

by Sexuality&Disability a year ago

# Train the Trainers Workshop- Discussing sexuality and disability


For the first time in India, Sexuality and Disability hosted a Train the Trainers workshop where professionals working in the field of disability rights and sexuality came together from across the country to share knowledge and discuss ideas.

On Day 1, we started with the discussion of conceptual ideas and an introduction to sexuality and disability.




We have something exciting coming up! We're conducting India's first Train the Trainers program that includes knowledge sharing (1/2) [pic.twitter.com/NbCHyYqdsW](https://pic.twitter.com/NbCHyYqdsW)

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between individuals working in disability rights, to better understand the intersection between sexuality and disability. [#SexDis](#) (2/2)

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It's going to be an exciting 4 days. Stay tuned, we'll be live tweeting the event! [#SexDis](#)


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A total of ten participants took part, each with a unique specialisation that they would discuss with us over the span of the next four days.



Meet one of our participants- Jyoti Gogoi. Jyoti is a special educator who works at [@ShishuSarothe](#) in Guwahati. [pic.twitter.com/hPJr19VZCo](https://pic.twitter.com/hPJr19VZCo)

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.@ShishuSarothe Jyoti works primarily with 3-10yo children struggling with intellectual disabilities + cerebral palsy. Her current dream? To explore Mumbai!

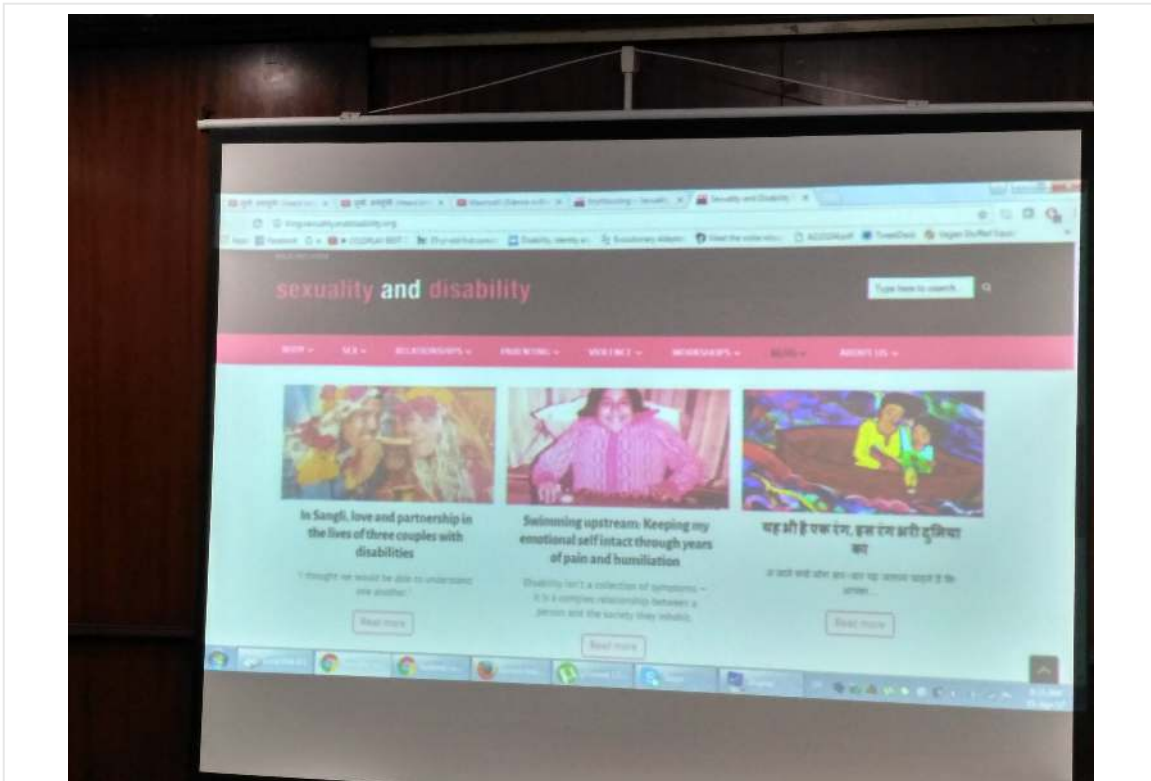
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Meet Kiran, a transman working at [@SolidarityFound](#), Bangalore on a fellowship. Kiran's dream is to be a good political leader one day. [pic.twitter.com/KpsxCDtu5p](https://pic.twitter.com/KpsxCDtu5p)

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After an introduction to Sexuality and Disability, we had the participants write down what they expected to learn from the workshops and then go on to discuss conceptual issues in our field.



Today we'll be discussing more conceptual issues- understanding the self, sexuality and disability  
[#SexDis pic.twitter.com/hf5109dAwD](https://twitter.com/hf5109dAwD)

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What do our participants want to learn and discuss at this Train the Trainers program? Everything from sex ed. to workshop methodology. [pic.twitter.com/DVQ1RxKkzw](https://pic.twitter.com/DVQ1RxKkzw)

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Our [@saysnidhigoyal](#) is now leading the participants through the three models of dealing with disabilities- Medical, Social and Charity. [pic.twitter.com/mNmR5doW6K](https://pic.twitter.com/mNmR5doW6K)

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.[@saysnidhigoyal](#) Here's a good model to understand the three models and perspectives- [copower.org/leadership/mod...](http://copower.org/leadership/mod...)


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During the discussion, our participants narrated anecdotes of their own experiences- whether it be working with people with disabilities or the treatment doled out to them (the participants) due to their own disabilities.

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"They ask me if my child is really mine. I say no, I picked him up from a neighbour" Neeta Panchal says, over heaps of laughter.

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"I am independent but when I'm at the airport, the staff keeps asking me how I'm travelling alone. It always reminds you of your disability"

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Discussing the 'divinity' of PwD "What is this bhagwan status? I'm a fallible human" says Shreshtha Das. "Yes it's dehumanizing" adds Neeta.

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Kiran narrates an anecdote where the census taker spent an hour puzzling over how he was transgender, Adivasi AND disabled.

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"There is this need to put people in ONE box. Intersection of two or more confuses people"  
[@saysnidhigoyal](#) explains.

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The group discusses what are held as the three main issues of disability- Education, Employment, Accessibility. [pic.twitter.com/RXdUO1SXXV](https://pic.twitter.com/RXdUO1SXXV)

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"Sexuality should be recognised as an issue for PwD too" - [@saysnidhigoyal](#)

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Ankita from [@fattechy](#) just showed us two lovely documentaries dealing with lack of access to healthcare and sex education for the youth. [pic.twitter.com/5REDrSVnwu](#)

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.@fattechy You can watch one here: [youtu.be/-xqOlz4sCzo](https://youtu.be/-xqOlz4sCzo)

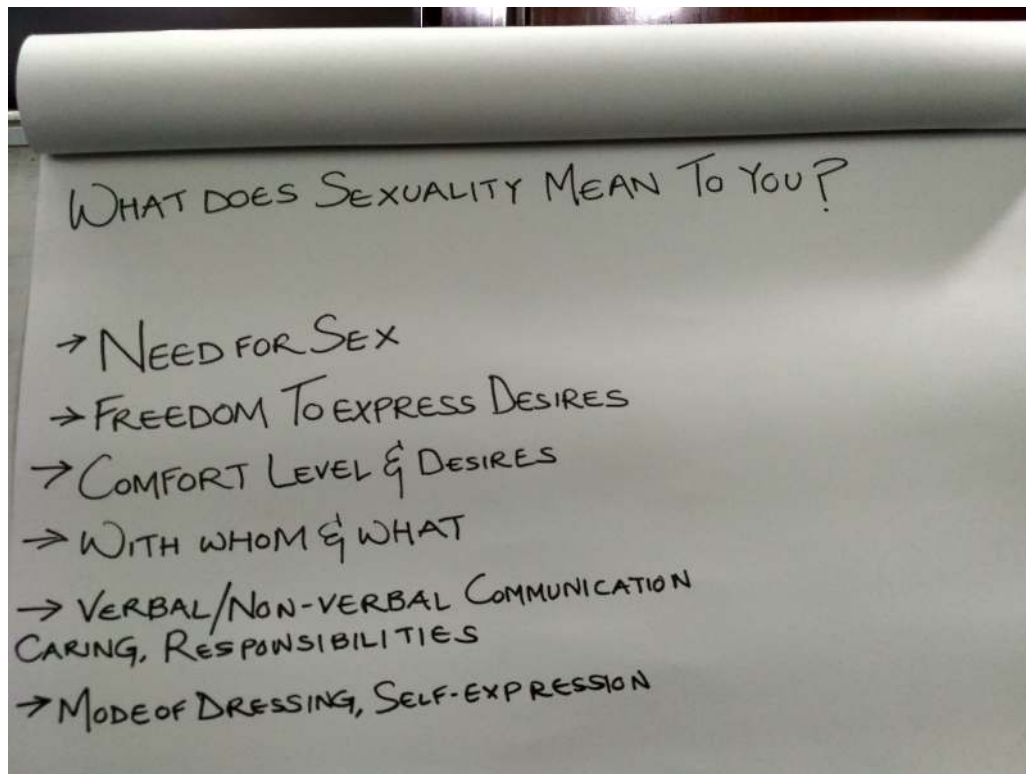
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The second half of Day 1 saw Dipika Srivastava from TARSHI discuss the intricacies of sexuality.



Deepika from [@tarshingo](#) explains how it's necessary to talk about sexuality in terms of pleasure as well, not just violence. [#SexDis pic.twitter.com/TogPOwUFGH](#)

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What does sexuality mean to our participants? Many, varied things. [#SexDis](#)  
[pic.twitter.com/wvPb1dD0t3](https://pic.twitter.com/wvPb1dD0t3)

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Deepika discusses body image and societal pressure- "As you you move further from the mainstream, this body image oppresses you more"

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Talking about visibility of the disability, Deepika explains how society labels our bodies.

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"Two people with the same disability will still have very different experiences."

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Meet another participant- [@DipikaSriv](#), the program coordinator at [@tarshingo](#). Dipika just hosted a very insightful session on sexuality. [pic.twitter.com/e8JiuCtQII](https://pic.twitter.com/e8JiuCtQII)

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And finally, we ended the day with some wonderful exercises on self expression and understanding power dynamics, thanks to Shreshtha Das from CREA.



CREA  
@ThinkCREA

Shreshtha Das from CREA is facilitating a session on "Exercises on Self Expression" at this ToT today w/ [@povmumbai](#) [@dis\\_sexuality](#) [twitter.com/dis\\_sexuality/...](https://twitter.com/dis_sexuality/)

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Shreshtha from @ThinkCREA is leading us through some amazing exercises to help us understand power dynamics, trust etc. [pic.twitter.com/s1mRvhFHO](https://pic.twitter.com/s1mRvhFHO)

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A lovely moment from Shreshtha's session at the ToT on Sexuality & Disability by @povmumbai @dis\_sexuality #SexDis [pic.twitter.com/XQEBwq5Yw7](https://pic.twitter.com/XQEBwq5Yw7)

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