

TELL IT LIKE IT IS

Sexual Health + Wellness Education

[Inclusion Saskatchewan Website](#)
[Tell It Like It Is Website](#)

“Tell It Like It Is (TILII) is a comprehensive sexual health and wellness curriculum designed specifically for people with intellectual disabilities.” Directed collaboratively between Inclusion Saskatchewan, Creative Options Regina, and Saskatoon Sexual Health, “the program covers a range of topics, starting with ideas such as communication, personal hygiene, and consent, through dating, relationships, online safety, and safer sex practices.” We reached out to Inclusion Saskatchewan to learn more about this important program.

“We all have the right to sexual health information and to express our sexuality how we choose (so long as it doesn’t infringe on the rights of others), and these rights are enshrined in provincial, federal, and international charters and conventions,” shares Inclusion Saskatchewan. “However, people with intellectual disabilities regularly face barriers in accessing this information, often due to pervasive myths that they are either not interested in or unable to consent to sexual activity. This leaves people with intellectual disabilities vulnerable to increased interpersonal relationship and sexualized violence. Through the TILII program, we are able to teach facilitators how to effectively deliver sexual health education to people with intellectual disabilities. TILII empowers participants by arming them with the knowledge and skills they need to make informed decisions about their own sexuality and how to recognize and respond to negative and potentially dangerous situations, therefore leaving fewer people vulnerable to abuse.”

The positive impact of this program is felt widely, with a representative from Inclusions Saskatchewan noting, “Personally, I am brought joy each time a participant builds the skills they need to achieve the sexual and relationship outcomes they desire. Past participants have shared that participating in the program has made them feel more comfortable talking to loved ones, less fearful of engaging in sexual activities, more confident asking someone they like out on a date, or able to recognize they deserve better than they experienced in past relationships. Through the delivery of this program, we are able to promote a more inclusive community that celebrates the benefits of sexuality rather than focusing on fear of negative outcomes. We have also seen people able to navigate relationships in a healthier way, bringing joy and empowerment to their everyday lives.”

“People with intellectual disabilities are active, vibrant members of all communities across Canada and the world. We want to celebrate people and their experiences and share how we can all work to build inclusive communities.”

“It was so nice to hear that I’m not the only one who has gone through these things. I thought I was the only one but it’s nice to know and talk to other people who have had similar experiences [with topics relating to sexuality]”.

-TILII Program Participant

