

Title: Sexual Stigmas in the Disabled Community: Can He ... Do IT?

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Sexual development and sexual desires are a normal aspect of a person's life. However, when a person has a physical, cognitive, or mental disability, these aspects are seen as irrelevant. A common misconception is that disabled people are asexual and are not as capable of understanding or performing sex as able-bodied people. Ableism is favoring able-bodied people. Disabled people are often not seen as a capable romantic partner, and as a result, their self-esteem and how they interact with others can be affected. There are many people who do not believe interabled or relationships between a disabled person and an abled person are valid or healthy. Research shows that the majority of people with disabilities engage in sexual activities. However, the stigma of disability does limit the amount of sexual or romantic activities. Studies revealed that cognitive disabilities are stigmatized more in relationships and physical disabilities are stigmatized less. Because physical disabilities are often visible, people often understand how to adapt and make the most of their partner's abilities. There are ways to combat negative stigmas and raise awareness about sexuality and disability. The specialists and care centers who help disabled people with their self-image would benefit from training as to how to approach their client about sexual development and relationships. Sexual education in schools can be improved by mentioning inter-abled relationships and being more inclusive. Ableism can be erased when people with disabilities and fully-abled people are given the support to understand how an interabled relationship may work.

References

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