

# Sexuality and Relationships Forum



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

## Date:

Saturday 27 May 2017

## Time:

1.00pm - 5.00pm

## Venue:

Corrimal District Library and  
Community Centre  
15 Short St  
Corrimal NSW 2518

## Cost:

\$25

To register please go to:

<https://fpnsw.wufoo.com/forms/sexuality-and-relationships-forum-wollongong/>

Limited places available and registration is essential.

## Contact:

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E: [healthpromotion@fpnsw.org.au](mailto: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](http://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. 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. Rachel Wotton, 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 Intimate Relationships. 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. Kaidee Dick, 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.