



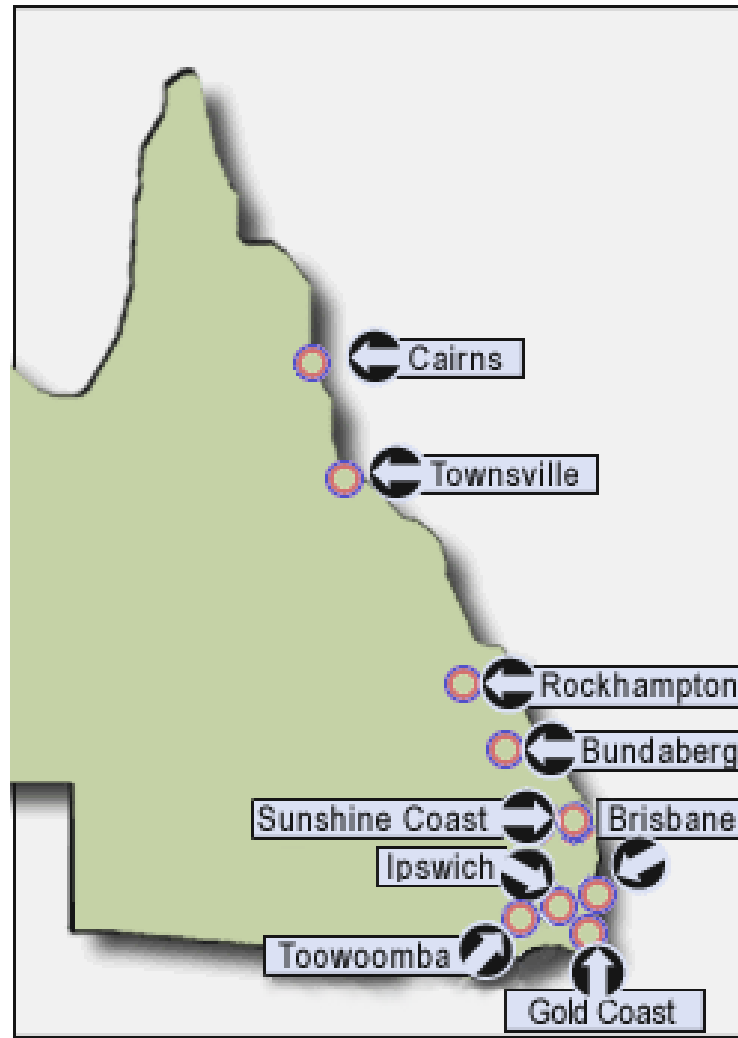
A framework for professionals to  
support healthy sexual behaviours

45<sup>th</sup> ASSID Australasian Conference 2010

# FPQ Services

- Education services –  
Professionals, Schools, Parents/Carers, Community
- Nationally recognised professional education
- Clinic facilities
- Resources available for preview or purchase
- Referral to other services

[www.fpq.com.au](http://www.fpq.com.au)



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# What is Sexuality?

**sex**

**pregnancy**

STI

**consent**

*abuse*

puberty

babies

breasts

sex

relationships

desire

penis

pregnancy

periods

identity

body image

gender

STI

pornography

attraction

nervous

embarrassed

excited

love

fantasy

marriage

pleasure

consent

gay

private

taboos

masturbation

abuse

fun

# Definition of 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.*


The Clarity Collective

# 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

# Early Intervention – Supporting Healthy Sexual Behaviours

Preventing the occurrence of something negative and  
supporting something positive



Reducing risk  
of sexual  
assault



Supporting  
healthy sexual  
behaviours



# Community Values and Attitudes

- People with disabilities don't fit the stereotype of physically attractive
- People with disabilities are assumed to be asexual or unable sexually
- People with disabilities will never have children
- People with disabilities won't find partners
- Sexual pleasure is not possible due to loss of sensation in the genitals (eg. in a person with spinal cord injury)
- It is not expected that people with disabilities will exercise self determination (or be able to) in many or most aspects of their life including sexuality
- People with disabilities are sexually frustrated and need to rely on sex workers for sex

# Values and Attitudes

- How do your personal values and beliefs affect how you interpret sexuality issues?
- Personal and professional values – sometimes they are in line and other times they conflict. What can we do?

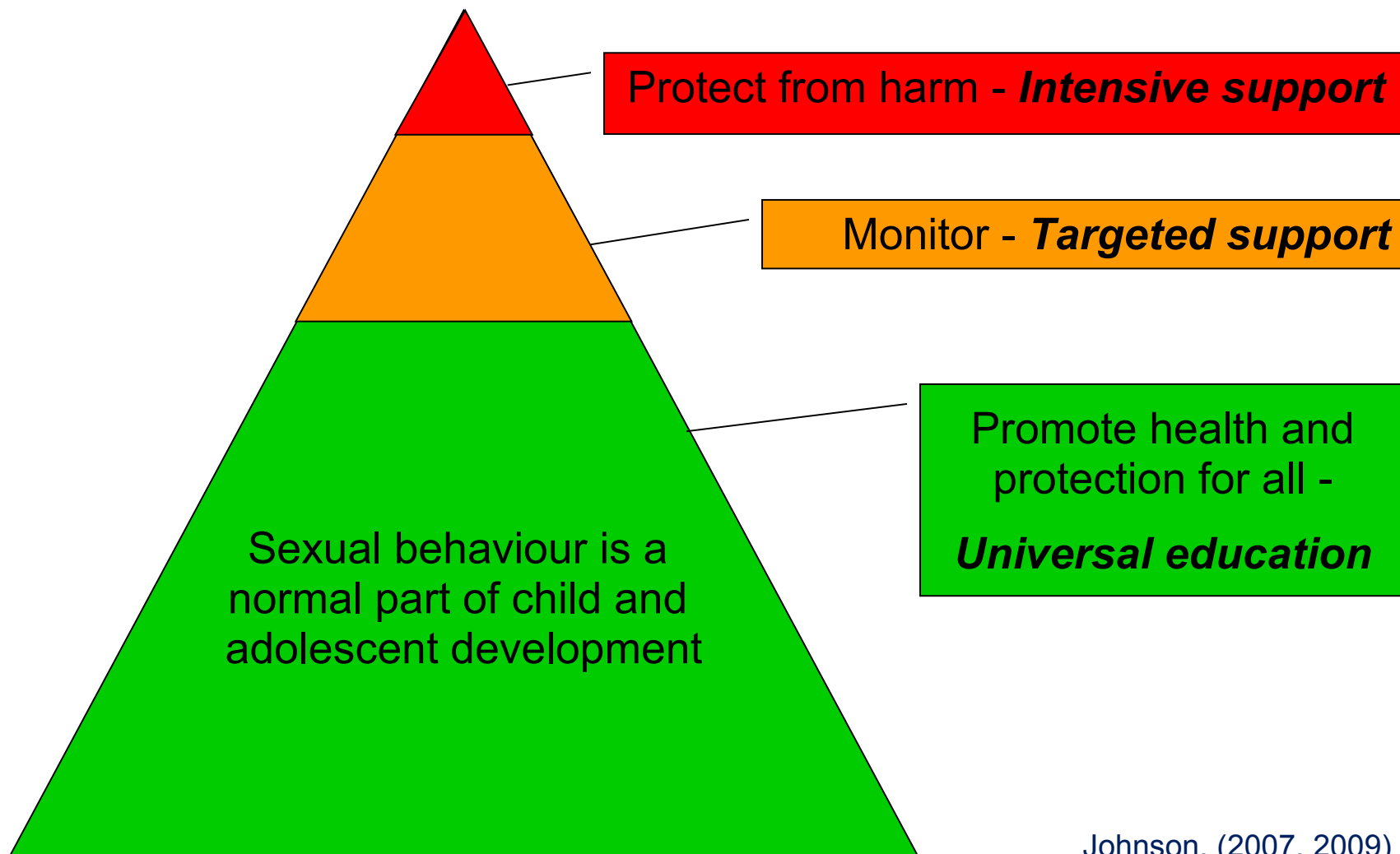
It is important to meet the needs of people with disabilities by responding with a positive attitude to sexuality.

Recognising the rights of all people to health, safety, information and freedom from discrimination can be a useful guiding framework.

# 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.

# Sexual Behaviour



Johnson, (2007, 2009)

# 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?

## WHAT questions?

- Who
- What
- Where
- When
- How
- Why

## WHAT answers ?

- Person, carer, peers, staff, community
- Behaviour, problem
- Private/public, one or many places
- Time, day, activity, pattern
- Description of activity (physically, access, etc)
- Triggers, unmet needs, antecedents, consequences

# Rationale for Sexuality Education

People with disabilities may have:

- 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 been acknowledged as sexual beings
- high rates of STIs, unintended pregnancies & sexually related offences
- increased vulnerability to sexual abuse or exploitation

# Sexuality Education Topics

- Body Parts
- Public & Private
- Puberty
- Menstrual Support
- Relationships
- Safe Sex
- Reproductive Health
- Sexual Abuse Issues
- Sexual Health Checks
- Sexual Functioning
- Self Protection
- Assertion Skills
- Self Esteem
- Decision Making



People with disabilities have the right to know about their bodies and to develop and maintain healthy relationships.