am growing up.

NEGATIVE

My friend is mad at me because ...

My family is upset with me.

My friends are jealous.

We also have VALUES about having sex with other people.

These are our thoughts and feelings about whether or not what we do is consistent with our beliefs, and what we think is right and wrong.

When is it right to have sex? When is it wrong to have sex? When is it the right time? Will having sex with this person hurt anyone?

These values come from our religion, our family, our culture, our society, and ourselves. Each person develops their own values as they become adults.

What are some questions most people ask themselves as they are developing their own personal **VALUE SYSTEM** about sex?

What do you think?

Is it only right to have sex with only one other person during your lifetime?

Is it only right to have sex with someone to whom you are married?

Is it only right to have sex when you are in love with your sexual partner?

What do you think?

Did I do what was right for the other person?

Will someone be hurt because of my sexual activity? Is that my issue or their issue?

Is it OK to enjoy sex with many different people during your life?

Is it OK to have sex with more than one person at the same time?

What do you think?

Does it feel right to have sex with someone I barely know?

Does it seem right to kind of pressure my girlfriend/boyfriend to have sex?

Is it OK to have sex just for fun?

Did I do what was right for me?

3. What about sex and me? What can I do?

Are you 18 years old or more? Then, you can have sex if you want!

You should only have sex with others in the right place and at the right time.

What about people who live in a group home?

If you live in a group home, the group home staff must allow you to have sex in your room.

If they say you cannot, talk to your caseworker or your Disability Services counselor to say your rights are being violated.

Masturbation

Masturbation is when people touch themselves sexually to feel sexy and to complete a sexual experience.

This can be done alone and in private (the usual situation) or it can be done with others, if it is in a private place and they all agree.

This is something that almost everyone does, but usually nobody talks about. It is so important that people do not feel bad about doing this.

Some parents are so afraid of their adult son or daughter's sexuality that they try to scare them with lies.

For example, some parents tell their son or daughter that if they masturbate they will go blind or grow hair all over their hands!!!

Isn't that strange? It is not true, of course. It is only because parents have not learned how to be honest when talking about sex.

4. Sex and others: Looking, touching, when is it right or wrong?

What do you think?

Looking is tricky. Because it is by looking at each other, that you know if it is OK to talk to the person, and start a conversation.

If you are staring, the other person probably won't like that and might go away or complain.

If you look at someone in a very sexual way, they may be offended.

Flirting is also done with the eyes, so you should be aware that the other person might like how you look at them, if you want to meet them

It is not nice to look sexually at women on the street, for example, or call out to them. That is considered rude.

Looking is a way to greet people, be friendly to people or can offend people!!! Complicated!

Touching:

Touching another person is an important part of social skills. Shaking hands with others is almost always OK to do.

Usually touching someone on their arm or shoulder is also OK.

Touching someone to show you like them is important, but you must first know if it will be OK.

If you want to hold their hand, you should ask if that would be OK. If you want to kiss them or hug them, you should ask first if that would be OK.

5. Are there things I cannot say?

- What are your ideas?

Are there things I cannot say?

The answer to this question depends on the relationship you have with the person you are talking to.

If you are talking to your girlfriend or boyfriend or spouse about sex, you can say anything you want.

If you are in a class or counseling program about sex, you can say anything you want.

Are there things I cannot say?

If you are talking to someone you don't know very well or you don't know them at all, it is not a good idea to talk about sex. They may be scared or angry with you... unless they agree and want to talk about sex.

If you are in a bar or a club where you are expected to talk to people you have not met before, do not talk about sexual things.

6. Privacy issues and sexual rights

What are your thoughts about your personal privacy?

The word *privacy* means when you don't want anyone to bother you. *In private* means when no one can see or hear you.

Privacy issues and sexual rights

Call out

“*Rights* are when you want to do a certain thing and people can’ t tell you that you can’ t do it. As long as what you want to do is not a bad thing.” Dr. Nora says that it is hard to understand what “rights” are because you cannot see them or touch them or feel them.

“*Rights*” is a word that talks about things people are allowed to do.

“*Laws*” are rules that tell us what we cannot do! For example, the law says you cannot steal, or cross the street when the signal light is red.

Where are the “*Rights*” written down?

They are written in many places. One place is the U.S. Constitution.

The U.S. Constitution is a piece of paper that was written when this country began.

In one section of the Constitution, are basic and important rules called “*rights*”. These are called the “*Bill of Rights*” and tell us the rights everyone has. Everyone. Not just men, not just women. Everyone.

The Constitution of the State of California tells us about other rights we have. The very first Article in the California Constitution says, “All people are by nature free and independent and have inalienable rights among these are enjoying and defending life and liberty, acquiring, possessing, and protecting property and pursuing and obtaining safety, happiness and privacy”. (November 1974).

This means that everyone who lives in California has the right to:

be free and independent

enjoy and protect life and freedom

get, have, and protect property

try to have a life of safety

try to have happiness

have privacy.

Other rights are written down after new laws are passed.

Still other rights are decided in courts of law.

We are talking in this book mostly about rights of privacy and sexuality.

Sexual rights

What do you think are your sexual rights?

to have sex with anyone else who is over 18 and who can consent and wants to have sex with them

to have sex with more than one person

to have sex with people of any gender (male, female, bisexual, transgendered)

to dress as if they are the opposite sex in private or with others who want to ... it is legal to go out in public dressed as the opposite gender if you want to

Everyone over 18 years old has the right:

to do any sexual act in private with any person over 18 who can consent and wants to

- to do any sexual act in private with any person over 18 who can consent and wants to**
- to be naked in the house alone or with other adults who want to or who agree**
- to masturbate in private**
- to masturbate in private with other adults who want to do it together**
- to have “sex parties” with other adults in private**
- to purchase and read and enjoy sex magazines and toys and videos**
- to look at these magazines & videos alone or with other adults who want to**
- to use sex toys with other adults who want to**
- to call “sex lines” and talk on the phone**
- to make porn movies with people over 18**
- to have “orgies” with other adults in private**
- to use condoms or rubbers for safer sex or not**
- to use birth control to manage pregnancies**
- to learn information about sex or not**

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to use condoms or rubbers for safer sex or not

to use birth control to manage pregnancies

to learn information about sex or not

7. Are there certain places you can and cannot do sexual things?

Call out

Masturbate

...if you have an urge to masturbate in your own house, is that legal or not legal?

It is legal!!!

But you must do it privately so no one can see you, regardless of if they are inside or outside of your house.

Having Sex

You can have sex only in places where others cannot see you, and you have a right to be there.

You can have sex in your own room if you close the door.

You can have sex at a motel or hotel inside the room you rent.

You cannot have sex in a public location where other people are and may see you, for example the library, the movies, a park or the beach.

In California, if you do your best to be sure that no one is likely to see or hear you, it is legal to have sex in public places. *(If you get arrested for having sex in a public place either alone or with another person, you should tell the police about this book and tell them about this law that allows sex in public under these conditions.)* (Pryor vs. Municipal Court, a decision by the California Supreme Court.)

Sex in Public is Against the Law

If you do have sex where you are not supposed to, this may be against the law and you can be arrested for “indecent exposure”, meaning you showed your body to people who did not want to see it, and broke the law.

8. What about gay sexuality?

What does “gay” or “homosexual” mean?

Gay or Straight or Trans or Questioning?

What is *gay sexuality or homosexuality*? A person can be gay or straight. Many people are gay (both men and women).

It is when a man is sexually attracted to another man, or a woman is sexually attracted to another woman. And, usually, they do not feel attracted to people of the opposite sex.

Gay or Straight or ?

Most people are *straight or heterosexual*. That means a man who prefers sex with a woman, or a woman who prefers sex with a man. These are natural differences among people.

Why are some people heterosexual and other people are homosexual?

What are your ideas?

Why are some people heterosexual and other people are homosexual?

A person does not choose to be gay or straight. It just is the way you are when you are born. Many people don't understand this. Most people who are gay, either men or women, know from an early age that they have different feelings than most people.

QUESTIONS AND ANSWERS

9. What are other kinds of sexuality?

This is called diversity!

Although most people are heterosexual, also called “straight”, there are natural differences among people. As we said before, a person can be gay or straight. Also some people are attracted to both males and females, that’s called bi-sexual. Lots of people are gay (both men and women) and lots of people are bi-sexual.

Some people are transvestites. They enjoy dressing in the clothing of the opposite sex. For example, men who dress and put on make up like a woman, and women who dress like men. Transsexuals and transvestites may or may not be gay.

Other men and women are transsexuals. This means a person who has the body of a man but who feels like a woman inside, or a woman who feels like a man inside. Many transsexuals get surgery to help them have a body that matches how they feel. These people are also called transgendered.

10. A way to know if what I want to do sexually is OK or not

There are social customs (rules of the people) that tell us what we should and should not do. This is because if you do them, other people may be embarrassed or feel uncomfortable. These social rules are different from the laws. If you break a social custom or rule, people may be upset with you, but that is the only thing that can happen.

What are some things you can and cannot do in public places?

What do you think?

A public place is a place where you go that anybody can go, and everyone can see each other. For example, the movies, the beach, the mall, restaurants, the street, the bus, the park, stores, nightclubs, bars, churches and temples, and libraries. That is, any place a person can go that they will usually be seen by others and will see others. The social rules and laws are only about what happens in public.

**Name some behaviors to see if they are OK
or not OK for social custom and the law:**

Discussion time!

11. A way to know the right time, place and person to have sex with.

Worksheet in the book.

12. What is sexual abuse?

What are your ideas?

Sexual abuse is when someone forces

another person to do or watch something sexual.

***Force* means the person did not want to do it or have it happen.**

Sexual abuse usually makes the person who does it feel powerful.

That person is called a sex offender or sex abuse perpetrator. Or rapist.

Sexual abuse

Another kind is when the perpetrator talks to the victim, saying sexual or threatening things. This can be in a note, or in person, on the phone or on the Internet.

Another kind is when the perpetrator does not touch the victim, but shows the victim his naked body, or sexual pictures or videos. This is called lewd or indecent behavior.

Or, the perpetrator forces the victim to undress in front of them or others. Or even do sexual things or pretend to do them.

Another example is when somebody follows someone everywhere they go. This is called stalking.

Sexual abuse is any kind of sex behavior that the other person doesn't want.

Sexual Abuse

Having sex with someone who is not yet 18 years old is sexual abuse. Any kind of sexual behavior, this includes talking dirty, being naked, or actually touching someone including having sex, may be sexual abuse.

13. Laws About Sexual Behavior

Do you know some laws?

Additional Important Information About The Law And Sex.

All of the laws about sex are written down in a big book called the Penal Code.

This is the book for the State of California or the state you live in, that describes and gives a number for all of the laws about sex.

Each state has its own Penal Code.

Here are the laws we thought were most important to include in this book:

Number 314 - This law says that anyone who shows his or her naked body, especially sexual body parts, while they are in a public place, or any place where there are people to be offended or annoyed has broken this law. Or, if a person tells another person to do this it is also against the law. This is called a misdemeanor and you can go to jail or prison for up to one year.

Number 269 - This law says that anyone who does something sexual to a child is guilty of aggravated sexual assault. If this happens, this is called a felony, and you can go to prison for 15 years or the rest of your life.

Health and Safety Code

More laws are here...

Health and Safety Code 120291 - There is a law that says that if a person has AIDS or is HIV positive and they have sex without telling their sex partner about this, and/or they do not use a condom, they are committing a felony and they can go to prison for 15 years or the rest of their life. This is because it may be considered attempted murder.

The Internet And Staying Safe

Call out.

When people use the Internet sometimes they meet new people who they want to meet in person. Or who say they want to meet you. BE CAREFUL! Often you really can't know who the person is. For example, 50-year-old Harry can pretend that he is 24-year-old Sally. There is no way for you to know that Sally, your "new friend" is not real. It can be dangerous to give an Internet friend any personal information about yourself such as your phone number or address.

Here's a good rule: If you make a plan to meet someone you met over the Internet ALWAYS meet them in a public place and take someone with you when you go to the meeting. This is because you do not have any way to know if that person is bad or not. If you take someone with you, you can be sure that if the person is bad, they will not harm you because you are not alone. There is safety in numbers! This means the more people you have with you, the safer you are.

14. Learning Some Words About Sexual Acts

Do you know all the words and what they mean?

1. **Feminine** – having to do with a woman or a woman’s way of being.
2. **Glans** – the tip of the man’s penis that is very sensitive and is only for the purpose of pleasure
3. **Having Sex** – For a man with a woman, this means sexual intercourse, when she takes his penis into her vagina.
4. **Sodomy** - Sodomy is when someone puts their penis into someone’s anus. They use this same word to describe oral sex. Some states have laws that make sodomy a crime. You should find out what the law is in your state.
5. **Oral sex** - This is any kind of sex where one person’s mouth is used on another person’s genitals. Oral sex is also called sodomy, so the same laws apply. In some states oral sex is against the law.
6. **Kissing** – Putting your lips on someone else’s lips
7. **French kissing** – putting your tongue inside someone’s mouth
8. **Making out** – Kissing, hugging, and touching all over each other’s bodies and genitals, but not intercourse.
9. **Gay or Homosexual** —A man who prefers having sex with another man. Or a woman prefers sex with another woman is called a lesbian.
10. **Straight or Heterosexual** — A man who prefers sex with a woman. Or a woman who prefers sex with a man.
11. **Bisexual** — A man who has sex with both women and men, or a woman who has sex with both men and women. They both go out with the two sexes.
12. **Transsexual** — A person who feels like they are one sex but their body is the opposite sex. Many get surgery so their feelings match their body. So a man gets surgery to become a woman, and a woman can get surgery to become a man.
13. **Transvestites** — People who get a sexual feeling from dressing in the clothing of the opposite sex. They just enjoy what is called “cross dressing”.
14. **Vulva** – the external genitals of a woman (what you can see).

We hope that you learned something from talking about this book. We wrote this to help men and women know more about sex and the laws so they won't get in trouble. We also think this will help parents and counselors talk about these things with their sons and daughters and clients.

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P.O.Box 1960

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<http://www.aasect.org>

Resources

ABS (American Board of Sexology)

2431 Aloma Avenue, Suite 277,

Winter Park FL 32792

(407) 645-1641

<http://www.sexologist.org>

PLANNED PARENTHOOD

1-800-230-PLAN or 1-800-230-7526

<http://www.plannedparenthood.org/pp2/portal>

An excellent internet information resource:

www.sxetc.org/