

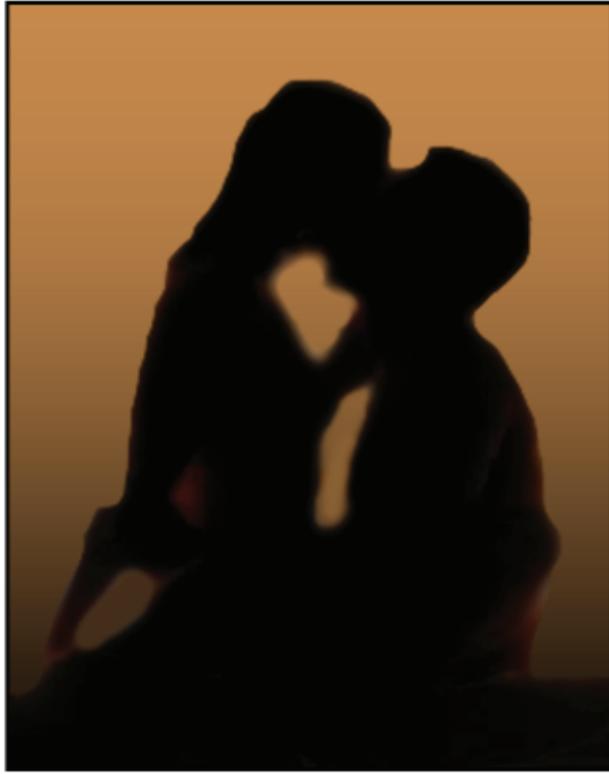
The Riot!

Healthy Relationships Issue!

A National E-Newsletter from the Self-Advocate Leadership Network at HSRI

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Let's Talk About SEX!

Coming Soon!

Our new National Conversation Series focusing on youth 16 years and older begins in March 2010.

Check our website soon for more details!

The Riot! is a publication of Human Services Research Institute Portland, OR

The Riot! is available in Rich Text Format!

“Yes, anyone can have an intimate relationship. It's up to the partners to communicate to what degree they want a physical interaction or intimacy,” says Christina Bailey of Planned Parenthood in Indiana.

Christina participated with other experts and self-advocates in a teleconference series on intimate relationships. The Riot! hosted these “first ever” teleconferences.

Self-advocates and others from 41 states and two countries listened in by telephone as panel members talked about relationships and sexuality. Listeners also asked a lot of good questions.

Self-advocates say that “being sexual

is for all of us.” Too often though, self-advocates feel that they don't get the chance to get into a relationship or get the support they need.

Look Inside to learn more about the teleconferences and what self-advocates think about relationships and sex!



Listen Up!

Intimate relationships can be romantic and sexual to some degree. Some people may only want to flirt with a special person. It could also include hand-holding, kissing or more. Often, intimacy involves having a boyfriend or girlfriend.

About The Riot!...

The Riot! is produced by the Self-Advocate Leadership Network at the Human Services Research Institute.

We work together with self-advocates to develop and write each issue.

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**Teresa's
Spotlight**

I love my fiancé John because he makes me happy. He is a very important part of my life. We do things together, talk and laugh.

Being in a relationship is a lot of fun. Sometimes we have to work through things, but mostly it is fun.

Self-advocates everywhere should have the chance to find a boyfriend or girlfriend.

Self-advocates do not get many opportunities to learn and talk about relationships, sexuality and sex. Without information, we can get into bad or abusive relationships that can hurt us. So, The Riot! hosted three teleconferences to talk openly about these topics because self-advocates told us it was important to them.

On the teleconference we talked with self-advocates in

relationships and professionals who work in this area.



Teresa Moore

The main focus of the calls was intimate relationships. We talked about how to meet people, tell them you like them, know whether you are ready to have sex and recognize an abusive relationship.

It was a great conversation. We hope self-advocates everywhere had a chance to learn about relationships and are getting ready to find someone to love in the New Year! Happy 2010 everyone!

Looking for LOVE?

If you're looking for a date and want some spicy advice, call:

1-800-YOU-WISH



Healthy Relationships

by Aaron Baier

Aaron Baier is from Central New York, works as a youth advocate, and serves on the Governing Board for the National Youth Leadership Network



The relationships we have with people are an important part of our lives. It's important to know when they are "healthy." Can you tell if a relationship is healthy or not?

Three things come to mind: honesty, trust, and respect. It's hard to have a good relationship with someone who isn't honest with you. If they lie, you would have a hard time trusting and respecting that person.

Whether you're straight, gay, lesbian, bisexual, or from another planet, the more open you are with your partner, the closer you will become. Be open about who you are and what you need from the relationship. Allow them to be open and listen to them.

Remember, it's okay to take it slow. You don't have to tell them everything on the first date.

Another sign of a healthy relationship is physical closeness. This shows you're comfortable with your partner. It could be holding hands, kissing, hugging, or even having sex. Only move to this stage in a relationship if you and your partner are ready. It's unhealthy to be pressured or to pressure your partner into a physical relationship.

Everyone has a right to have healthy relationships. Being a strong self-advocate will help you to find people that you want to be close to.

Straight Talk about Sex

From the Green Mountain Self-Advocates

By Betty Williams

The Riot! interviewed Self-Advocate Peer Educators, Max Barrows, Outreach Coordinator, and Nicole LeBlanc, Disability Educator from Green Mountain Self-Advocates in Vermont. We wanted to know more about their work on sexuality.

The Green Mountain Self-advocates found a way to have an honest conversation about sexuality. Two years ago, they worked with Planned Parenthood of New England to put on a conference that celebrated sexuality and open communication between peers and parents. It was a great success!

These self-advocates have partnered with Planned Parenthood to develop a training curriculum to teach self-advocates how to share information about sexuality that is not sugar coated or missing important pieces. It's called *Sexuality Education for Adults with Developmental Disabilities*.

They used a peer-to-peer training model. This is a good model to give information because some people grow up in families that do not talk about sexuality. Sometimes school teachers aren't open about it or just talk about the dangers of sex. Peers talk to one another openly, directly and honestly.



To order:

Sexuality Education for Adults with Developmental Disabilities

With a credit card click on the link:

<http://bit.ly/7SPVTO>

With a check or purchase order number email:

heatherw@ppnne.org

If you would like more information about the curriculum, please email Katherine McLaughlin at:

education@ppnne.org



MONEY MATTERS!

Is there something you want to buy but you just don't have the money for it? It's time to start **SAVING** for it!

Below is an example of saving for an iPod. Then, there's a worksheet you can use to make your own savings plan.

EXAMPLE

What do you want to buy?	<u>iPod</u>
The cost:	<u>\$250</u>
Amount you have:	<u>\$100</u>
More that you need:	<u>\$250 - \$100 = \$150</u>

YOU NEED TO SAVE \$150 to buy an iPod!

Amount you can save each month:	<u>\$25</u>
You can buy an iPod in:	<u>\$150 / \$25 = 6 months</u>

IN 6 MONTHS, you can buy the iPod!



Now, it's your turn!

Use this worksheet to think of something you want to SAVE for. Answer each question to figure out how long it will take you to save up enough money. If needed, you can ask someone to help you with the math, or use a calculator.

WORKSHEET

What do you want to buy?	_____
The cost:	\$ _____
Amount you have:	\$ _____
More that you need:	\$ _____
YOU NEED TO SAVE \$ _____ to reach your goal!	
Amount you can save each month: \$ _____	
You can reach your goal in: _____ months	

SAVINGS TIP: Check a bunch of different places to get the best deal. Look for sales!

Support Our Relationships



Interview with Paula Traverse-Charlton of
Positive Behavioral Supports of VA

By Betty Williams

Self-advocates are not supported to have intimate relationships. This needs to change. Paula has experience working for a provider agency that helps people experience healthy intimacy.

Betty: How do you help people with disabilities feel comfortable with intimacy?

Paula: A provider has to believe that self-advocates want to have a conversation and are capable of intimacy. So, if I'm a provider and not comfortable talking to a person, then we are not going to have an honest conversation.

Betty: Do you think things like age affect their comfort level when talking about intimacy?

Paula: Yes. For years self-advocates were told not to talk about intimacy. So now that we want to talk, it's hard to do it. Conversations don't happen sometimes because self-advocates are afraid to talk about what they want in their lives.

Betty: What advice do you have about trying to change attitudes?

Paula: When you discuss intimacy, think through what you want to say. Be ready to hear a different opinion such as, "We're not sure you know how to keep yourself safe." Don't get angry or defensive. Tell the provider why you know you are ready and can keep yourself safe.

Remember, your service providers work for you! If you are not happy with them then look for another one. All people need to understand that having a relationship is their right.



Helpful guidelines to think about:

- Find a person you feel comfortable talking with, maybe a good friend, a teacher or staff person.
- If it's hard for you to talk, tell the person you are meeting with that you are uncomfortable. This may relax both of you.
- Let the person know if you want the conversation to be private and not shared.
- Start the conversation by, "This is what I'm thinking," or "This is what I'm feeling...."
- Go to places such as your local Planned Parenthood office where they openly talk about about intimacy and sexuality.

Self-Advocates Learn and Speak Out About Sex

The National Conversations on Healthy Relationships each lasted 90 minutes and was led by Julie Petty of Arkansas, who spoke with sex experts and self-advocates.

Panelists agreed that people often think that self-advocates aren't sexual. Self-advocates said they enjoy sex, just like anyone else. They spoke about boyfriends and girlfriends, going out on dates and having sex. They even talked about sex toys! Talk like this can make some people nervous but sex is part of life.

Self-advocates may try to ignore or keep their feelings to themselves or be private about pleasure and self-pleasure. Also, without education and support, self-advocates can end up in a bad or abusive relationship.

Panelists said that self-advocates may need support to help them understand their feelings, stay safe and enjoy sex. It's up to all of us to talk openly about sex and give self-advocates the help they need. Self-advocates can receive information from parents, staff, counselors, and doctors or agencies like Planned Parenthood.

**** NOW AVAILABLE ****

***A National Conversation on
Healthy Relationships CD***

**You can now get your copy of
our teleconference series on
healthy relationships.**

**Only \$10 which includes
the cost of shipping!**

**Visit our website at:
www.theriotrocks.org**

and click on

"The Riot Store"

Celebrating *Valentine's Day* Across the World!

February 14th is Valentine's Day and it's fast approaching! Have you ever wondered how Valentine's Day was celebrated in different countries? Below are a few examples of how the day has been celebrated in the past.



France ~ People once followed a custom called "Drawing For." Those that weren't married would go into houses facing each other, begin calling out across from one window to another and pair off with their chosen partner. If the man deserted his Valentine, a bonfire would be lit where ladies would burn images of their ungrateful lovers.



England ~ Unmarried women would wake up early in the morning, stand near their windows and keep an eye on the people passing by. It was believed the first man she would see would one day become her future husband.

Scotland ~ Valentine messages were sent anonymously. Another tradition was that the first young man or woman that you met on the street would become each other's Valentine for the day.

Germany ~ Large bouquets of wildflowers would be chosen for someone special. It was less about the cost and more about choosing their true love's favorites to show they're special.



Italy ~ Valentine's Day was celebrated as a Spring Festival and held in the open air. The young would gather in gardens, where they would listen to music and hear poetry read. Then they would stroll off with their valentine together into the gardens.

Poland ~ Valentine's Day has only been celebrated here in the last few years and is recognized as a pleasant though commercial custom. On this day, all those in love, mutually or not, send one another colored hearts, cards and small gifts.



Denmark ~ People swapped poems and candy snowdrops. Some also sent funny love notes which are called "gaekkebrev whihc", which was also referred to as "joking letters". On the letter, the sender signed their name in dots. If the receiver guessed the correct name then the sender received a candy egg at Easter time.

Mexico ~ The day was celebrated as the "day of love and friendship." People gave flowers, candies and balloons to their romantic partners but it was also a day of appreciation for friends they cared about.



Valentine's Day Trivia

- 1) Usually a woman who buys flowers is most likely to buy them for:
 - a) her significant other
 - b) mother
 - c) herself
- 2) How many Valentine cards do people send out every year?
 - a) 500 million
 - b) 1 billion
 - c) 10 billion
- 3) During the 1980's, what industry started promoting their product as a good Valentine's Day gift?
 - a) chocolate
 - b) diamonds
 - c) e-Cards

See page 9 for Valentine's Day Trivia Answers!

Horoscopes

By the Youth Action Council of Arizona



A horoscope predicts the future based on the position of the planets and your birthday. Find the sign that fits with your birthday. Then read what's in store for you!

Aquarius (Jan 20 - Feb 18): Snow is falling and love is in the air. Watch out or it might catch you!

Pisces (Feb 19 - Mar 20): The coins are jingling! Today is a good day to play the lottery.

Aries (Mar 21 - April 19): Today someone you know will tell you something special.

Taurus (April 20 - May 20): You will start a new adventure. Be on the lookout for it!



Gemini (May 21 - June 20): Look for new job opportunities. It could be your lucky day!

Cancer (June 21 - July 22): Someone will tell you something so funny you won't stop laughing.

Leo (July 23 - Aug 22): You will make a change in the world this month. Everything counts!

Virgo (Aug 23 - Sept 22): Your wildest dreams will come true. Be ready for them.



Libra (Sept 23 - Oct 22): You will meet a long lost friend. You have a lot to catch up on.

Scorpio (Oct 23 - Nov 21): Someone will tell you they care about you. Respect their feelings.

Sagittarius (Nov 22 - Dec 21): Someone will do you a favor. Remember to say thank you.

Capricorn (Dec 22 - Jan 19): Today you make a wish upon a lucky star. Will it come true in 2010?



Need Romance Advice?... Ask Jack & Jill

Dear Jack & Jill,
How do I know if I'm ready for sex?

Dear Reader,

Your question shows that you're taking the time to think through this very important decision. If you want sex, go for it. Just be safe and enjoy it. Some people wait until they're married or in a relationship so they can have sex when they want.



If you feel you're ready for sex, be safe. If you don't think it through there could be problems that you may have to deal with such as pregnancy or other things. Be careful of one night stands.

If you are in a good relationship and want to have sex, you will be okay. Just do the right things and keep yourself safe.

~ Jack

Dear Reader,

The answer to your question is very much a personal decision. Don't make the decision to have sex unless you're ready for the consequences.

Don't rush into it. Get to know the person well for some time. Build a friendship before you take it to the next level. Once you get to know the person, you'll know when it's the right time and with the right person.

When you do make that decision, be safe and be smart. Most importantly, remember, if you aren't sure, or your potential partner is not sure, then don't do it.

~ Jill



Do you have a question that you would like Jack and Jill to answer? If so, email your questions to Jack and Jill at: theriotrocks@hsri.org



Rosy the Rioter and Kim Rosario (aka: Party Marty) on:
“How Do I Snag a Date?”



Rosy the Rioter is a cool, soft rock, show tune music loving 83 year old woman who has been in the self-advocacy movement for 50 years! She loves health food and vitamins. Rosy is looking for love so she’s asking her friend, Party Marty for some help!

Rosy’s friend is Party Marty. He’s an awesome 21 year old guy who thinks he’s God’s gift to women, loves to hang out with super models, gets in and out of relationships like a hot potato, digs tattoos, works out a lot, a little self-centered and jams to metal music.



Rosy Asks: I want to go out on a date and have some fun! Party Marty, how do I find a guy?

Party Marty: Go to a dance club or bar. Guys like to hang out there. If you ‘Pop-n-Lock-It’ on the dance floor, make sure you don’t bust a hip.



Rosy: I’ll only go to a bar if I can bring my friend. She gets the 411 on the guys there.

Party Marty: You always want to look hotter than your friend. That way, you get the attention first.

Rosy: Does age really matter to a guy? What if I have wrinkles?

Party Marty: Age is just a number as long as you’re over 18. Be confident and wrinkles won’t matter.

Rosy: Do people with disabilities have to date other people with disabilities?

Party Marty: No, definitely not. If you’re confident about yourself, it doesn’t matter. Grab the other person’s attention and be yourself. Just get out there and do it.

Can you find the words below that help make a relationship healthy? Look up, down and backwards to find the words.

- Trust
- Respect
- Boundaries
- Fun
- Supportive
- Loving
- Acceptance
- Communicate
- Truthful
- Friends
- Learn
- Forgive
- Responsible
- Appreciation

T	E	T	L	O	V	I	N	G	R	F	S
C	A	C	F	O	R	G	I	V	E	N	O
O	R	E	G	B	E	R	A	F	T	U	U
M	R	P	L	O	F	U	N	R	A	E	L
M	T	S	V	U	O	E	T	I	I	I	R
U	R	E	C	N	A	T	P	E	C	C	A
N	U	R	E	D	F	C	A	N	E	L	T
I	T	O	P	A	S	O	N	D	R	V	R
C	H	C	T	R	E	F	U	S	P	P	U
A	F	E	V	I	T	R	O	P	P	U	S
T	U	G	I	E	E	F	D	R	A	I	T
E	L	B	I	S	N	O	P	S	E	R	C





By Joe Meadours



Keeping a **Hot** Bod in the Cool Winter

Winter's here and you know what that means, cold weather which makes it harder to stay active. That's why this article is about staying active and healthy in the winter months.

Many people can suffer from health issue so it's important that we work hard to keep a healthy weight and strong hearts. The best way to do that is by exercising and eating right.

These are some of my favorite activities. Many can be adapted to your individual support needs.

Aqua Aerobics. This is a great way to stay active in the winter. Working out in the water helps build muscle, keep limber and stay active. Plus, swimming doesn't hurt your joints or bones. This is great for people who use wheelchairs, or anybody who wants to dive into it!



Indoor Rock Climbing. Not for everyone, this is a great activity with the right support. Climbing lets you work out most of the muscles in your upper and lower body, and is a lot of

fun! Only do this if there is someone there to catch you, though.

Dancing. This is not just for girls. Dancing is a great way to keep your body healthy and active. You can do it with a partner, or on your own. Give it a go. You may like it.



Sledding. If you have enough snow for this one, you should do it. Sledding will help your heart and muscle by the amount of walking and controlling the sled that you do! Plus, it's just plain fun!

Walking. For those who just want something simple, go for a walk once or twice a day. Just stay active and warm this winter!



QUICK FACT!

A 150 pound person can burn up to 242 calories by sledding or 172 calories by dancing for 30 minutes!



SELF-ADVOCACY MAN



Written and drawn by Erick Yeary of ID

Self-Advocacy Man was flying to Idaho when he heard the most angelic laugh. He had to find out where it was coming from. That's when he saw the most beautiful girl in the stars.

He landed to talk to her and asked her name. It was Cindy. His hands were wet from sweat as he asked her what she liked to do for fun. She said she liked going to the movies, horses, shopping, reading books and a whole lot more. He asked her out and she said yes!

He wondered if he should just be himself or try to be like someone else. He could not tell her lies so he decided to be himself which worked out great.

Now they're going steady! So, when you see a girl that you like, wipe off your hands and go for it because being yourself turns out better in the end.



STAY TUNED TO SEE HOW SELF-ADVOCACY MAN'S ADVENTURES CONTINUE...

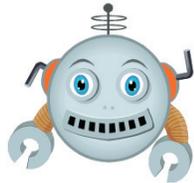


Craig Says... "Cyber Dating Stinks!"

New Year's is here and Valentine's Day is just around the corner, so a buddy of mine suggested I go out on a date and start the new year right. Though my couch and remote look better than any woman that's looked at me lately, I gave in and told him I'd give it a shot.

My usual hangouts of the pharmacy and doctor's office weren't offering any new opportunities. At the local mall, I got some seriously bad looks. Hey! What's wrong with a guy checking out the windows of Victoria's Secret anyway? Not much of a secret left, if you ask me!

So my buddy suggested that I go on the internet and try something called "cyber dating". It sounded like a dating service for robots.



I was skeptical but my options were running low.

Not long after filling out an information sheet on myself, a spunky gal named Claire emailed me. I was amazed! She liked to cook, clean and could even sew! She was everything I was looking for! So, I asked her out on a date for that Friday.

Friday came I received an email from her. We chatted back and forth for over an hour! It was great. I was ready to go on our date! Then she said, "What a great date, Craig! We should do this again next week."

What? A great date? But we hadn't even met yet! I thought she was joking but next week came and we went out on another "great date"... through email!

That was it! My television was giving me better reception than this new lady was. Cyber dating really IS for robots!

Trust me guys, whenever you feel a little lonely, reach for that remote, a bowl of popcorn and turn on the television. It'll never leave you lonely! Unless you forget to pay your electric bill...



Jazzy★

Self-advocates want sex too!
They're just like everyone else.
Get with the times!

Results of Online Riot Poll



"Do you have a tattoo?"

Heck Yeah! I love them ~ 36%

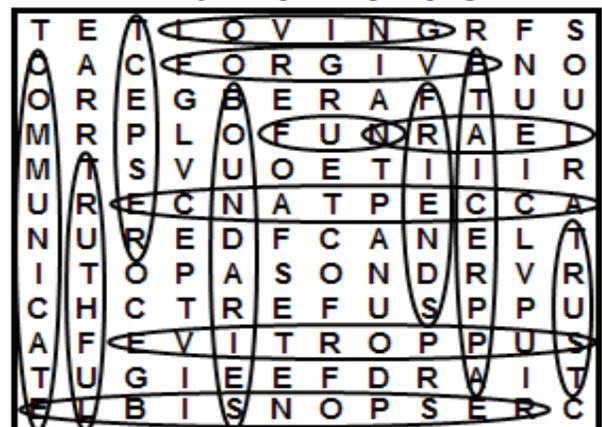
No. I want to but I can't. ~ 8%

Are you kidding? I don't want one. ~ 55%

Answers to Valentine's Trivia:

1) C 2) B 3) B

Puzzle Answers





Self-Advocates Speak Up! and Speak Out!



Ready for Intimacy?

Do you want to learn more about how to have a boyfriend or girlfriend? Have you ever wanted to be married? Have children? Talk about it in your self-advocacy group and find out what you want.

Remember, this is a very personal conversation so what is said at your meeting shouldn't leave the room. Protect the privacy of your friends and peers, it is important.



Get everyone to sit together in a circle and promise to keep this conversation private. Now, you are ready.

Ask yourself and your group these questions:

1. Would you like to have a boyfriend or girlfriend?
2. Do you want to have a sexual relationship with your boyfriend or girlfriend? What kind of

information do you want before becoming sexually active?

3. Talk to each other about consent. It is important that both people in a relationship want to be sexually intimate.
4. What are your thoughts on marriage and children? Do you want them?
5. What does respect in a relationship mean to you? Are you receiving it?
6. What would you like to know to be safe in a relationship? What is the most important?

After the group has answered these questions, they should have a better idea what they want from a relationship or even if they're ready for one. Not everyone will be. We are all individuals and want different things out of a relationship. Don't be afraid to talk about what's important to you!

Talk it up... Have yourselves a regular Riot!

From the Self-Advocate Leadership Network at www.theriotrocks.org

Publications:

- **Self-Determination and You**
- **Participant-Driven Supports: A toolkit on Planning & Giving a Presentation**
- **Working Together for Change**
- **How Your Organization Can Sponsor Self-Advocates as AmeriCorps*VISTA Members**
- **Using Medicaid to Fund Trainings for Self-Advocates**

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Other Materials Available Online:

- **Advising Self-Advocacy Groups Teleconference Series Audio CD**
- **State of the States' Budget Teleconference Series Audio CD**
- **Healthy Relationships & Safe Sex**

More info at: www.theriotrocks.org