



family
planning nsw

Reproductive & Sexual Health

Talking About Sexual Health

Ee-Lin Chang

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Family Planning NSW is a not-for-profit organisation funded by the NSW Ministry of Health



About Family Planning NSW

- Our clinics are accessible and welcome people with disability
- Education for disability service providers and teachers
- Development of resources
- Parent/carer education
- Advocacy and policy



Why is sexuality support important?

What the research says...

- Improved knowledge and self-esteem
- Increased skills will enhance community participation
- Improved decision making and self protection skills





Tips: answering questions

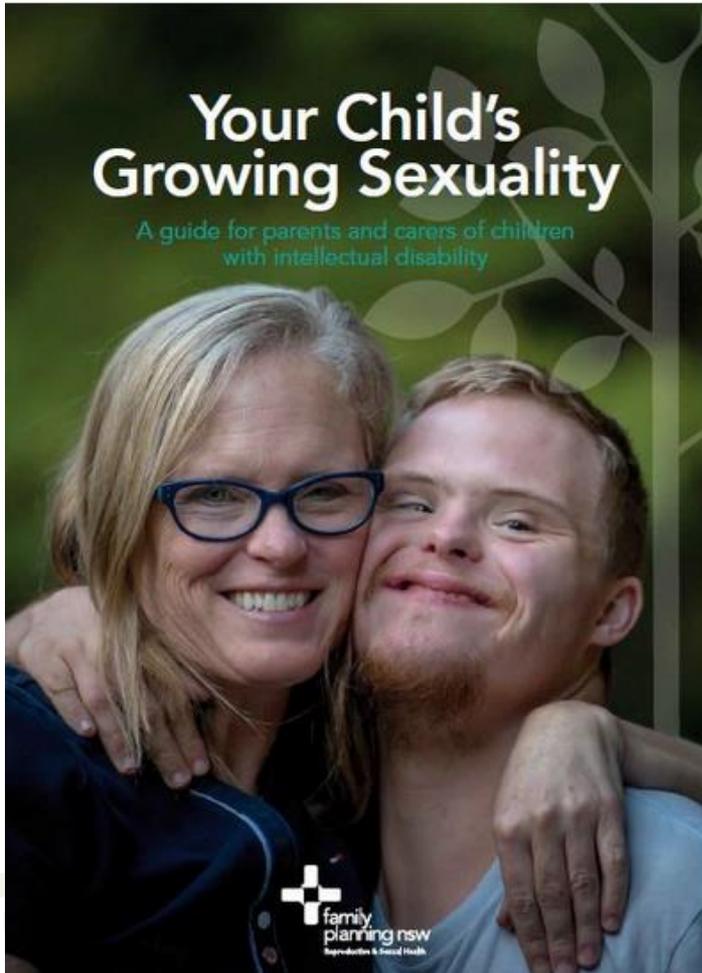
- Give simple matter of fact answers
- Find the 'question behind the question'
- Build on previous conversations and learning
- Focus on the positive too! Reinforce consent, communication, respect, safety and enjoyment.
- Not answering questions sends the wrong message:
 - sex is taboo / bad
 - person may seek information from less credible sources (e.g. internet, peer group)

Tips for using resources



- Use lots of visuals and easy English
- Ask permission before using a resource
- Become familiar and comfortable with the resources before using them
- Resources can be borrowed from our Disability Resource Collection.

Your Child's Growing Sexuality

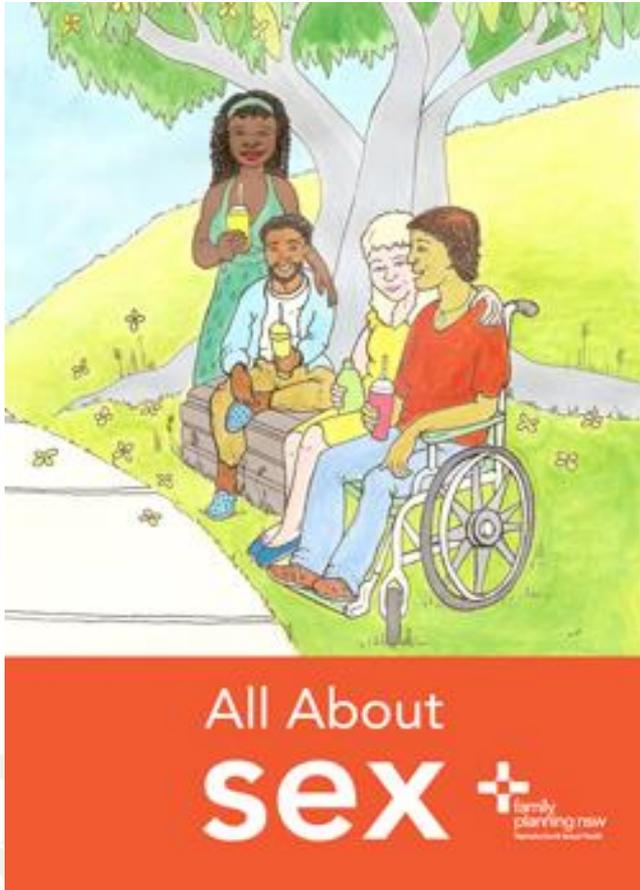


A guide for parents and carers with intellectual disability.

Includes:

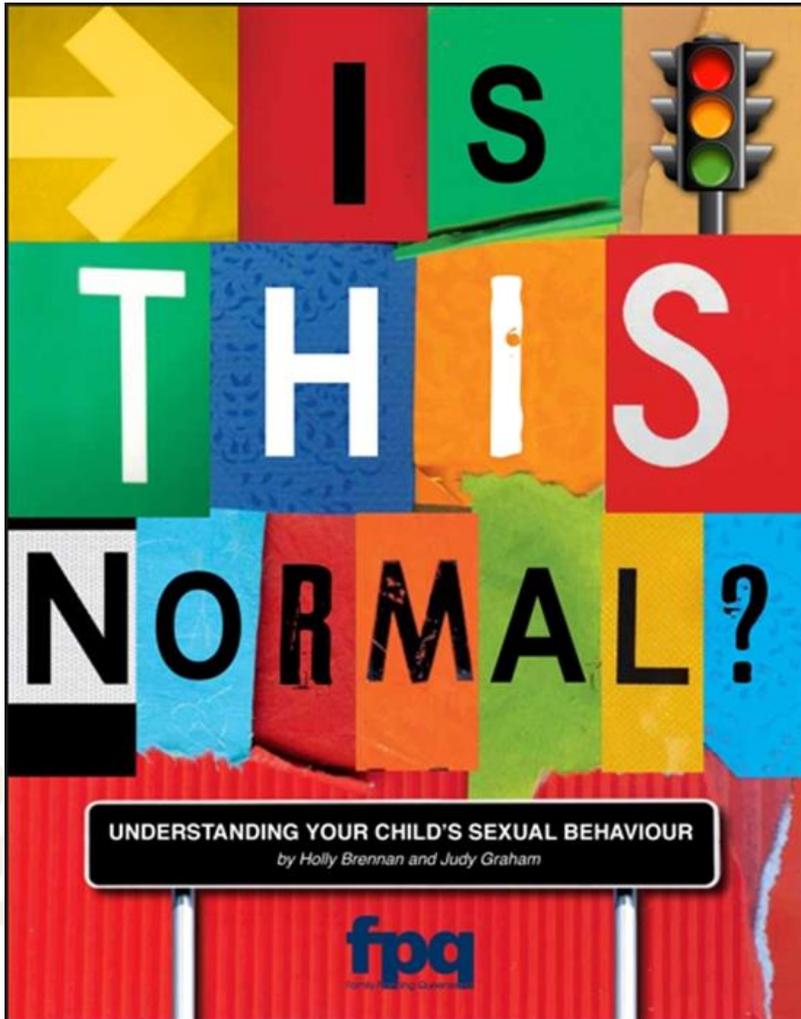
- Benefits of sexuality education
- Where to start
- Strategies
- Frequently asked questions

All About Sex



27 Easy to read factsheets across a wide range of sexuality topics

- Private and public
 - Puberty
 - Periods
 - Masturbation
 - Relationships
 - Where to go for help or advice
 - Lesbian, Gay, Bisexual, Trans
- Available free online at www.fpnsw.org.au/allaboutsex

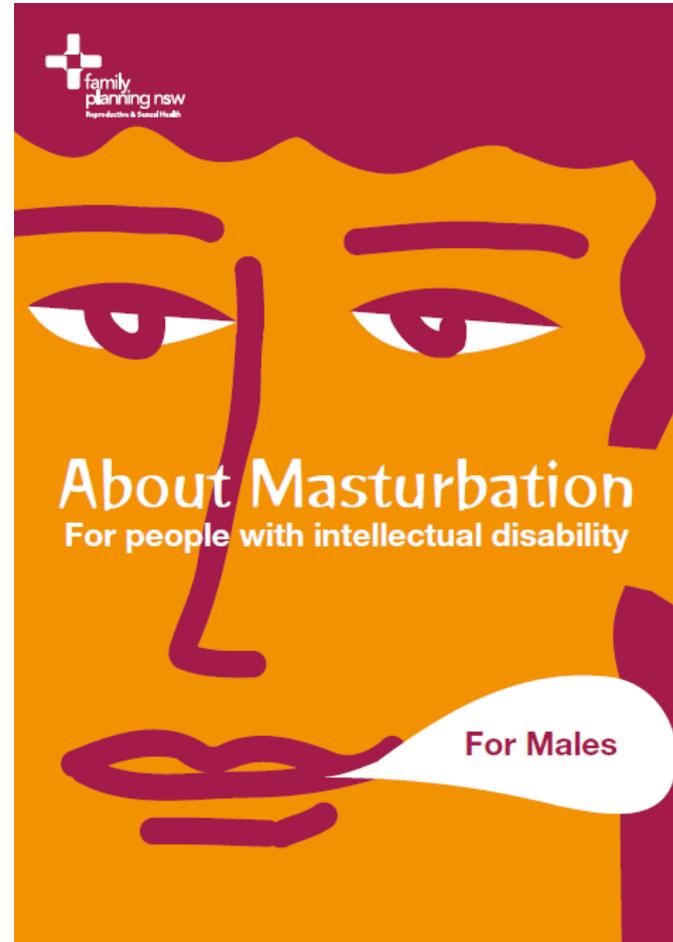
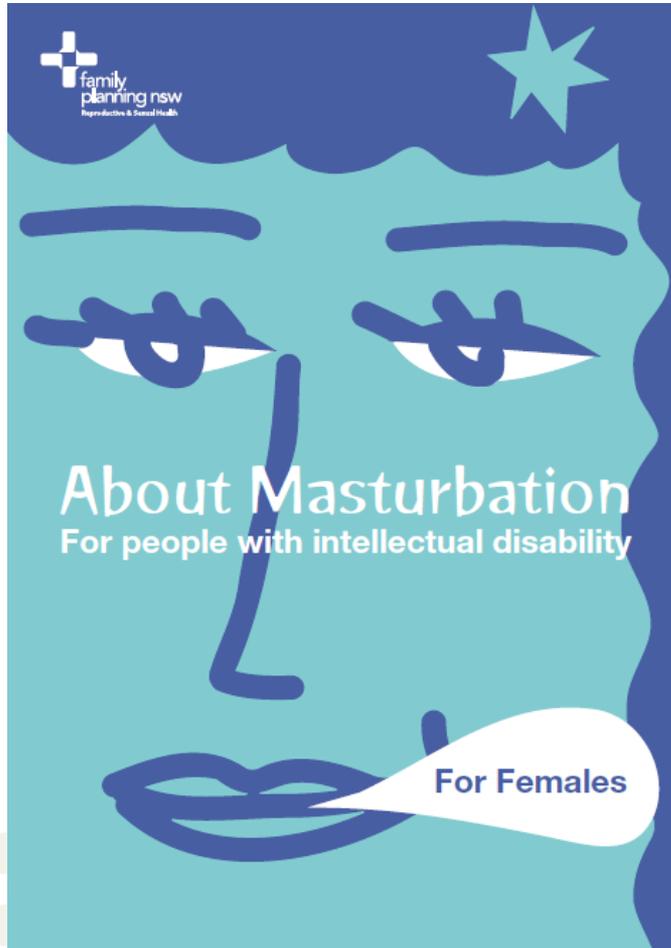


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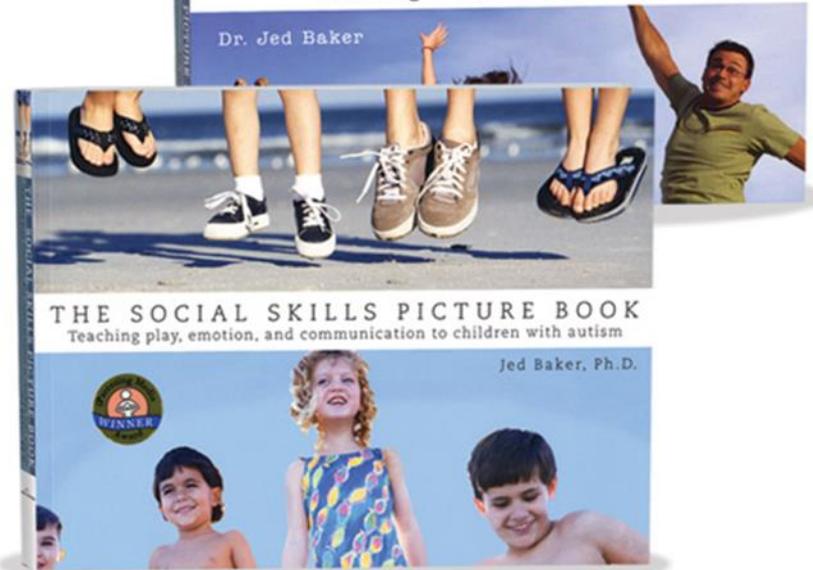
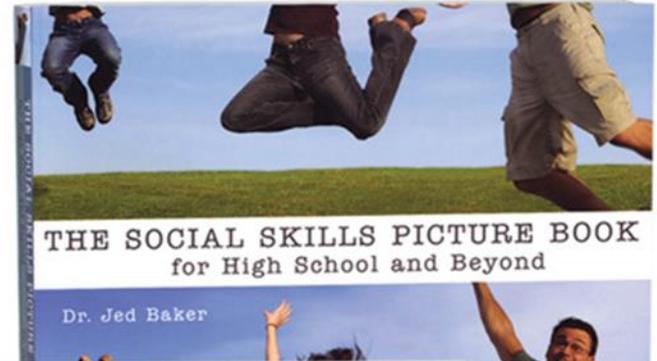
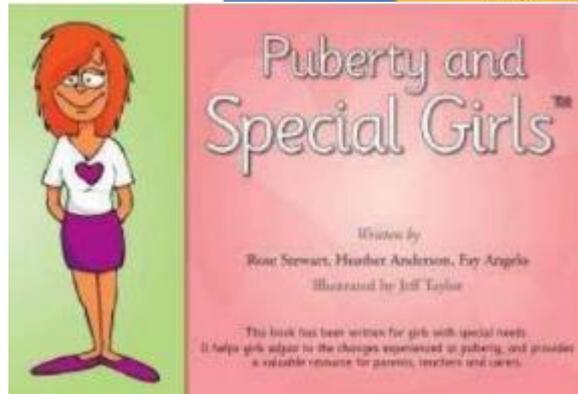
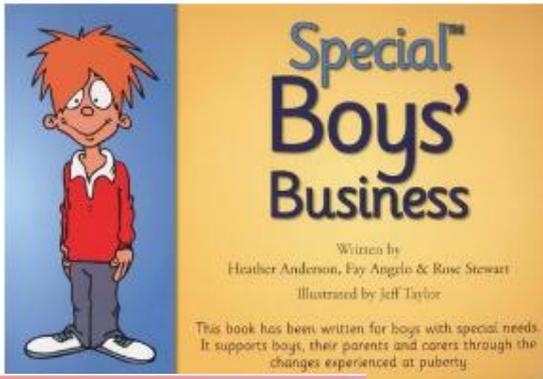
About Masturbation



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Periods



a practical
guide

A training pack to provide women who have a learning disability with a practical visual guide to sanitary protection during their period.

Mai Rees, Charlotte Carter and Lindsay Myers
Conwy & Denbighshire NHS Trust

Me-and-Us

I Change My Pad



Mai Rees, Charlotte Carter and Lindsay Myers
Conwy & Denbighshire NHS Trust

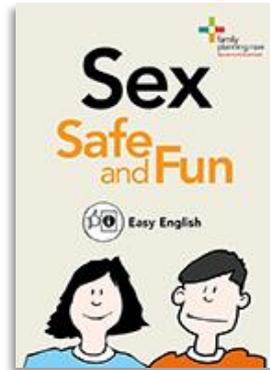
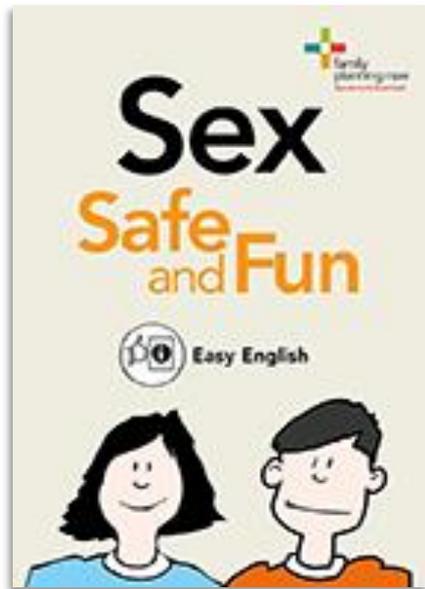
Me-and-Us

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Sex Safe and Fun



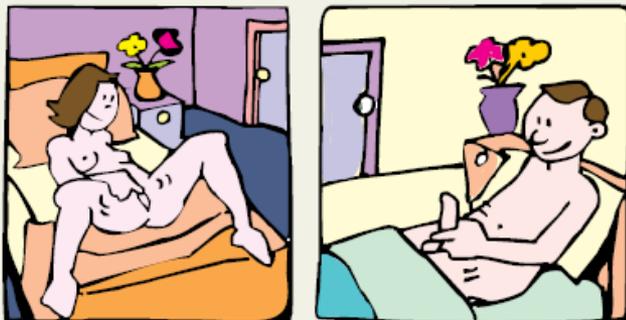
⇒ Guide for the support person

⇒ Easy-English booklets for learner

- Topics:
- Good / bad touch
- Positive aspects of sex
- Safe sex and how to use a condom
- Protective behaviours
- The law

Good sex

can be fun



It can be by yourself

It is in a private place

Good sex

can be doing things you
both enjoy



It can be
with another
person



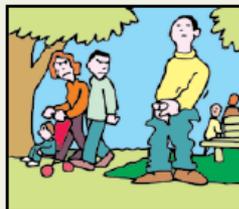
Both people must say yes

Bad sex

is wrong



Playing with yourself in public is against the law



Sexual harassment is against the law



If you don't want to it's bad sex

**If bad sex happens to you,
tell someone you trust**

Bad sex

is wrong



Sex with staff is against the law



Rape is against the law



Sex with children is against the law



Sex with family is against the law

**Keep telling someone
until you get help**

Just Checking- cervical, breast and bowel screening



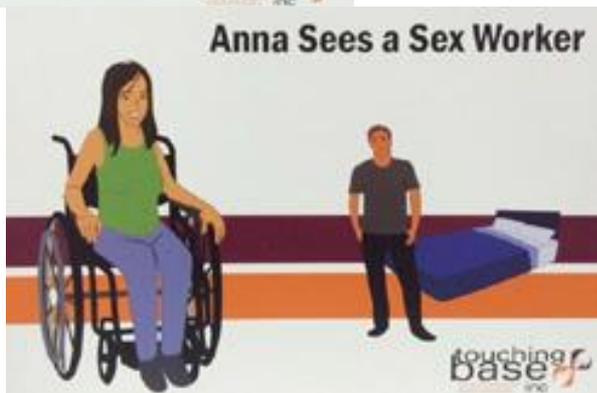
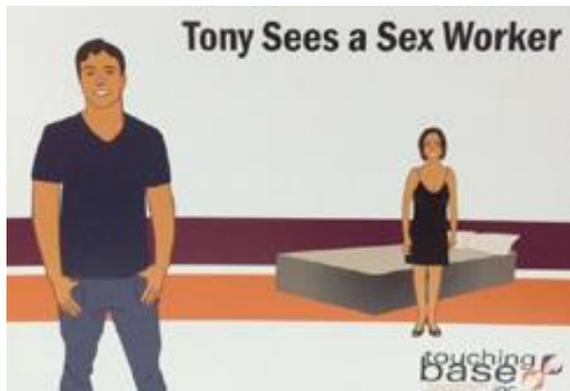
- 3 social stories
- 3 short videos of people with intellectual disability talking about screening
- Information tool for support people
- Online training for support people
- Available free online at www.fpnsw.org.au/justchecking

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Tony Sees a Sex Worker & Anna Sees a Sex Worker



- An easy English colour illustrated story about a person with disability seeing a sex worker.
- It provides information on how to choose a sex worker, how to prepare and other practical information.



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