

Community of Practice: Sexual Health

Sexual health is one of the most commonly requested topics for individuals who are newly injured, newly diagnosed, or learning how to navigate life with paralysis. While experiences and needs may change after paralysis, personal wellness, intimacy, and connection remain important parts of life and deserve open, respectful conversation.

Whether you are a person living with paralysis or a partner supporting someone who is, this Community of Practice is here to provide guidance, information, and trusted resources. We encourage you to share the resources below with peers who are interested in learning more and continuing these important conversations.

General Resources

- Christopher & Dana Reeve Foundation: [Sexuality & Reproductive Health After Paralysis](#)
- Triumph Foundation: [Sexuality and Sexual Functioning](#)
- Sexuality SCI: [Sex, Love and Intimacy After Spinal Cord Injury Video Series](#)
- MSKTC: [Sexuality & Sexual Functioning After SCI](#)

For Women

- Christopher & Dana Reeve Foundation: [Sexual Health for Women](#)
- Craig Hospital: [Sexual Function for Women After Spinal Cord Injury](#)
- Baylor College of Medicine: [Center for Research on Women with Disabilities](#)
- Spina Bifida Association: [Women's Health Guideline](#)
- Christopher & Dana Reeve Foundation: [Women's Sexual Health Video](#)

For Men

- Christopher & Dana Reeve Foundation: [Sexual Health for Men](#)
- Craig Hospital: [Sexual Function for Men After Spinal Cord Injury](#)
- Spina Bifida Association: [Men's Health Guideline](#)
- Christopher & Dana Reeve Foundation: [Men's Sexual Health Video](#)

Sexual Violence Awareness

- CDC: [Sexual Violence and Intimate Partner Violence Among People with Disabilities](#)
- RAINN: [Sexual Abuse of People with Disabilities](#)