

Sexuality and Relationships Forum



A forum for parents and carers of people with intellectual disability of all ages

Date:

Saturday 28 October 2017

Time:

1.00pm - 5.00pm

Venue:

Family Planning NSW
328-336 Liverpool Road
Ashfield NSW

Cost:

FREE - Funded by Wests Ashfield

To register please go to:

<https://fpnsw.wufoo.eu/forms/w1pz28ra1ov64yt/>

Limited places available and registration is essential.

Contact:

Abi Monaghan
P: 02 8752 4388
E: healthpromotion@fpnsw.org.au

Go to our website to register and for further information

www.fpnsw.org.au/media-news/events/sexuality-and-relationships-forum

Find out how to support your family member's personal development and sexuality in a positive way.

- Experienced presenters to answer your questions
- Choose from six interactive workshops (see over)
- Meet other parents
- Information and resources

The forum will include presentations and workshops on:

- Disability and sexuality
- Preparing for puberty
- Relationships and dating
- Supporting positive and safe sexual expression
- Tips for talking about sex and answering tricky questions
- Accessing the sex industry
- Sexual health

Parents, foster parents, relatives and other unpaid carers of people with disability are welcome. The forum will address sexuality issues across the lifespan including childhood, adolescence and adulthood.

We regret we are unable to provide respite/childcare

Participants will have the opportunity to attend two workshops. Participants can choose to attend one workshop from Stream 1 and one workshop from Stream 2. Please indicate your preferred workshops when you register.

Workshops Stream 1

- **Friendships and Relationships for Children (under 16).**
Liz Dore, Relationships and Private Stuff

This workshop will explore ways to support children and young people with disability in conversation skills, meeting people and making friends, and relationship development.

- **Sex Services for People with Disability. Touching Base**

This workshop will discuss options for adults with disability who want to access a sex worker including information about the sex industry, consent issues, resources and support.

- **Your Child's Developing Sexuality: What to Expect.** Nicole Allenden, Family Planning NSW

This workshop will discuss different types of sexual behaviours in children and adolescents using the traffic light system to distinguish between typical and concerning behaviours. How to respond to these behaviours will also be discussed.

Workshops Stream 2

- **Dating and Relationships for Young Adults (16+).**
Liz Dore, Relationships and Private Stuff

This workshop will explore ways to support young people and adults with disability in meeting people, dating skills and intimate relationship development.

- **Puberty and Boys.** Ee-Lin Chang, Family Planning NSW

This workshop will discuss ways to prepare and educate boys with disability about puberty including self-esteem, body changes, hygiene, appropriate behaviours and masturbation.

- **Puberty and Girls.** Erin Donnelly, Family Planning NSW.

This workshop will discuss ways to prepare and educate girls and women with disability about sexuality issues including self-esteem, body changes, menstruation management, contraception and health check-ups.