

# **Bridging the Rainbow: Bringing Disability & LGBTQ+ Communities Together**

AUCD Webinar, Oct. 29<sup>th</sup> 2014

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People with intellectual/developmental disabilities (IDD)

- some identify as self-advocates

People who identify as lesbian, gay, bisexual, trans, queer, intersex, asexual, or ally (LGBTQIA)

Common experience of **oppression** and **lack of support**

Why is there a support gap?

**Normalization** (Heterosexuality as the “norm”)

**People with IDD as having sexuality** (recent recognition)

**Stigma of IDD** (disability hierarchy)

Current Supports Available

**Rainbow Support Group** (<http://www.benchmarkinstitute.org/glbtr/rainbow-support-group.htm>)

**Griffin Centre’s sprOUT Program** (<http://www.griffin-centre.org/reachout.php>)

**Read the sprOUT report here:** (<http://goo.gl/kzzXys>)

Sexual Self-Advocacy

Self-advocates said that sexual self-advocacy is about:

- knowing and respecting themselves
- respect for others
- choices
- speaking up
- having their rights respected
- getting information
- healthy relationships
- interdependence

Ways to be Inclusive

**Be honest**

**Be together**

**Use group check-ins**

Ways to Start a Conversation

- How do people in your movement/community refer to us?
- How do they think about us?
- What can we learn from each other?
- What is the history of your movement?

## Resources

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