



# Disability, gender identity, sexual orientation and sexuality

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## Tabú

- Founded in March 2014
- Website: [www.tabu.is](http://www.tabu.is)
- #tabufem



- Intersectional disability feminist activism.
- Tabú places emphasis on creating empowering and safe space based on the ideology of peer support.

## How we do it:

- Blogging
- Sharing our stories for social change
- Practise activism
- Offering workshops
- Taking action



"If I say no to some guy at the club, people call me ungrateful bitch because I'm suppose to be thankful that someone wants me"  
– Woman in her early twenties

"I just get angry when guys call me sexy and feminine... because I'm obviously neither of those things"  
– Woman in her thirties

I'm not good enough  
I'm afraid that the sex I can offer will be boring  
What if....

"I get sexual attention from married men in their forties that want to have an affair with me – so their interest in me is always a big secret"  
– Woman in her forties

"Recently I got this new medication and one of the side effects is reduced sex drive. My doctor didn't bother telling me about it because he assumed I wasn't sexually active."  
– Married woman in her fifties

# How do we feel about our bodies?

1. In a way we are taught to dislike (even hate) our bodies.
2. Constantly we get messages on how our bodies should be fixed and changed.
3. Our bodies are not viable.
4. 'Better being dead than disabled'.
5. Lack of representation.



# Boundaries

1. I was systematically trained to have no boundaries or personal space.
  - a) The health care system
  - b) The educational system
  - c) In social interactions
2. When I tried to set boundaries it was seen as bad and controlling behavior.



# Being both disabled and queer

1. As a disabled person I was not seen as a sexual being.
2. I was torn between identities and communities.
3. Disability and queer communities participate in constructing and reinforcing prejudice against other marginalized groups
  - a) Homophobia within the disability community
  - b) Ableism within the queer community



# Myths about disability and sexuality

1. Disabled people are not sexual.
2. Disabled people are not desirable.
3. Sex must be spontaneous.
4. Disabled people can't have 'real' sex.
5. Disabled people are pathetic choices for partners.
6. Disabled people who have sex are perverts.
7. Disabled people don't need sex education.
8. Disabled people have more important things than sex to worry about.



# What do we learn about sex?

1. Before we ever have sex with another person we most likely have well-defined ideas about sex.
2. More importantly we have learned how to define good sex from bad.
3. We have already been told what we should do and how we should feel about sex.
4. Opportunities for self-discovery are therefore limited.



# Normalizing disability for sex

1. Have sex 'despite' impairments.
2. Doing it as 'normal' as possible.
3. Internalized ideas about our worth as sexual beings.

## Sex Despite Disability: New Products Offer Hope

Dec. 10, 2010

By KIM CAROLLO, ABC News Medical Unit via **GOOD MORNING AMERICA**

# Conclusion

1. Recognize the joint affect of different oppressive systems.
  - a) Intersectional approach.
2. Official documents and strategies should put more emphasis on disability, sexual health and self-determination.
  - a) Personal assistance in relation to sexual health.
3. We have to break down oppressive systems in order to increase PWD self-esteem.



# Thank you

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