

6 Meeting- «PUBERTY AND ADULTHOOD»

LECTURE 3:

Sexuality II

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- **Social media skills**
- **Personal relations, marriage, partnership**
 - **Services**
- **Sexuality and functionality**
 - **Do's and dont's**

Sexuality 2: Outline



Social media skills

- **New social skills are requesting to navigate in the network**
- **Some risks and challenges like: grooming, sexting, cyberbullying, addictions, social isolation**
- **Some opportunities: new spaces to find people with similar hobbies and interests in a kinder sensorial environment**



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ABOUT GROOMING, SEXTING AND THEORY OF MIND

- **Deceivers**
Early exposure to sexual content.
Dating strangers who may lie about their identity

this needs to be made more relevant to ASD





Internet addiction

Feelings about internet use and abuse

What happen in the spectrum

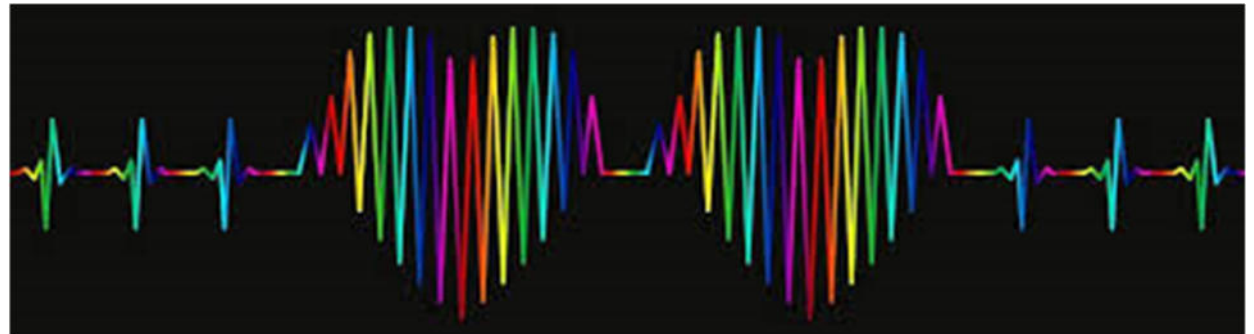
Number of hours

Social isolation

Non positive experiences in reality and in
virtuality

How to increase skills

- Focusing in opportunities and promote a good use
- Thinking together about risk and how to prevent bad experiences
- Promoting alternatives and routines that involve activities without screens during days
- Taking conscious about self regulation and emotions around internet use





Rough Guide to Social Media Use for Teens with Autism

WHY USE SOCIAL MEDIA?

- Social media is a great way to **stay connected** with friends and to make new ones from all over the globe
- It's an **information source** – you can get lots of opinions in one place
- **Share your thoughts** with others in confidence and with respect
- A sense of **community** by interacting with people with similar passions

"It's peopling completely on my terms!"



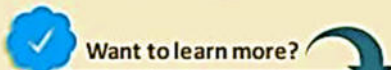
TOP TIPS FOR ONLINE SAFETY

- 1 Think carefully about what you post. Once online, it is there permanently
- 2 Never give out personal details (address, telephone number) or passwords
- 3 Remember, not everyone online is who they say they are
- 4 Don't arrange to meet anyone you meet online before discussing with an adult
- 5 Report comments and block other people if they offend you or make you upset
- 6 You can always take a pause before responding to someone if you feel upset or you don't know what they mean



"There are risks. You just have to be aware"

"I can generate discussion with lots of people who are similarly passionate"



Want to learn more?

Social Media Safety:

www.childnet.com/young-people
www.childline.org/staying-safe-online
www.digizen.org

Autism Information and Support:

www.asd-forum.org.uk
www.ambitiousaboutautism.org.uk

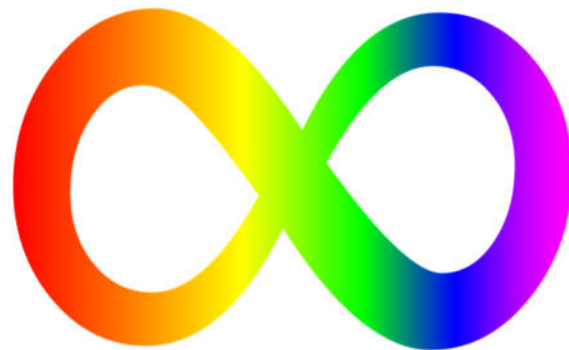


Personal relations, marriage, partnership

- Need to be explicitly communicated feelings, needs, thoughts around flirting
- Sometimes unrealistic expectations about relationships
- Anxiety linked to their self-perception of being accepted
- Fidelity and need for stability when establishing a relationship, active avoidance of loss

Marriage in the spectrum

- Difficulties in reciprocity.
- It is difficult for them to manage emotional demands of the partner.
- Similar couples on the spectrum or couples in which one member compensates with empathy and caregiver soul.
- Challenges managing sensory aspects such as crying in motherhood or fatherhood
- Struggling with divorce



Services

- There is a lack of services that address needs related to personal relationships, marriage or coparenting
- Systemic approaches need to be revisited to attend autistic spectrum family systems
- Where are there going to go adults in the spectrum with problematic life long vital trajectories?

Organizations leading by families, people with autism and professionals



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Sexuality and functionality

- Autism with ID, has also the right to sexual health?
- Prevention of sexual abuse is especially important
- Guarantee privacy and respect
- Sexual diversity and sexual orientation is a broader spectrum
- Prevention programs inside institutions needs to be developed specifically to people with ASD
- Families needs to be involved:
By specific trainings, working side by side with professionals, implementing good practices



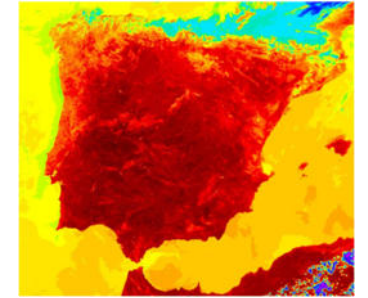


Clinical examples

D has started using tinder and a boy has shown interest in her, but he only talks to her about his desire for sexual intimacy and coerces her based on the information that D has given him about her autism, he makes fun of her virginity to get a sex video call and a date without people



In Spain



- There is a lack of services to support couples in the spectrum
- Most of adults that get into a formal diagnosis get it before their sons
- Sexuality plans involve people with ID long life through



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Thanks!

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