

Where to Start:

Normalizing the Sexuality of People With Intellectual Disabilities



- 🔗 **Real Talk has created a library of videos** where people of all abilities have unscripted conversations on dating, love, relationship, sex, and sexuality. These videos can provide insights into how people with intellectual disabilities are thinking about sex, and what kinds of support they would like to receive.



- 🔗 **Explore the 'Sexual Identity' tab** of our video catalogue. Our videos tagged under the 'Sexual Identity' topic feature a wide variety of 2SLGBTQIA+ folks with intellectual disabilities.



- 🔗 **Watch stories of non-speaking couples, like David and Adeline.** David and Adeline is a free 30-minute documentary about a married couple in the UK who are both non-speaking. The film explores the journey the couple went on as their support staff, family, and community learned to recognize and celebrate their romantic relationship.

TV Shows & Movies



While not all perfect representations, the following are a good starting point of shows featuring romantic and sexual relationships of folks with intellectual disabilities.

- *Love on the Spectrum* (Netflix)
- *Down for Love* (Netflix)
- *Sex Education*, Season 3 – Isaac & Amy (Netflix)
- *Latecomers* (CBC Gem)
- *Come As You Are* (Amazon Prime Video)

Noteworthy Picks



- 🔗 CQC favourites centering the voices of 2SLGBTQIA+ folks intellectual disabilities. [Click for links.](#)

- *A Place Where I Belong* ([request a screening](#))
- *Out of Here* ([Youtube](#))
- *Special* (Netflix)
- *sprOUT* documentary ([Culture Unplugged](#))
- *That Sex Show with Rachele Mannett* ([AMI+](#)) ([Youtube](#))

Voices from the community:



David Hingsburger
speaker, author, blogger

Andrew Gurza
speaker, podcast host,
accessible adult toy inventor



Share these with your friends, family, colleagues.
Show them in your day program, your group home. Host a community movie night.