

MYTHS ABOUT SEX AND DISABILITY



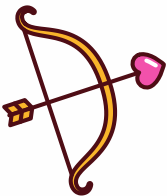
MYTH: People with disability don't need sex.

FACT: People living with a disability are sexual beings like anyone else, with desires, feelings and fantasies. Some of the biggest barriers to expressing sexuality are negative societal attitudes and ignorant assumptions.



MYTH: People with disability can't have real sex.

FACT: There are many different ways that people can have sex, not simply what is shown in the popular media. The only rules governing what sex can or cannot be, are that it must involve mutual consent, respect and safety



MYTH: People with disability are not attractive or desirable

FACT: What attracts people to each other is unique and involves many factors such as personality, culture, timing and sexual fantasies. Rigid ideas of 'beauty' rarely have anything to do with attraction and desire.



MYTH: People with disability don't need sex education.

FACT: Everyone needs sex education. It can empower people with disabilities with knowledge and information to have safe and pleasurable sex, prevent STIs, stop unwanted pregnancies and protect themselves from abusive partners. It can empower individuals to have fun and connect with others on a deeper level.

TRUTHS ABOUT SEX AND DISABILITY

"Feeling connected with others is a fundamental human need for all people.

Sexuality is one aspect of being human that helps people connect. It is a natural part of living and can be fun for everyone, including people living with a disability or personal need.



Sexuality is often equated with just sex, but in reality it is much broader than that. It encompasses all the feelings, thoughts and behaviours of being female or male, being comfortable with ourselves and being in love, as well as being in relationships that may include sexual intimacy."

Myth busting: Disabilities and Sex.

<https://www.independenceaustralia.com.au/health-articles/health-disabilities-and-sex/>

