



Sexuality and Relationships Forum Welcome!

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



Sexuality and Relationships Forum

Meet the team

Family Planning NSW

- Rob Hardy
- Edwin Lubari
- Nicole Allenden
- Ee-Lin Chang
- Kaidee Dick

Guest presenter

- Liz Dore, Relationships and Private Stuff

Program Outline

1 pm	About Family Planning NSW What is sexuality? Love and Kisses DVD Tips for talking about sexuality
2.30 pm	Afternoon tea (bookshop open)
3 pm	Workshop stream 1 <ol style="list-style-type: none">1. Dating and intimate relationships2. Puberty and boys3. Becoming a wonderful woman
3.45 pm	Break – move to next workshop
4 pm	Workshop stream 2 <ol style="list-style-type: none">1. Friendships and relationships2. Your child's developing sexuality: What to expect3. Supporting your child's personal development at school and home
4.45 pm	Evaluation forms, questions and bookshop open

About Family Planning NSW

The state's leading provider of reproductive and sexual health services

Experts on:

- contraception
- pregnancy options
- sexually transmissible infections (STIs)
- sexuality and sexual function
- menstruation and menopause
- common gynaecological and vaginal problems
- cervical screening
- breast awareness
- men's sexual health

Five fixed clinics in NSW (Ashfield, Fairfield, Penrith, Newcastle and Dubbo)

Disability services and programs

- Our clinics are accessible and welcome people with disability
- Development of disability specific resources
- Parent/carer education
- Education for disability service providers and teachers
- New Sexuality and Disability Service (Newcastle only)
- Advocacy and policy

What is sexuality?

- History of taboo and 'sex negativity' in society
- Often misunderstood or too narrowly defined
- Broad definition and understanding is needed

Flower Model of Sexuality



Sexuality is...

- A central part of being human - to be fully human includes being a sexual being
- Expressed and experienced in thoughts, desires, beliefs, behaviours and relationships
- A lifelong experience (from birth until death)
- Therefore a lifetime of learning!

Love and Kisses DVD



Love & Kisses/the DVD relationships & sexuality

featuring people with disabilities

Love & Kisses/the DVD
for everyone who believes
in the right of people with a
disability to have happy, safe
and fulfilling relationships.



Part 1: Scenes performed by people with disability:

- Dating
- Public and private
- Safe sex
- Getting married

Part 2: Interviews with people with disability about sexuality and relationships

Why teach people with disability about sexuality?

What the research says...

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

Tips for talking about sexuality

- Reflect on your own attitudes and beliefs
- Focus on sexuality not just sex
- The one off 'sex talk' at puberty should be a thing of the past
- Talk soon, talk often
- Find out what your child is learning at school and repeat this learning at home

Tips: where to start?

First stages of learning should start when children are young

Teach your child about their body

- correct names for private body parts
- preparing for puberty
- differences between sexes
- basic reproduction



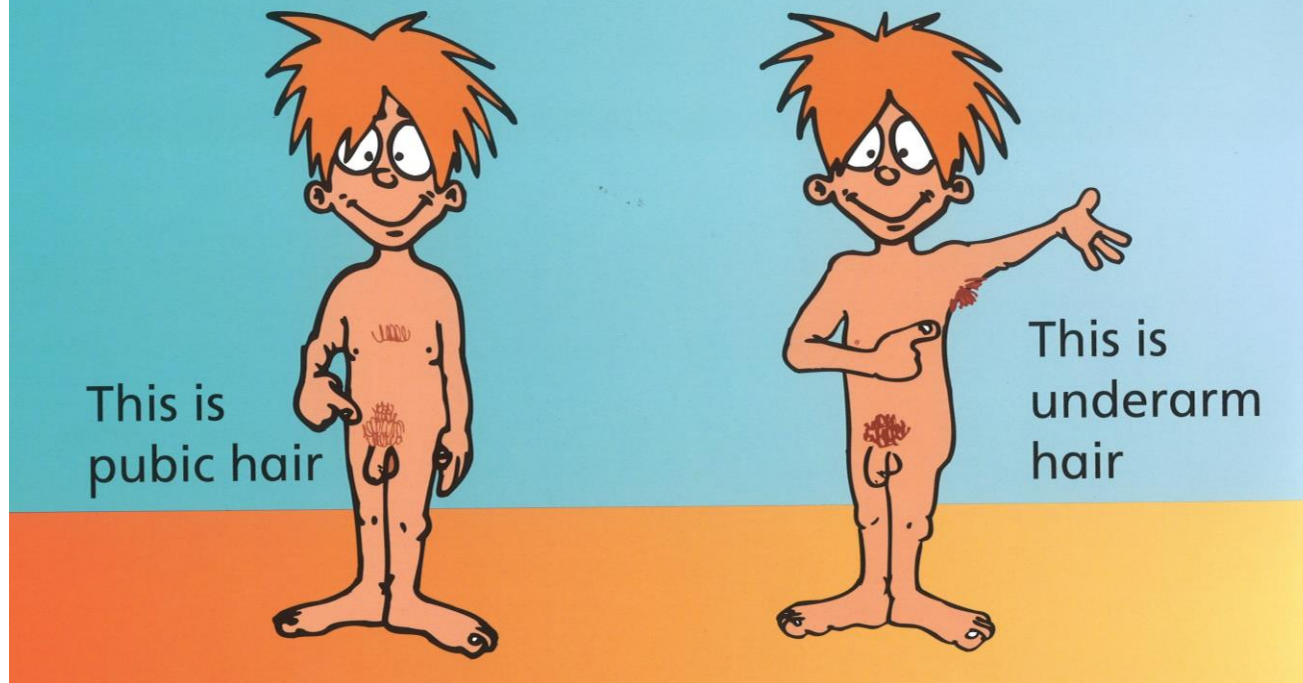
Resource: Teach-a-Bodies

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At puberty hair grows on different parts of your body.

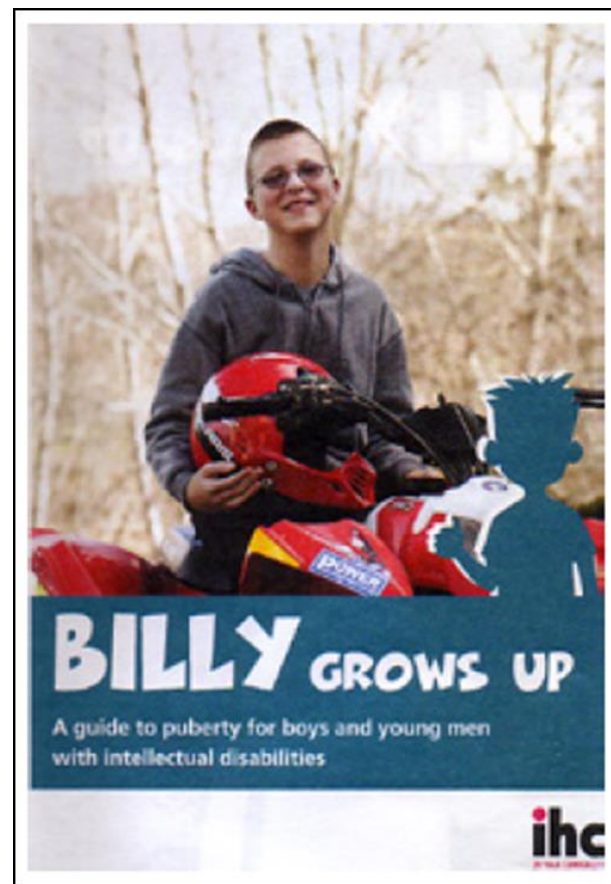


Resource: Special Boy's Business

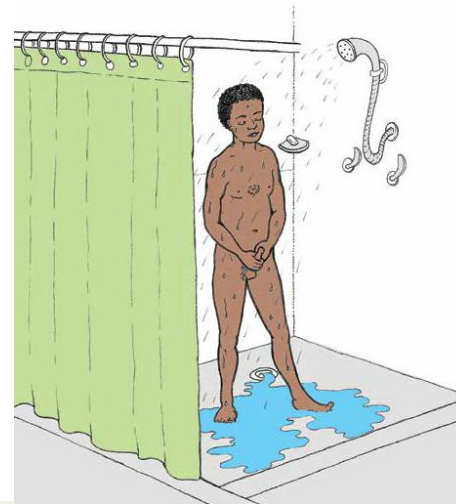
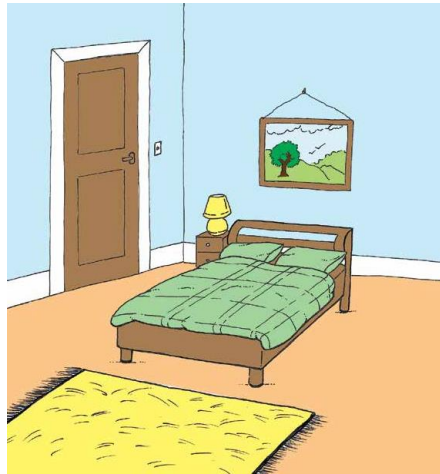
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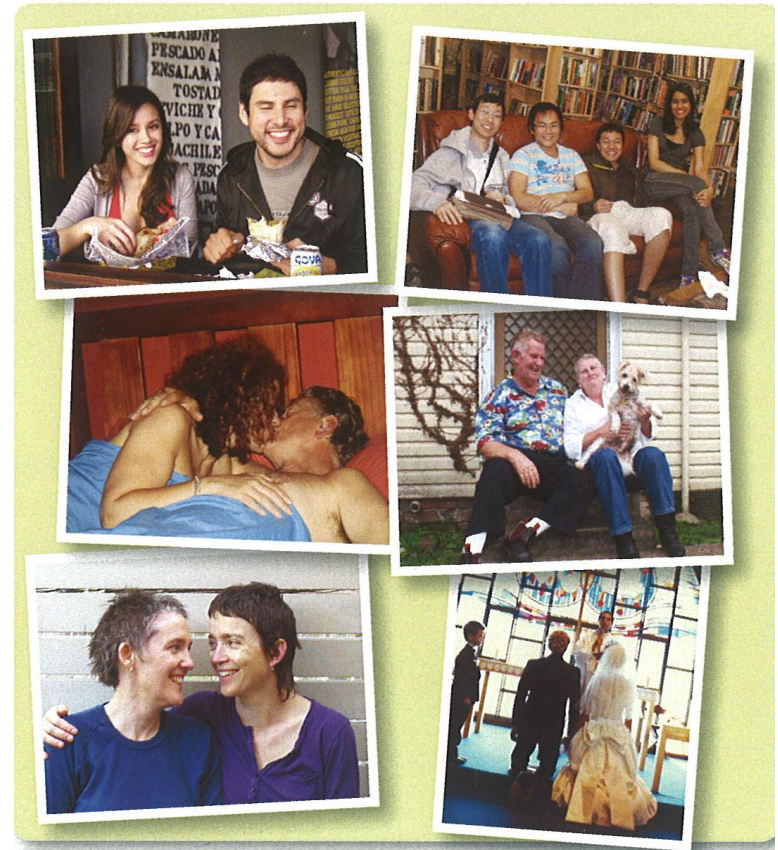


- concepts of public and private places and behaviours



Resource:
All About Sex

- types of relationships
- appropriate touch
- healthy and unhealthy relationships



Resource: Relationships and Private Stuff

Lesbian, gay, bisexual and trans

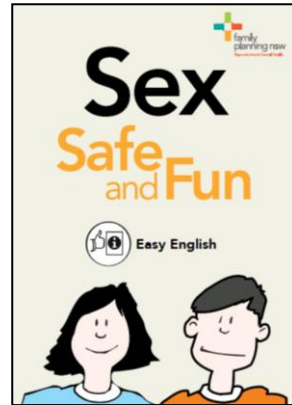
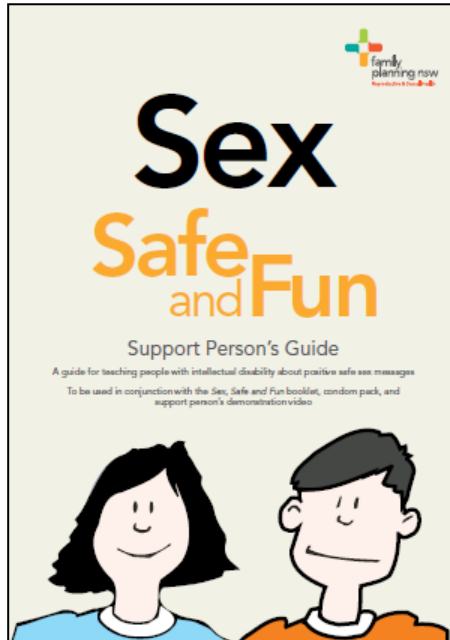


in easy words and pictures

- prepare child well in advance (e.g. puberty, dating skills, safe sex, menopause changes)
- teach independence and assertiveness in everyday living (building self-esteem)
- move onto more explicit and complex topics such as:

- masturbation
- having sex and consent
- safe sex
- pregnancy and birth
- contraception





- ⇒ 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

www.fpnsw.org.au/sexsafeandfun

Teachable moments

- Being open to answering questions is important
- How you respond to situations is more important than what you say
- Create 'teachable moments' – everyday opportunities to talk about sexuality
- Keep coming back to the conversation and acknowledge learning
- Build person's capacity to make own decisions in all areas of life
- Taking risks

Tips for using resources

- Lots of visuals and pictures
- Easy-to-read words (easy English)
- Use a variety of books, fact sheets, DVDs, models, dolls etc
- Ask permission before using a resource with a young person (model consent)
- Become familiar and comfortable with the resources before using them

All About Sex

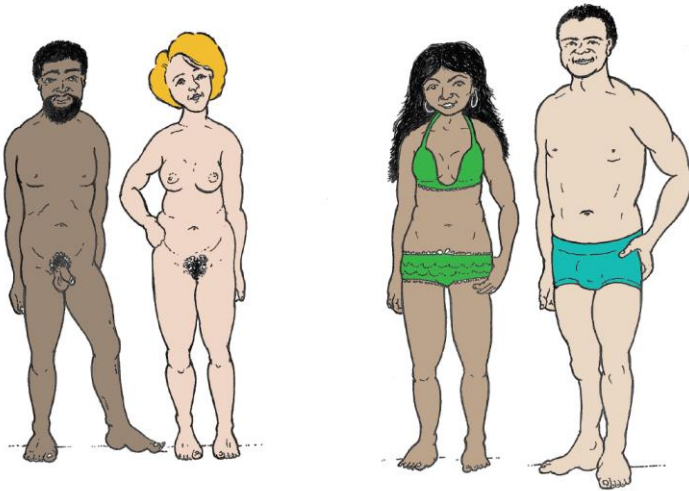
Fact Sheet

Private and Public



Private parts of the body

The private body parts of a woman are her breasts, vulva, anus and buttocks. The private body parts of a man are his penis, testes, anus and buttocks. People usually cover their private body parts with their underwear.



No one should touch another person's body unless the other person wants them to and has said that they can.

Some parts of men's and women's bodies that they do not cover with their underwear are their hands, arms, face and feet. These parts of the body are OK for other people to see.

- Easy to read fact sheets
- Free to download online
- Book version for sale
- 20 factsheets across a wide range of sexuality topics

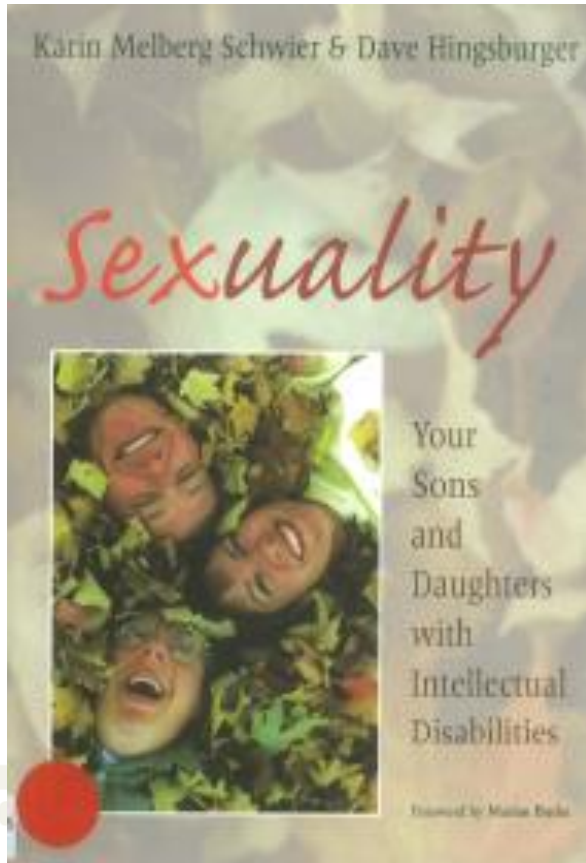
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Sexuality: Your sons and daughters with intellectual disabilities



Advice and practical strategies for parents:

- How to interact with child
- Build self-esteem
- Encourage appropriate behav.
- Recognise / respond to abuse
- Develop relationships



disability

resource collection



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sexual health
resources and books
for every body in
every family

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A confidential telephone and email information and referral service, connecting our expertise to people and communities across NSW

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3 pm	Workshop stream 1	
	1. Dating and intimate relationships	Meeting Room 3
	2. Puberty and boys	Hall
	3. Becoming a wonderful woman	Meeting Room 4

3.55 pm Break – move to next workshop

4 pm	Workshop stream 2	
	1. Friendships and relationships	Meeting Room 3
	2. Your child's developing sexuality: What to expect	Hall
	3. Supporting your child's personal development at school and home	Meeting Room 4

4.55 pm Evaluation forms, questions and bookshop open Hall