

THE SCARBOROUGH METHOD

When responding to questions and explaining a concept, a helpful tool to use is The Scarborough Method. It involves three aspects:

- ▶ Physical: what it is, physical aspects
- ▶ Social: private, responsibility, laws
- ▶ Emotional: feelings connected to it.

Here are some examples:

What is a clitoris?

- ▶ Physical: A sexual part just above the vagina.
- ▶ Social: If the person or a partner touches it, it needs to be done in private.
- ▶ Emotional: Can feel good when it is touched by self or partner.

What does “having your period” mean?

- ▶ Physical: It is a nickname for menstruation which is when blood slowly drips out of the vagina.
- ▶ Social: It is normal for this to happen, usually once a month.
- ▶ Emotional: A person can feel grumpy, crampy, or tired during menstruation.

What is sex?

- ▶ Physical: It can be different for everyone, but usually it is thought of as:
 - ▶ vaginal: penis in vagina
 - ▶ oral: mouth on penis or vulva
 - ▶ anal: penis in the anus
- ▶ Social: It needs to be done in private and with consent from all people.
- ▶ Emotional: It should feel good for all people.

This is a tool to help you think about other aspects of answering a question. Your answer doesn't have to include all of these, but it is useful to think about these aspects to give a fuller answer. Teaching about public and private is part of nearly every explanation.

*Adapted from Sex Education for Persons with Disabilities that Hinder Learning.
Winifred Kempton, 1988.