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Family Planning Queensland

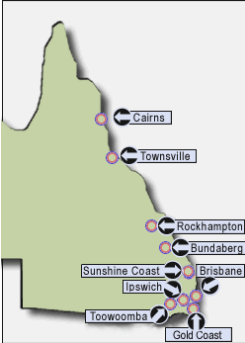
A framework for professionals to support healthy sexuality and relationships

ASID Research to Practice: Disability Support Worker Conference 2011

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About us...



Sexual and reproductive health for all

www.fpq.com.au

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How will we spend the next 45mins?

Introduction
What is sexuality?
Rationale for supporting healthy sexuality and relationships
Strategies for supporting sexuality and relationships positively
Questions/comments/resources

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Sexuality

puberty babies breasts
sex relationships desire penis
pregnancy periods identity beliefs
body image gender STI pornography
attraction nervous embarrassed excited love
fantasy marriage pleasure consent gay
private taboos masturbation abuse fun

Version 1/2010

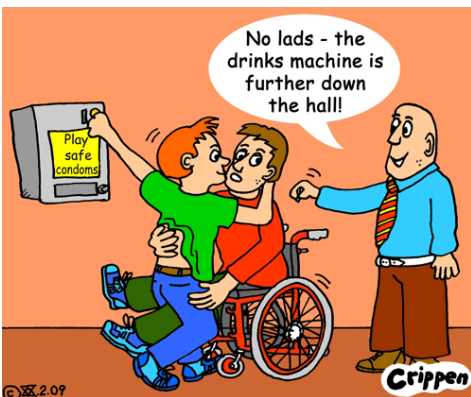
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Sexuality...

"Sexuality is an integral part of life and it influences personality. It may be denied, repressed or used effectively but it is part of our selves. Sexuality is a process commencing at birth and ending only with death ... Sexuality is culturally defined and thus influenced by family, peers, religion, economics, school, media, law and science."

Sexuality Education Through Social Learning

- Attitude of the parents to the pregnancy and the event of the birth
- Body contact the person receives
- Parent/carer attitudes to the genital area:
 - toilet training
 - masturbation
 - childhood sexual games
- Verbal communication
- Media
- Gender roles
- Relationships
- Sex education programs



Values and Attitudes

- How do your personal values and beliefs affect how you interpret sexuality issues?
- How do your personal values and beliefs affect the support provided for your clients?
- How do your organisational values and culture affect the support provided for people with a disability?

Why talk about Sexuality and Relationships?

- limited ability to acquire knowledge elsewhere
- less opportunity to engage spontaneously with peers
- difficulties in distinguishing fact from fiction
- challenges in reading social situations & matching behaviour
- not always acknowledged as sexual beings
- at risk of STIs, unintended pregnancy and sexual offences
- increased vulnerability to sexual abuse or exploitation

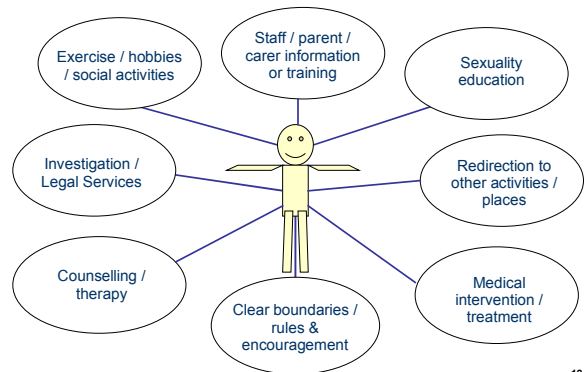
All people have the right to:

- the highest attainable standard of sexual health, including access to sexual and reproductive health care services;
- seek, receive and impart information related to sexuality;
- sexuality education;
- respect for bodily integrity;
- choose their partner;
- decide to be sexually active or not;
- consensual sexual relations;
- consensual marriage;
- decide whether or not, and when, to have children; and
- pursue a satisfying, safe and pleasurable sexual life.

Supporting Healthy Sexual Behaviours

1. WHAT is the behaviour?
2. WHAT is the behaviour communicating?
3. WHAT is needed to help and support the person?

Multi-response Support Plan



Sexuality and Relationships Education Topics

- body parts
- public & private
- puberty
- menstrual management
- relationships
- safe sex
- decision-making
- sexual behaviours/activities
- sexual abuse issues
- sexual health checks
- sexual functioning
- self protection
- assertion skills
- self esteem

Every body needs to know

A sexuality and relationships education resource for teaching people with a disability

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Talking about Sexuality and Relationships



Conclusion:



People with a disability have the right to know about their bodies and to be supported to develop and maintain healthy relationships.

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