



**SARTAC**  
Self Advocacy and Beyond

**WELCOME**

**SARTAC**  
**zoom**  
**Meeting**



<https://selfadvocacyinfo.org/>




Links to Videos and Resources  
Shared During SARTAC Zoom  
Meetings

- Go to the Home Page
- Scroll down to the bottom
- On the left click on a graphic that looks like this



- The recordings and resources

A space-themed background featuring a large, reddish-brown planet (Mars) on the right side, a smaller grey planet (Moon) in the upper center, and a starry field with a blue nebula on the left. The text is overlaid on the left side of the image.

Sexual  
Self-Advocacy...  
to boldly go where  
all have gone before



**Welcome! By being here you have already given yourself a very important message: it is okay to be interested in learning about sexuality and talking about sexuality as a self-advocacy issue. This is an important place to start.**



# No Personal Stories About Sexuality



# NOTE!

**We need you to know that there are a mandated reporters on this zoom meeting. If we hear anyone talk about being hurt, or hurting someone we will have to tell someone about it.**

## **Group Agreements**

Respect. We don't all have to agree – but we do need to respect each other.

# What do you think of when you hear the word sexuality?



- Sexuality is more than having sex
- It's about intimacy and feeling connected.
- It's about relationships: how we relate to others and how others relate to us
- It's about how we feel about being a man or a woman.
- It's about how we identify

image by Randy Lizotte





**What barriers do you face when it comes to expressing your sexuality and having relationships?**

## As far as sexual self advocacy goes we have said clearly:

We are sexual beings. Sexual Self-Advocacy is:

Feeling good about yourself.

Feeling comfortable meeting people,  
flirting and asking somebody to dance.

Being free about your sexuality like if  
you are gay, straight, or lesbian, or  
bi-sexual or transgender



# Sexual self advocacy is

We want to know about being sexual. How to be safe and healthy.

We want to have relationships

- we choose who with
- how fast or slow we go
- and shaped by our own values





What does sexual self-advocacy mean to you? What kinds of things do you do or say?