

The Riot!

Romance Issue!

A National E-Newsletter from the Self-Advocate Leadership Network @ HSRI

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"I Love You!"



Is it possible for self-advocates to fall in love? Of course it is! More and more, self-advocates and others recognize their freedom and right to have a love life. And that means having a sex life too! Oh my! We said it! We said the word. Sex! We understand this makes people nervous. Some parents may say "sexuality is not for my son or daughter." And some staff may think sexuality should be ignored. Self-advocates are not really sexual, are they? Self-advocates have an

easy answer to that question. "We do think about sex and we are sexual beings!"

For many professionals the words "self-determination" refer to a way to run the service system. They talk about money, Medicaid, brokers, service planning and all that.

For self-advocates it's simple. "Self-determination" means people can be the boss of their own lives. That means having a boyfriend or girlfriend if they want. It means that two self-advocates might fall in love, marry, have sex and maybe have a family. Self-advocates may need support to do it. But they want to have a life like anyone else. This means having a sex life too!

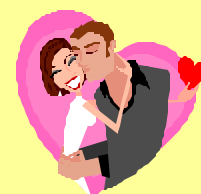
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Instant Mate Mix



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About The Riot!...

The Riot! is produced by the Self-Advocate Leadership Network at the Human Services Research Institute.

We work together with self-advocates to come up with ideas and write the stories.

Here's who "we" are:

Contributors & Advisors

- Ricky Broussard – Texas
- Dayna Davis – Oregon
- Chester Finn – New York
- Cindy Helvington – Oregon
- Erick Yeary – Idaho
- Joe Meadours – Alabama
- Eric Matthes – Utah
- Nancy Ward – Oklahoma
- Marian West – New Hampshire

Cartoonist

Jazmyne Johnston – Oregon

At HSRI

John Agosta, Reena Wagle, Kerri Melda, Jaime Daignault

Chet's Chat

I want to talk about our rights because it is an important topic. People with disabilities do have rights. Some of our rights are the right to vote, be healthy and move about our communities freely.

Many people don't know this yet. They think that since we are "taken care of" they don't need to honor our rights. It is true that sometimes we need more help than others. This doesn't mean we don't have ideas and feelings about how we want to live.

Sometimes we may feel that we shouldn't have to fight for our rights as hard as we do. They are our birthright. That should be easy to understand, right? But the fact is that we don't have the respect we deserve and so we have to work harder for our rights.

We have to speak up to make people listen to what we want. All of us have to do our share to fight for our rights.

I'm sure some of you are wondering how you could fight for your rights.

Well, it isn't easy.

You have to work hard for what you want. Here are some tips to get you started:

- Have the courage to act and don't be scared. No one is going to do it for you.
- You don't have to do it alone! Find others with similar issues and act as a group.
- If you don't like something speak up. Don't wait for someone else to do it for you.
- Find out who makes the policies and rules and talk to that person directly.

This is called self-advocacy. You might upset some people when you're being a good self-advocate. But that's ok! I call that in your face advocacy! It's a good thing!



Chester Finn

Psst...

Say there...

How About a

Riot T-Shirt?

We know you want one!



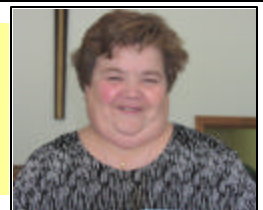
See Page 8!!

Marian Says...

Love is a very special thing. It's a commitment between two people that gives you good feelings. When you're in love, you can depend on him or her to help you through your ups and downs. When you have hard times, you can talk to each other. In my experience, if he doesn't help you, he's no good.

When you're dating, it's important to be true to each other. Be honest and don't keep secrets from each other. It will surely be a bad thing when the other person finds out. That's no way to have a love affair.

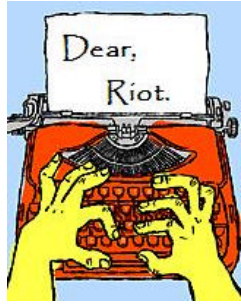
Marian West. works at the Institute on Disability in Concord, New Hampshire.



Marian West

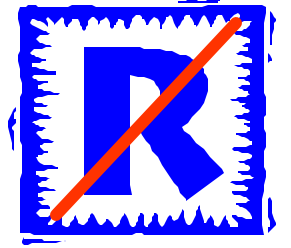
If you're lonely, you should go out more and see what happens. While you're out, check out the guys or gals to see if there's anyone you might be compatible with.

I'm not in love or looking for love right now. There's simply too many men out there. I'm still young and I like to love 'em and leave 'em. That's the best thing to do. There are no problems that way.



Letters to The Riot!

About the "R" Word



In our last issue self-advocates challenged people to STOP using the "r" word (retardation). It created quite a stir with our readers. We heard from many of you! Thank you for all your letters! We received personal stories, opinions and suggestions. Here are a few of your letters.

This email is in response to your newsletter about labeling and the use of the "r" word. I absolutely dislike that particular term. But I also think that we can protest until we are blue in the face and it won't do any good. Even if agencies change their names, some people will just apply the old stereotypes to what ever new term we use. And people will find a way to make the new words hurt just as bad as the old ones (or worse).

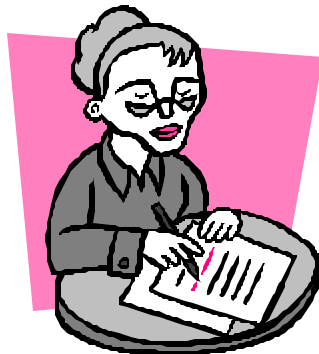
Trena Wade, Vice President
San Diego People First

The Riot! says: We agree. Changing names does not change attitudes. But it may be the first step to get people thinking in new ways. We hope so.

Hi, I am a sibling.... and think your current issue is powerful and very well written. Through many years I have been "out there" trying to abolish the "r" word... I find "to educate" people works at times... when it doesn't... the person is not worth my time!

Jeannie Cerar
Waynesburg, PA

The Riot! says: We give you two thumbs up! One person at a time is the way to go! The others will come along. It is amazing how many people use the R word and never think about it.



Hi... I read your recent issue about the "r" word.... and I agree with you. I think to get your message heard, understood, and implemented it would be useful to help organizations with what words would be acceptable...

Victoria

The Riot! says: Self-advocates prefer no labels at all. If you need to name an organization that serves self-advocates, or refer to them as a group, use "people first" language. You can use words like "people with intellectual disabilities" or "cognitive disabilities" or "developmental disabilities." There is no one right way to do it. People are still thinking about it. You should ask self-advocates in your state what they think.

Hello, I teach at a small high school in southeast Alaska, and we have a good approach to students who use the "r" word. When students say it, we respond by saying, "Would you please rephrase that?" When students first come to our school, they look at us funny when we say that, but over time they get quite used to it.



After a while, kids stop using the "r" word. They start saying what they're really thinking or feeling, rather than an insulting word that doesn't really say much. This is much better than punishment or asking for apologies, because over time students learn to express themselves more clearly, which often changes their behavior.

Maybe you've heard this all before, but I thought you might like to know what one school is doing to challenge use of the "r" word.

Eric Matthes
Sitka, AK

The Riot! says: We think you rock! Those kids will remember their new lesson and teach others.



Stages of Love

With expert advice from Cubby

For some, love is planned. You make plans about how to get someone to go out with you. You hope that you'll fall in love. If it doesn't work out, you make plans to move on and start again.

For others, love just happens. Suddenly, you look up and—whamo! Love at first site! Then you find out you've been dumped.

But what happens in between the beginning and the end? The Riot! interviewed several self-advocates around the country to find out. We discovered there are several stages of love. Cubby helped us with his advice.

Looking for love

It's hard to find the right person to be in love with, isn't it? Here's what one person said.

"I try to meet girls at school, church, the mall, or the library. I'm looking for a girl with a good heart and soul who loves me for who I am. If I could find a girl to look past my chair—at me the person, I would treat her like a queen."

Cubby: Keep your chin up. There's someone out there who will accept you for who you are. Eventually, you will find the girl of your dreams.

Playing at love

Have you ever heard of a "player"? A "player" likes to get in and out of love with lots of people at the same time without getting caught.

"I try to get as many girls as I can to kiss me and like me more than they should. I use lines from movies or songs. A good line is "You are always on my mind." Another is "I just can't help falling in love with you." Or "You're the only one for me."

It's important not to get caught. You have to keep everyone's names straight. Don't go out with girls who know each other either. And you have to keep moving. Keep the relationships short.

If you get caught, you can try to deny it. Then you have to change the subject. You can say or do something extra nice for her to get her mind off it. But after that you should probably move on before you get caught again."

Cubby: I get lots of letters about guys like this! You are going to get yourself in trouble. If those girls find you out, they might gang up on you. But seriously, you might never have a real girlfriend.

Being new at love

According to one self-advocate, being new at love is an empowering experience. He's been dating the same person for five months.

"Having a relationship is a commitment and being honest and respectful to the person you are with. I believe in being happy and just knowing that you have the power to make a relationship happen. If you work at it, great things will happen."

Cubby: Congratulations on finding real love. Great things will happen if you keep working as a team. Remember to always be honest.

Long-term love

In this stage, new love becomes the kind of love that lasts for many months or even years.

Long term love is "Not minding if they see you at your worst or your best. You share more with them because you trust them. You can't wait for special days to celebrate to give gifts that remind you of your silly times together."

Cubby: Stories like these always make me cry. Remember, each moment is a special moment when you're with someone you love (sniff).

Getting dumped

Have you ever been dumped? If you have, don't feel bad. Even Cubby has been dumped.

"Getting dumped was a shock! She said I was too busy working, going to ball games and spending time with my friends. I explained that my job comes first, friends second, and her third. She didn't like that answer."

Cubby: It's important to compare your values. If you're not willing to accept the other person's values, a relationship won't last long.



Spring Horoscope

A horoscope predicts the future based on the position of the planets and your birthday. Find the sign that fits with your birthday. Then read on to discover what's in store for you!

Aries (March 21-April 19): You're love life is hot! You will have to choose between several cuties. Have fun!



Taurus (April 20-May 20): The produce section of your local grocery store is the place to find love! Lucky fruits: cantaloupe & kiwi.

Gemini (May 21-June 20): All the cuties are wondering where you've been. Hibernating? Stop sleeping and start dating!

Cancer (June 21-July 22): The person you've been waiting for is watching you. Don't be surprised if you have a date soon!

Leo (July 23-Aug. 22): Try a new activity like a concert in the park or a walk on the beach. Doing something new will increase your chance for romance!

Virgo (Aug. 23-Sept. 22): Take a chance on a new relationship. If it doesn't work out try again with someone new. Lucky day: Tuesdays

Libra (Sept. 23-Oct. 22): You're ready for something or someone new. Wear more red to spice up your love life!

Scorpio (Oct. 23-Nov. 21): Don't be afraid to show your emotions. Loosening up may help your love life. Lucky months: April, May & June.

Sagittarius (Nov. 22-Dec. 21): Time to practice your moves. There are several cuties out there waiting for you!

Capricorn (Dec. 22-Jan. 19): Go out more this Spring. Lucky love days for you are Fridays and the 7th, 17th, and 27th of each month.

Aquarius (Jan. 20-Feb. 18): Your love life got a shot of rocket fuel! You're hot—don't hide it. Get out there and get the attention you deserve!

Pisces (Feb. 19-March 20): Stay close to your favorite cuties. You're most likely to find romance during the first and third weeks of each month!



Need Romance Advice? ...Ask Cubby!

Dear Cubby: How can I talk the girl I like into going for a walk in the park on a pretty day?

—*Hopeful in Hawaii*

Dear Hopeful: Ask her what she likes to do and be flexible. If she doesn't like to go to the park, ask her to do something she likes instead.

Dear Cubby: I would like to meet a guy from another state for a long-distance love affair. How can I meet someone?

—*Absence Makes the Heart Grow Fonder*

Dear Absence: You can meet people from far away places on the internet. At some websites, people write about themselves and leave their email address so others can write back. You can read about people and send them emails. This is fun but you need to protect yourself. You can stay safe by using a new email address just for dating websites. Never use

your personal email and don't give out your last name, phone number or home address. And, if you decide to meet, do it in a public place. Finally, be honest about who you are.

Dear Cubby: I'm single and lonely. I haven't met anyone in a long time until I started looking on the internet. I finally met someone I really like! But he lives far away. How do people deal with long distance relationships?

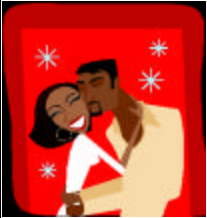
—*Sleepless in Seattle*

Dear Sleepless: Eventually, people decide what to do. Some people keep dating and try to meet. Others just stay friends. You and your friend can decide what is best for both of you.

Want Advice From Cubby?

Send your question to our address on page 8 or email Cubby from our website.

We Just Want To Be Alone!



Self-advocates often complain that when they go out on dates they have to take staff too. It's not always that way, but it is for a lot of people.

Here's a song you can sing to the staff on your dates if this happens to you.

This song goes to the sound of an old hit by Paul Simon called "50 Ways To Leave Your Lover." Sing this song to that tune!

50 Ways To Be Alone With Your Lover

I know it's really not your intention to be rude
 Furthermore we know that you rather not intrude
 So put all policies aside, and please find something else to do

I need some time to be alone with my lover
 Some time to be alone with my lover

So why not turn your back, Jack
 Privacy is in our plan, man!
 We're consenting adults, Roy
 Just listen to me

You don't need to watch us, Gus
 We not asking you for much
 We're no different than you, Lee
 So let us be free

There must be fifty ways to see your lover
 Fifty ways to be alone with your lover

from Steve Holmes (New York)



Romance Movie Puzzle

They sure do make a lot of movies about love. Have you seen a few? If you said yes, you'll do great with this puzzle! In this puzzle, you'll complete the movie titles for 19 romantic movies. Each title has one word missing. Can you figure it out? Put one letter in each box to complete the movie title. The first one is done for you. Then, when you have all your answers, you can read the secret love message in the **Pink** boxes.

			My	B	I	G	Fat Greek Wedding
							Actually
			Sweet Home				
							Harry Met Sally
			Wedding				
			Pretty in				
							Weddings and a Funeral
			40 Days & 40				
			Shakespeare in				
			Lost and				
							and Juliet
			You've				Mail
			How to				a Guy in 10 Days
							Dancing
The							Singer
			How				Got Her Groove Back
			Date				
			Far From				
			Win a				with Tad Hamilton!

Are you tired of your girl or guy?
 Valentine's Day was months ago!
 Cupid ruined your life? Don't know what to do?



Who You Gonna Call?

Love Busters!!!



Call the Love Busters and we will break up your relationship right away. No more hand-holding. No hassle. No heartbreak. And you will be FREE!!

Why wait? Call the Love Busters Now!

Or visit us at *April Fools* Stores everywhere.



Craig Says... "Bringing Staff On a Date Stinks!"



Getting a date is hard enough. First, you have to find someone special. You might meet a lot of people, but how many give you that special feeling?

Next, you have to ask her out. She might say "No"

and leave you standing there with a broken heart. Then again, she might say "Yes" and you end up with a real date. What do you know? Look what I found, a date! That's when the fun begins.

Then, you find out that you can go on a date, but only if a staff person comes along. Maybe she has to bring a staff person along too. "What?! Are you kidding me? I have a date with my new girl and I need a table for four people? We need people watching over us?"

Yes! You heard me right. That's what self-advocates often face when they want to go out on a date. They can go, but they have to bring staff along. Who makes these rules? Self-advocates sure don't. Hey! How about a little privacy here!

You have to take your staff along with you? I'll tell you what. I've been thinking. Here's three ways to give your staff the slip and get some private time with your date. You can...

- ♥ Tell your staff they can come but they have to sit far away from you and your date.
- ♥ Use the rest room at the same time as your date. Then slip out the back door with her.
- ♥ Take your date by her hand. Then, at just the right time, jump into a cab and zoom away!

The best thing to do, though, is to tell the staff right from the beginning that you want privacy. There is no sense in playing games about it. If people need staff support on their dates, that's another story. They can ask for the support they need.

In the meantime, here is a message for staff: Self-advocates want to date but they don't want staff hanging around. Privacy is good!

Trying to kiss while on a date (with staff...)



Staff should get their own dates!

Jazzy ★

Romance Movie Puzzle Answers

My **B I G** Fat Greek Wedding
L O V E Actually

Sweet Home **A L A B A M A**
W H E N Harry Met Sally

Wedding **C R A S H E R S**
 Pretty in **P I N K**
F O U R Weddings and a Funeral
 40 Days & 40 **N I G H T S**
 Shakespeare in **L O V E**

Lost and **F O U N D**
R O M E O and Juliet
 You've **G O T** Mail
 How to **L O S E** a Guy in 10 Days

The **D I R T Y** Dancing
W E D D I N G Singer

How **S T E L L A** Got Her Groove Back
 Date **M O V I E**
 Far From **H E A V E N**
 Win a **D A T E** with Tad Hamilton!

The Riot! Action Page

Self-Advocates Speak Up! and Speak Out!

What do you think about boyfriends and girl friends? Are you in a relationship? There are a lot of interesting things to talk about. Take a few moments and have a talk with others about relationships. Here are some questions you can ask each other...

- ♥What does it mean to be "dating?"
- ♥What's it like to have a boyfriend or girlfriend?
- ♥What does it mean to be "in love"
- ♥How is being in love different from dating?
- ♥Has anybody here been in love? Why not? If yes, how did it go?
- ♥Should self-advocates be able to marry?
- ♥How about having children?

- ♥What kind of support from other people do you need to have a relationship?
- ♥Are there people that don't want you to date? What rules get in the way of dating?



- ♥What should you do if someone is bad to you in a relationship? Who can you tell?

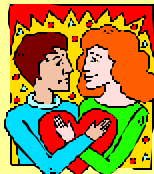
There are all kinds of questions to ask! So get started! Talk with one another and learn about relationships!

Talk it up...
Have yourselves a regular Riot!!!

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Portland, OR 97224



COMING THIS SUMMER!

Thinking about having a girlfriend or boyfriend? Dreamed of **falling in love** or getting **married**? Wondered about **sex**?

If so, then you'll want a copy of the...

HEALTHY RELATIONSHIPS AND SAFE SEX HANDBOOK

by Joe Meadours. To order a copy call 503-924-3783 ext. 10.

Order your Riot Gear T-Shirt!

Mail this form with a check to:
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7420 SW Bridgeport Rd (#210),
Portland, OR 97224

\$15.00 each



THE RIOT! ROCKS

Shake things up!

(Design and wording on actual T-Shirt)

Name	Address	Phone
------	---------	-------

	Color	Write In the Number of Shirts You Want by Size					Total Number	Cost
		Small	Medium	Large	XL	XXL		
	Black							X \$15 =
	Red							X \$15 =
	Blue							X \$15 =
							Total Amount Due:	\$