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**Autistic Adults: Dating, Romantic Relationships and Sexuality**

**September 6th, 2021**

**Program Script**

Opening Announcements, Introduction, Some Ads, Future Shows

Today’s Autistic Community Bulletin Board

Welcome everyone to Today’s Autistic Moment: A Podcast for Autistic Adults by An Autistic Adult. My name is Philip King-Lowe, the owner, producer, and host; and I am an Autistic Adult. Thank you so very much for listening.

Today’s Autistic Moment is a member of the National Podcast Association.

Today’s Autistic Moment is always a free to listen to podcast that gives Autistic Adults access to important information, learns about our barriers, and helps us discover the tools and strengths we need for self-advocacy.

This first segment of Today’s Autistic Moment is sponsored by The Autism Society of Minnesota: Minnesota’s First Autism Resource. The Autism Society of Minnesota has been serving Minnesota’s Autism Community for the past 50 Years. Visit them online at <ausm.org>.

Please go to [todaysautisticmoment.com](https://todaysautisticmoment.com/) to the [New Podcast Episodes](https://todaysautisticmoment.com/podcast-episodes/podcast-episodes/) page and/or the [Episode Index](https://todaysautisticmoment.com/podcast-episodes/ein/) page to get updates, download shows, program scripts and interview transcripts. Interview Transcripts are sponsored by GT Independence.

Also, please follow Today’s Autistic Moment on Facebook, Twitter, Instagram, and LinkedIn. Be sure to become a member of Today’s Autistic Moment Community Group page on Facebook, where you can meet me, other listeners, exchange conversations and find program updates, news about subscriptions and bonuses, upcoming shows and take advantage of special offers.

I invite you to help support Today’s Autistic Moment by visiting my Subscriptions and Bonuses page. I offer subscriptions for as little as $1.00 a month to $25.00 a month with lots of bonuses such as new episodes and the Monthly Moments Newsletter sent directly to you by email, a free stylus and ballpoint pen, and items from the store at discount prices. Go to <todaysautisticmoment.com/subscribe/>.

Make plans now to attend the very first Autistic Voices Round Table Discussions on October 20th at 2:00pm Central Standard Time. Six Autistic individuals will talk with each other about Person First and Identity First Language. There is no cost to attend, and the event will be streamlined on Today’s Autistic Moment’s Community Group page on Facebook.

I am so excited to announce that Today’s Autistic Moment is creating a partnership with the podcast Caregiver Chronicles by Sarah and Jeremy Brown. Sarah and Jeremy are the parents of two Autistic children. Just this past week, it was my privilege to be a guest on their show to talk about Autistic Adults including this podcast. You can find the link to listen to their podcast on my website. I strongly advise anyone doing any kind of caregiver work for not only Autistic individuals, but people affected by dementia and other health conditions that caregivers are needed.

As previously announced, during this episode of Today’s Autistic Moment and the next, my guest Leah Bauman-Smith and I are going to have some frank conversations about dating, relationships, and sexuality. We will be talking about some very sensitive issues that may be triggering for some, and/or not appropriate for all audiences. Listener discretion is advised.

I also want to be equally clear that these conversations will be intersectional. These conversations will be inclusive of all sexual orientations, gender identities, as well as sexual expressions. We are not here to be judgmental or dismissive of anyone. I sincerely hope I can count on my audience to be receptive and respectful.

Among the many stigmas about Autistic Adults that are totally untrue, is that Autistic people are not interested in, nor are we capable of dating other people, successfully creating healthy relationships, and having an equally healthy sex life. There is a presumption that Autistic individuals with less support needs just can’t find anyone who will be interested in us, because we have too much baggage. The other presumption is that Autistic people with higher support needs are completely incapable of having healthy relationships simply because they are non-verbal. None of these presumptions are true. Autistic individuals like myself can be very successful in having great marital relationships, and a healthy sex life.

My guest Leah Bauman-Smith is a special education teacher at Mad Hatter Wellness in St. Paul, Minnesota. The Mad Hatter Wellness has been working on helping disabled people get comprehensive sexual health education programming that educates, trains, and empowers people with disabilities and their support systems. Leah Bauman-Smith is not Autistic herself, but she works with others at Mad Hatter Wellness through the truth that all people, regardless of their abilities have a right to healthy and safe relationships. Leah celebrates sexual diversity and has excellent resources.

After this first commercial break, I will begin my conversation with Leah Bauman-Smith. Stay tuned.

**Future Shows**

Leah Bauman-Smith will return for the next episode, *Autistic Adults: Let’s Talk About Consen*t. The issue of consent is a sensitive topic for many who have been victims of sexual violence. Leah and I will talk about what consent is and is not. We will talk about what consent means and how Autistic Adults and those we love can support and respect our right to give or rescind our consent. Don’t miss this episode.

October is Coming Out month for LGBTQIA+ people. It needs to be said that coming out as being Autistic and of a diverse sexual orientation, or gender identity is very similar. On October 4th I will publish the episode *Autistic Adults: Coming Out as Autistic, Transgender and Nonbinary*. Samuel Woodard a 22-year-old trans masculine non-binary person who is also Autistic will join me to talk about his experiences.

Other episodes coming this Fall will be about managing relationships with other Autistics. Preparing for the Sensory Un-Friendly Holidays. Substance Abuse Addiction. Substance Abuse Recovery and Internet Safety.

Be sure to visit the Podcast Episodes part of <todaysautisticmoment.com> so you can go to the Upcoming Episodes page to read the descriptions of upcoming shows. Also, join Today’s Autistic Moment Community Group page on Facebook.

Thank you for listening to Today’s Autistic Moment.

**Today’s Autistic Community Bulletin Board**

On Sunday, September 19th, 2021, Minnesota Independence College and Community invites you to their 4th Annual IndePENNdance 5k Run/Walk at Donaldson Park in Richfield, Minnesota. Check In/Registration is at 9:15am, the race starts at 10:00am. Go to [www.miccommunity.org/5k](http://www.miccommunity.org/5k).

The Autism Society of Minnesota has just released their Education Catalog for 2021-2022. The catalog has information regarding classes for Understanding Autism and Autism Certification, Skillshops, Interdependence, Membership and Counseling services. Go to <ausm.org> to download the catalog.

Registration is now open to attend the virtual Autism Community Summit 2021 on Saturday, September 18th, from 9:00am to 4:30pm.

Go to <ausm.org> to register.

If you have any questions for me, you can always send an email to [PKLowe@todaysautisticmoment.com](mailto:PKLowe@todaysautisticmoment.com)

Thank you for listening to Today’s Autistic Moment: A Podcast for Autistic Adults by An Autistic Adult.

One year ago, through the encouragement of vocational rehabilitation professionals, family, and friends; I began the idea of creating a podcast for Autistic Adults. What started as a simple suggestion has become a successful and rewarding opportunity that is helping people to listen to Autistic Adults talk about the issues that are important to us. During these first nine months, I have published seventeen different episodes covering topics like ableism, Autism Acceptance, Justice in Employment, Diverse Sexual Orientations and Gender Expressions, Gaslighting and so much more. I have received emails from Autistic people and caregivers a like looking for resources for getting evaluated. In July, Podcasters heard a 15 minute clip from the episode Diverse Gender Identities at the first Podcastathon for the National Podcast Association. Just recently, the parent of two Autistic children shared with me that she is a Certified Nurses Aid has started to look into getting a group of people together to advocate for a change in policy that nursing staff and other home healthcare aides be trained to work with Autistic people. These are all such wonderful achievements. Today’s Autistic Moment can do so much more with your help. Go to <todaysautisticmoment.com/subscribe/> to support the podcast.

Thank you for listening to Today’s Autistic Moment.

If you are the caregiver of someone who is Autistic, affected by dementia, cancer, or any other condition; be sure to listen to the podcast Caregiver Chronicles by Sarah and Jeremy Brown. You can find the link to their podcast the home page of <todaysautisticmoment.com>.