

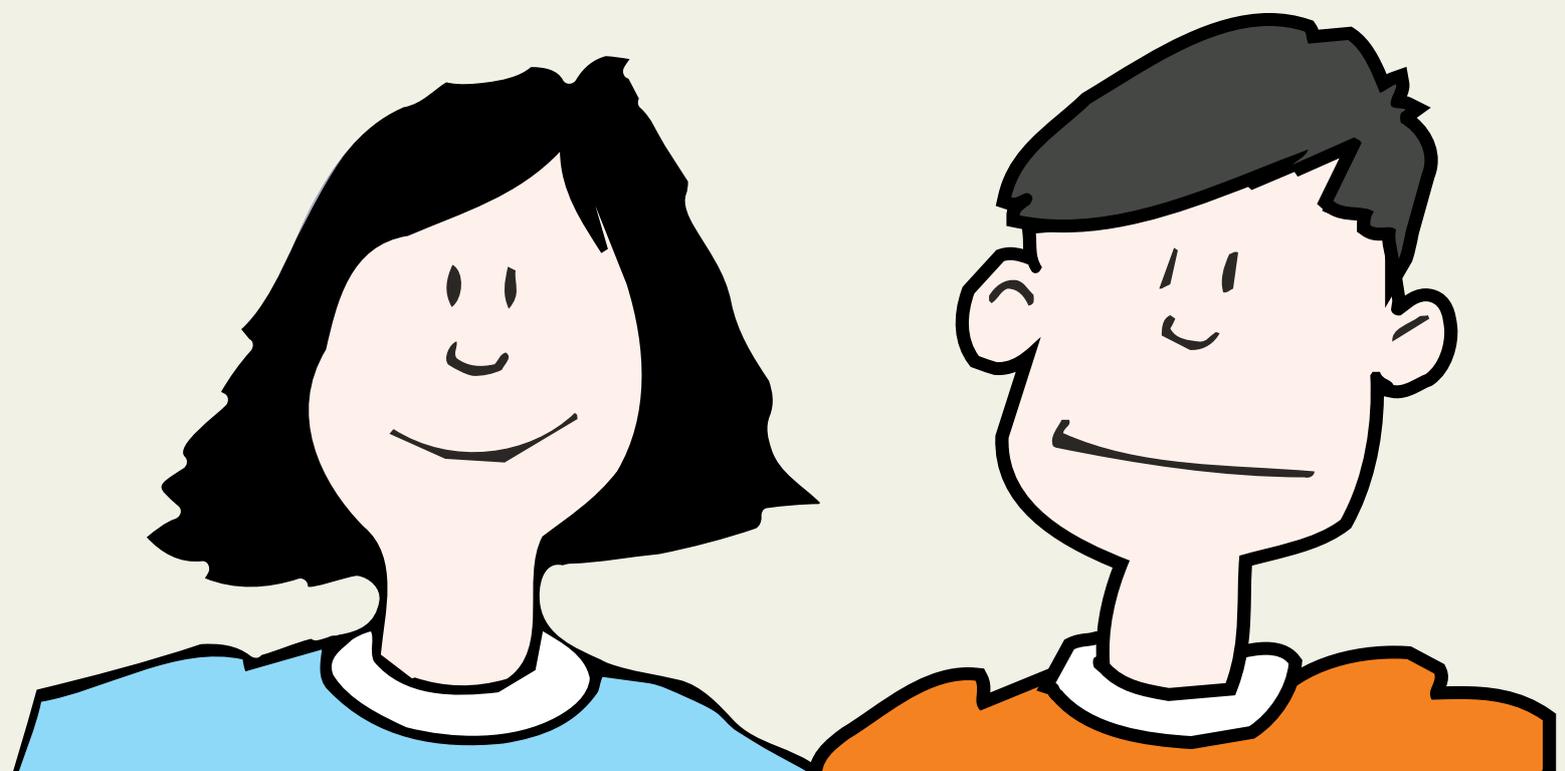
Sex

Safe and Fun

Support Person's Guide

A guide for teaching people with intellectual disability about positive safe sex messages

To be used in conjunction with the *Sex, Safe and Fun* booklet, condom pack, and support person's demonstration video



Publication Information

Sex, Safe and Fun: Support person's guide
A guide for teaching people with intellectual disability about positive safe sex messages. To be used in conjunction with the Sex, Safe and Fun booklet, condom pack, and support person's demonstration video.

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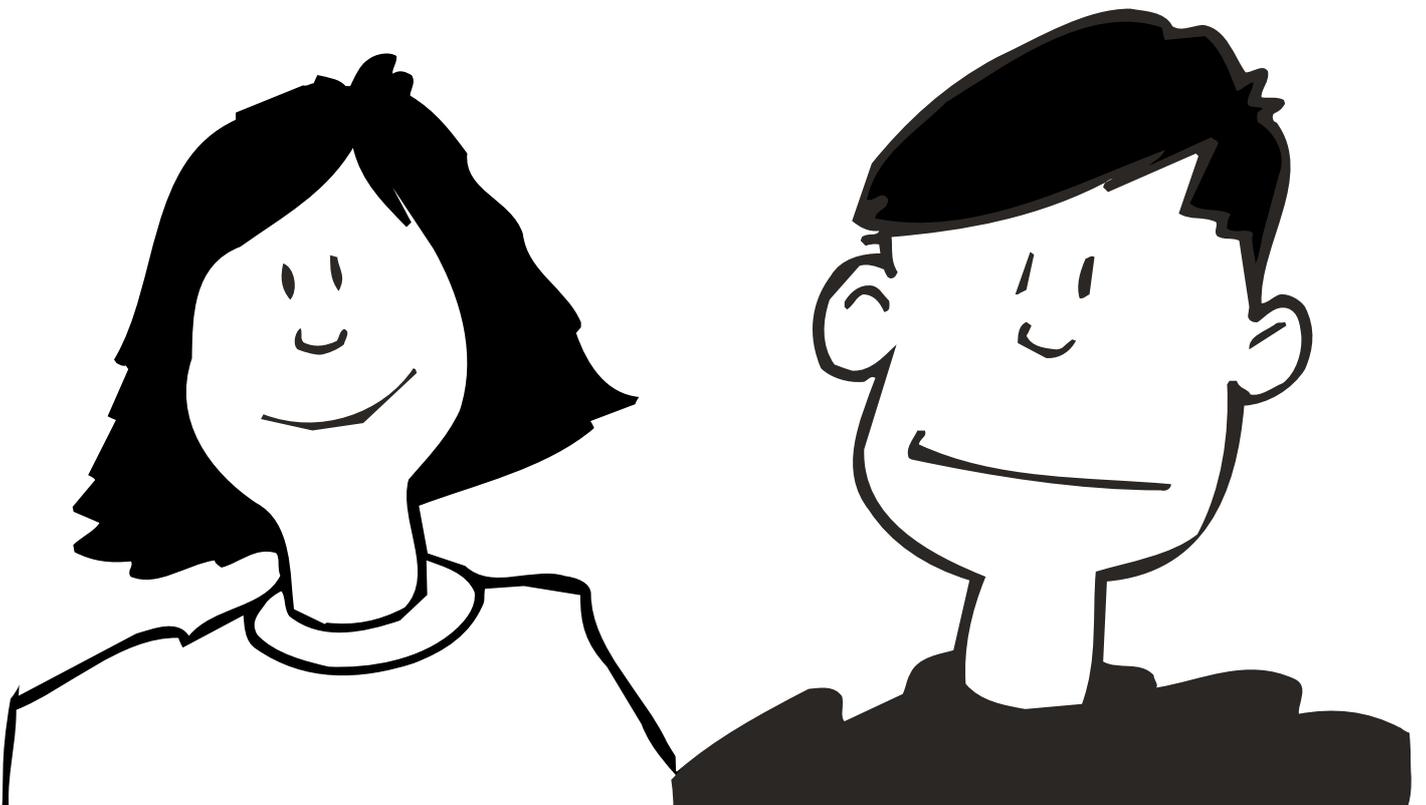
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Disclaimer

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Sex

Safe and Fun



Sex, Safe and Fun has four parts

There are two parts for the person with intellectual disability (the learner).



Sex, Safe and Fun booklet: An easy to read booklet with pictures about good sex and bad sex. The learner should keep the booklet as a visual reminder of what they have learnt. Consider laminating the booklet to make it more durable.



Condom pack: A small pack that has a condom and sachet of lubricant (lube), and a booklet with step-by-step instructions about how to use a condom. The learner should keep them as a visual reminder of what they have learnt.

There are two parts for the support person.



Support person's guide: This guide is to help the support person feel confident using the resource. It will help you become familiar with the key messages in the booklet and condom pack. It provides guidance on how to talk about the pictures and what questions to ask the learner.



Support person's demonstration video: A short video that shows how to use the booklet with the learner. It demonstrates one of the units in this guide using best practice education principles for teaching people with intellectual disability. The video can be viewed online at www.fpnsw.org.au/sexsafeandfun

If you are reading this guide but do not have the *Sex, Safe and Fun* booklet, condom pack, or support person's demonstration video go to www.fpnsw.org.au/sexsafeandfun

About *Sex, Safe and Fun*

Families and workers often want to support people with intellectual disability to learn more about sexuality. This usually comes from a need to give people information that will keep them safe. There is acceptance that providing access to accurate and relevant information is a positive approach that enables people to express their sexuality in ways that minimise risk to themselves and others.

Information provided to people with intellectual disability usually focuses on delivering messages about the consequences of unwanted, unacceptable or risky behaviours. This is frequently done with the intent of providing information that will protect the person from harm. With this approach it might be easy for the person to think that sex is something to be avoided and feel shameful about. The positive aspects of sexuality such as caring, loving, intimacy and fun are regularly left unspoken.

Sex, Safe and Fun reflects the sexuality education needs of people with intellectual disability. The aim is to present a factual and balanced view of the rights and responsibilities associated with a range of sexual activities. There are key messages about consent, enjoyment, intimacy, privacy and safety.

The language and pictures in *Sex, Safe and Fun* have been developed and extensively tested with people with intellectual disability. The language is simple and direct, aimed at delivering easy to understand information. The messages are based on generally accepted social rules and the law. While not denying that many issues regarding sexuality are complex and subjective they are outside the scope of this resource.

Throughout *Sex, Safe and Fun* key messages about sexual behaviours and activities are termed 'good sex' or 'bad sex'. Good sex is used to describe behaviours that are consensual, private, enjoyable, safe and within the law. These are presented in contrast with bad sex. Bad sex is used to describe behaviours that are unsafe, generally not socially tolerated, and in some cases illegal.

How to use this guide

Who should use it?

Parents, family members, support workers, advocates, teachers and clinicians who want to talk with a person with intellectual disability about sexuality may find *Sex, Safe and Fun* useful. The resource is designed to be used by support people with limited or no experience in providing information about sexuality. Together with the resources suggested at the end of each unit you will have access to simple and accurate information on the issues of safe sex, and responsible and acceptable sexual behaviour.

Sex, Safe and Fun is intended for use with adults with intellectual disability who have complex learning difficulties and low literacy.

Getting started

Sex, Safe and Fun is intended to be a flexible resource. It can be used as a whole program, group of topics, or individual units to address particular learning needs. Whichever approach you choose, the good sex (positive) information should be presented first. This is important to address the negative experiences that many people with disability have had when being given information about sexuality. Providing balanced information will enable the learner to make informed decisions about their life.

Preparation

- Some preparation will help you feel confident when talking about sexuality. Familiarise yourself with the content of this guide and watch the support person's demonstration video. Make sure you are comfortable with the information being presented.
- Find out what the learner already knows so that you can decide which topic to start with. It is a good idea to start with information that the learner already knows before moving onto new or more complicated topics.
- Choose a time and place to use *Sex, Safe and Fun* that is appropriately private and free from distractions. Keep the session short, however, ensure you have set aside enough time to go through the information you have planned without rushing or being interrupted before you finish. Choose a time of day when the person learns best (e.g. when the person is not too tired).
- Be aware that presenting information on bad sex may result in a disclosure of sexual abuse. Be prepared to acknowledge and deal with this. Be aware of resources to support the learner and find out the contact details for your local sexual assault service. If you are a paid worker you should be aware of your organisation's policies and guidelines and your legal responsibilities.

Additional resources

- Have ready any additional resources you may need. There are 'Recommended resources' listed at the end of each unit. They may help you talk in more detail about some of the topics in the booklet. Most of the recommended resources are easy to use and are available from the Family Planning NSW Library or Bookshop.
- Be flexible and creative – adapt resources (e.g. magazines, photos) so that they meet the learning needs of the person you are supporting.
- Find services or other people who can assist you, if needed, with further ideas and strategies.

Talking about sexuality

Building trust and rapport

- Ensure that the person you are supporting is actually interested in learning about the issues presented in the booklet. The information should not be provided as only the result of what somebody else has decided they need i.e. the outcome of an incident or because someone has included it in their support plan. The learner should always be consulted and supported to take an active role in their learning.
- Consider whether the learner would feel more comfortable with a male or female support person for discussing sensitive topics.

Consent

- Explain the explicit nature of some of the pictures. *Sex, Safe and Fun* is based on an assumption that the learner has at least a basic knowledge of male and female body parts. If it is clear that the learner does not have this knowledge there are other resources that can help them learn (refer to 'Recommended resources' listed in this guide).
- It is important for the person to learn about, and practice, giving their consent. This means learning that they have the right to communicate 'yes' or 'no'. Where possible, get the person to practice giving consent by checking with them if it is OK to look through the booklet or condom pack. Let the person know that they can stop the learning, postpone it or say 'no' at any point.
- Always explain the nature of what you will be showing and gain consent from the person before showing explicit material. You could say something like "The pictures in this book might help you understand some of the things people like to do in private when they have good sex. The pictures are of people with no clothes on. You can see the private parts of their bodies. Would you like to look at this book?"

CAUTION

It is inappropriate and possibly illegal to use pornographic material for the purpose of providing sexuality education. This includes magazines, DVDs and the Internet.

Providing information

- Describe the pictures as outlined in each unit under 'About the picture'. Use the 'Key messages and discussion points' and 'Questions to ask' as your prompts to generate discussion as well as to reinforce the messages. Be aware that you may need to modify information - this is fine as long as the key messages remain the same.
- Use simple, clear and consistent language including correct names for body parts.
- Use language that is inclusive of different types of relationships, including same-sex relationships.
- Present information in ways that will support the person's learning. You may need to find additional resources containing pictures and easy to read words, such as the recommended resources listed at the end of each unit in this guide.
- Deliver information at a pace and in a way that best meets the person's learning style and abilities. You may need to slow down the information that you provide.
- Check in regularly to make sure the learner understands the information. Be aware of body language that may indicate if the person is confused or has lost interest. Revisit and repeat information as required.
- Give the learner permission to ask questions about the information being presented.
- Use positive reinforcement and praise to encourage the learner.
- Consider presenting the information in a group setting - peer interaction can be a great learning experience.

What to do next

After using *Sex, Safe and Fun* take time to think about what went well and what didn't. It can be a good idea to keep notes so that you can keep track of what you could do differently next time.

Reinforcing learning

- Learning about sexuality is a process. You may need to repeat and revisit information that you have discussed with the person you are supporting. Use opportunities in everyday situations to reinforce messages.
- Think about what else the person you are supporting needs to learn about. Where possible, involve the learner in making a plan about what to learn next.
- It may be helpful for other people (e.g. other family members/carers, service providers) to be informed about what the person is learning so that they can be consistent and reinforce learning in a range of environments. Where possible it is a good idea to involve the learner in deciding who else to tell.
- Find other services or people who can assist you, if needed, with further ideas and strategies.

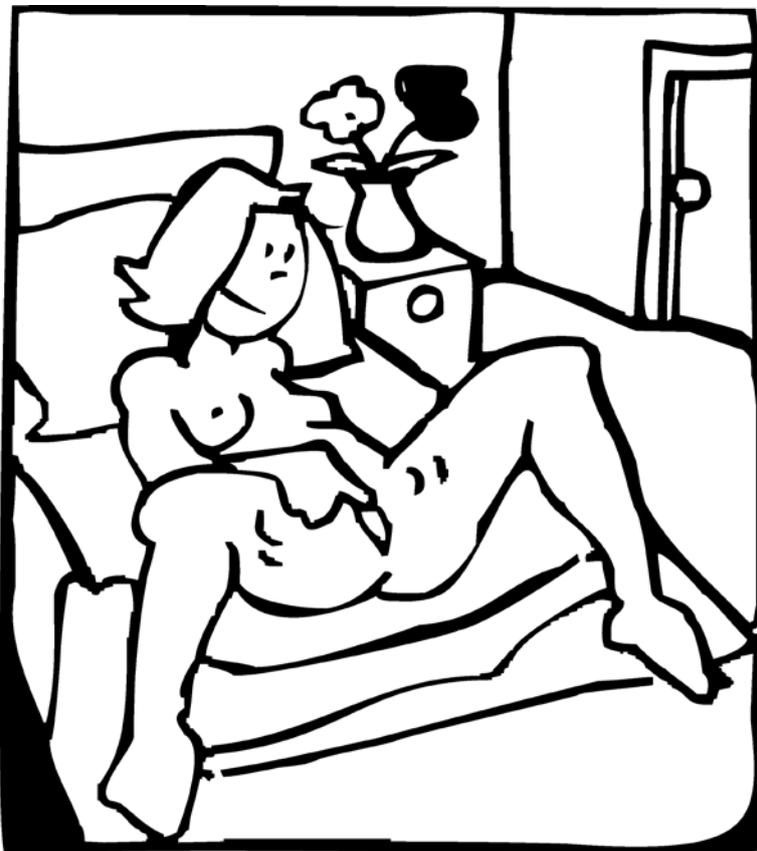
Where to get more information

- For more information about disability programs and services at Family Planning NSW go to: www.fpnsw.org.au/disability
- For more information about the *Sex, Safe and Fun* suite of resources go to: www.fpnsw.org.au/sexsafeandfun
- **Family Planning NSW Library** has an extensive Disability Resource Collection available for loan to community members, disability workers, clinicians and students. The Library can be accessed across NSW through our mail delivery service. Fees apply for borrowing from this collection.
02 8752 4386 | library@fpnsw.org.au | www.fpnsw.org.au/library
328-336 Liverpool Road, Ashfield NSW 2131
- **Family Planning NSW Bookshop** has a range of disability resources, available for sale, that are used by people with intellectual disability, disability workers, clinicians, and parents and carers. All resources from the Bookshop are available for sale through the online bookshop and at the onsite bookshop located in Ashfield, NSW.
02 8752 4307 | bookshop@fpnsw.org.au | www.fpnsw.org.au/bookshop
328-336 Liverpool Road, Ashfield NSW 2131
- **Family Planning NSW Talkline** is a confidential telephone service staffed by experts in reproductive and sexual health. Family Planning NSW Talkline is open 8.30am to 5pm (EST) on weekdays for information and referral advice.
You can call Talkline if you have any questions, or would like to know more about resources. For the cost of a local call, you will be able to speak to clinical nurse specialists who are trained in disability issues.
1300 658 886 | www.fpnsw.org.au/talkline
- **Education and Training:** Family Planning NSW delivers best practice education and training in reproductive and sexual health. To find out about training courses for disability workers, teachers and clinicians contact Family Planning NSW.
02 8752 4300 | education@fpnsw.org.au | www.fpnsw.org.au/education

Good sex

can be fun

It can be by yourself



About the picture

This woman is masturbating, she is playing with (rubbing) her vagina.

She likes it, it makes her feel good, it is fun.

She is by herself in her bedroom and the door is closed, she is doing something private.

UNIT 1

Key messages and discussion points

- Masturbation is normal, lots of people do it, it can make you feel good.
- Both men and women do it.
- It is something you do alone in a private place like your bedroom or the bathroom, you keep the door closed.
- You get dressed and wash your hands when you have finished.
- Some people look at pictures, adult videos or adult magazines (pornography) when they masturbate, these help them feel more sexy.

Questions to ask

- What is the woman doing?
- Is the door closed?
- Is she by herself?
- How do you know this is a private place?
- Is she touching herself?
- Where is she touching herself?
- How can you tell that she likes touching herself?

Recommended resources

More information about each of these resources is listed at the end of this guide

About Masturbation for Females

All About Sex (Fact sheets: A Woman's Body, Private and Public, Masturbation)

Exploring Sexual and Social Understanding

Finger Tips: A guide for teaching about female masturbation through understanding and video

Kylie's Private World

Sex and Masturbation

Notes:

Good sex

can be fun

It can be by yourself



About the picture

This man is masturbating, he is playing with (rubbing) his penis.

He likes it, it makes him feel good, it is fun.

He is by himself in his bedroom and the door is closed, he is doing something private.

UNIT 2

Key messages and discussion points

- Masturbation is normal, lots of people do it, it can make you feel good.
- Both men and women masturbate.
- It is something you do alone in a private place like your bedroom or the bathroom, you keep the door closed.
- Some men use lubricant (lube) on their penis when they masturbate, this can feel nice.
- When you have finished you wipe your penis, get dressed and wash your hands.
- Some people look at pictures, adult videos or adult magazines (pornography) when they masturbate, these help them feel more sexy.

Questions to ask

- What is the man doing?
- Is the door closed?
- Is he by himself?
- How do you know this is a private place?
- Is he touching himself?
- Where is he touching himself?
- How can you tell that he likes touching himself?

Recommended resources

More information about each of these resources is listed at the end of this guide

About Masturbation for Males

All About Sex (Fact sheets: A Man's Body, Private and Public, Masturbation)

Exploring Sexual and Social Understanding

Hand Made Love: A guide for teaching about male masturbation through understanding and video

Jason's Private World

Sex and Masturbation

Notes:

Good sex

can be doing things you both enjoy

It can be with another person



About the picture

This man and woman like each other very much.

They have their clothes off and they are touching each other's bodies.

They both want to touch each other, it makes them feel good.

They might kiss and cuddle. They might touch and rub each other's private body parts.

They are by themselves in the bedroom with the door closed. They are in a private place.

They have a condom and lubricant (lube) ready in case they decide to have sex.

UNIT 3

Key messages and discussion points

- Kissing and cuddling with no clothes on is something that two adults who care about each other a lot might do.
- There are lots of ways to have sex. People may want to touch or rub or kiss each other's private body parts.
- Both people have to want to do it.
- Both people have to say 'yes' (give consent).
- It is something private, you do it in a private place.
- Both people should know about safe sex - safe sex is using a condom and lubricant (lube).
- There are lots of ways to be intimate and loving and make each other feel good. Two people don't always have to have sex.
- When a man and a woman have sex we say they are straight (heterosexual).

Questions to ask

- What is happening in the picture?
- Do you think they want to touch each other?
- How can you tell that they both want to touch each other?
- Are they in a private place?
- Is the door shut?
- Do they have a condom and lubricant (lube)?

Recommended resources

More information about each of these resources is listed at the end of this guide

All About Sex (Fact sheets: Relationships, Having Sex, Private and Public)

Exploring Sexual and Social Understanding

Friendships and Dating

Jason's Private World

Kylie's Private World

Loving Each Other Safely

The New Guide to Relationships and Sex

You, Your Body and Sex - the DVD

Notes:

Good sex

can be doing things you both enjoy

It can be with another person



About the picture

These two women like each other very much.

They have their clothes off and they are touching each other's bodies.

They both want to touch each other, it makes them feel good.

They might kiss and cuddle a lot. They might touch and rub each other's private body parts.

They are by themselves in the bedroom with the door closed. They are in a private place.

They might decide to have sex with each other.

Key messages and discussion points

- When two women have sex together we say they are lesbians (homosexual).
- Sometimes other people don't like it if a woman is a lesbian.
- Being a lesbian is not bad.
- A woman can decide for herself if she is a lesbian.
- Some women have sex with both men and women. We say they are bisexual.
- Having sex is something that two adults who care about each other a lot might do.
- Both people have to want to do it.
- Both people have to say 'yes' (give consent).
- Both people should know about safe sex.

Questions to ask

- What is happening in the picture?
- Do you think the women want to touch each other?
- How can you tell that they both want to touch each other?
- Are the women in a private place?
- Is the door shut?

Recommended resources

More information about each of these resources is listed at the end of this guide

All About Sex (Fact sheets: Relationships, Having Sex)

Exploring Sexual and Social Understanding

Feeling Sexy, Feeling Safe

Friendships and Dating

Lesbian, Gay, Bisexual and Trans

The New Guide to Relationships and Sex

Useful organisations

ACON

QLife

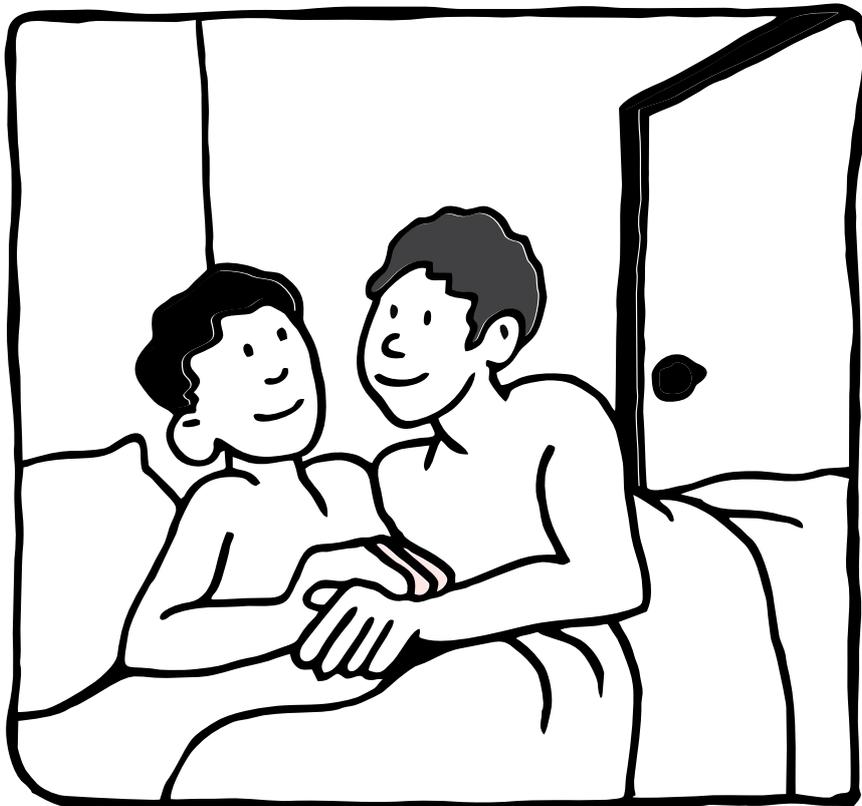
Twenty10

Notes:

Good sex

can be doing things you both enjoy

It can be with another person



About the picture

These two men like each other very much.

They have their clothes off and are touching each other's bodies.

They both want to touch each other, it makes them feel good.

They might kiss and cuddle a lot. They might touch and rub each other's private body parts.

They are by themselves in the bedroom with the door closed. They are in a private place.

They might decide to have sex with each other.

Key messages and discussion points

- When two men have sex together we say they are gay (homosexual).
- Sometimes other people don't like it if a man is gay.
- Being gay is not bad.
- A man can decide for himself if he is gay.
- Some men have sex with both men and women. We say they are bisexual.
- Having sex is something that two adults who care about each other a lot might do.
- Both people have to want to do it.
- Both people have to say 'yes' (give consent).
- Both people should know about safe sex - safe sex is using a condom and lubricant (lube).

Questions to ask

- What is happening in the picture?
- Do you think the men want to touch each other?
- How can you tell that they both want to touch each other?
- Are the men in a private place?
- Is the door shut?
- What can they do to have safe sex?

Recommended resources

More information about each of these resources is listed at the end of this guide

All About Sex (Fact sheets: Relationships, Having Sex)

Exploring Sexual and Social Understanding

Feeling Sexy, Feeling Safe

Friendships and Dating

Lesbian, Gay, Bisexual and Trans

The New Guide to Relationships and Sex

Useful organisations

ACON

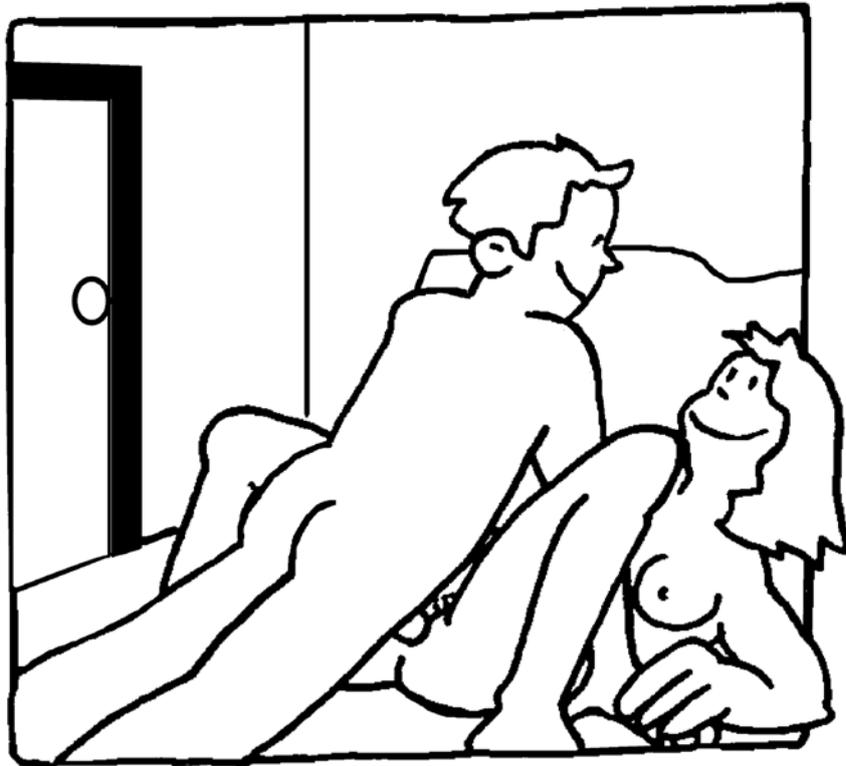
QLife

Twenty10

Notes:

Good sex

can make you feel good



About the picture

This man and woman are having sex.

They are alone in the bedroom with the door closed.

They are in a private place.

The woman wants the man to put his penis into her vagina.

They like each other very much, they both want to have sex with each other, they like it, it feels good.

The man is wearing a condom on his penis. He put lubricant (lube) on the condom after he put it on his penis.

They are having safe sex.

UNIT 6

Key messages and discussion points

- Having sex or making love is something that adults do.
- It is something that two people who care about each other a lot might do.
- Both people have to want to do it.
- Both people have to say 'yes' (give consent).
- Even if you say 'yes' at the beginning you can change your mind and tell the other person to stop.
- Having sex is something private, you do it in a private place.
- Both people should know about safe sex - safe sex is using a condom and lubricant (lube).
- When a man and woman have sex they should know about contraception - contraception can stop them from making a baby if they don't want one.
- When you have finished having sex, you might stay in bed or clean yourself up and get dressed.

Questions to ask

- Is the door shut?
- Do you think the man and woman want to have sex?
- How can you tell that they want to have sex?
- What can they do to have safe sex?
- How can you tell that she likes it?
- How can you tell that he likes it?

Recommended resources

More information about each of these resources is listed at the end of this guide

All About Sex (Fact sheets: Having Sex, Contraception)

Exploring Sexual and Social Understanding

Feeling Sexy, Feeling Safe

Jason's Private World

Kylie's Private World

Sex and Masturbation

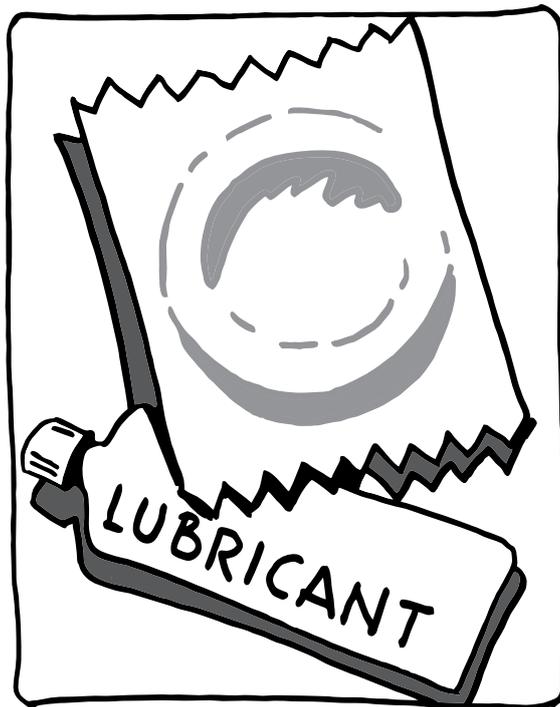
The New Guide to Relationships and Sex

You, Your Body and Sex – the DVD

Notes:

Good sex

is safe sex



Key messages and discussion points

- Safe sex is using a condom and lubricant (lube).
- Use only water-based lubricant (lube).
- Use a new condom every time you have sex.
- Put the condom on when the penis is hard, before you have sex.
- Using a condom is the best way to protect yourself and the person you are having sex with from getting a sex disease like HIV. Sex diseases are also called sexually transmissible infections (STIs).
- Using a condom means that a woman doesn't get pregnant by mistake.
- There are other types of contraception (e.g. the pill) that stop women getting pregnant if they don't want to. Most contraception does not stop STIs.
- If you think you have an STI or are pregnant by mistake you can see a doctor or nurse.
- Both men and women need to learn how to use a condom. They should practice using a condom so that they know how to use them properly.

UNIT 7

- Practice using a condom in private.
- You can get condoms and lubricant (lube) from a:
 - Supermarket
 - Chemist
 - Shop that stays open late (convenience store)
 - Sexual health clinic
 - Service station
 - Adult sex shop
 - Sometimes the toilets in pubs, clubs and other public places have machines that sell condoms

Questions to ask

- What is safe sex?
- When should you use a condom?
- Where can you get condoms?
- What is lubricant (lube)?

An extra note: Condoms come with lubricant already on them in the packet. When having sex you can use extra lubricant if you want to. It can make it more comfortable or pleasurable. You should always use extra lubricant when having anal sex.

Recommended resources

More information about each of these resources is listed at the end of this guide

All About Sex (Fact sheets: Safe Sex and Sexually Transmissible Infections, Contraception)

Exploring Sexual and Social Understanding

Sex, Safe and Fun Condom Pack

Under Cover Dick: Teaching men with disabilities about condom use through understanding and video

NSW Health 'Play Safe, Get Tested' website - www.playsafe.health.nsw.gov.au

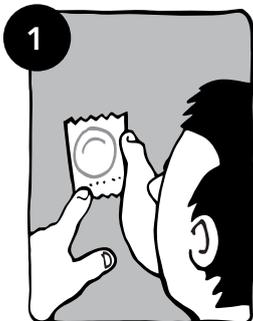
Notes:

Good sex

how to use a condom

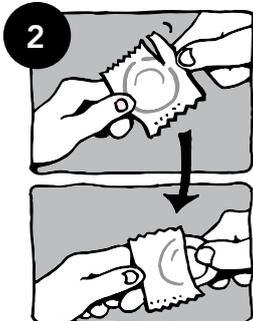
Refer to condom pack and how to use a condom booklet.

About the Pictures



Step 1

The man is checking the use by date on the condom packet. He is looking to see if the condom is OK to use.



Step 2

He tears open the condom packet from the zig zag edge. He is careful not to break the condom. He doesn't use his teeth or scissors.



Step 3

The man is holding the tip of the condom. He checks that the rolled edge is on the outside.



Step 4

The man puts the condom on the top of his penis. He holds the tip to get rid of the air. This leaves a space for the semen (cum) to go when he orgasms. He rolls the condom all the way down. If the condom doesn't roll down easily it might be on the wrong way.



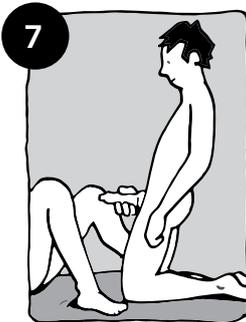
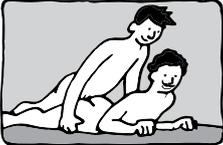
Step 5

The man is putting water-based lubricant (lube) on the outside of the condom. Lubricant (lube) makes the condom slippery. It helps stop the condom from breaking. He only uses lubricant (lube) on the outside of the condom. He does not put it on the inside.



Step 6

The man leaves the condom on while he has sex.

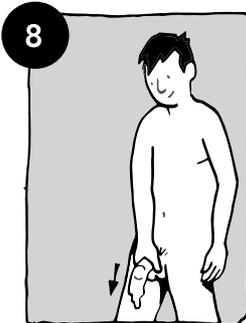


Step 7

The man has finished having sex.

Before his penis goes soft he takes it out of the other person.

He holds onto the condom while taking his penis out of the other person to make sure that it doesn't slip off.



Step 8

The man slips the condom off his penis.

The condom has semen (cum) in it.



Step 9

The man puts the condom in a tissue. Then he puts it in the bin.

Recommended resources

More information about each of these resources is listed at the end of this guide

All About Sex (Factsheet: Safe Sex and Sexually Transmissible Infections)

Condom Demonstration Model – Banana penis

Condom Demonstration Model – Wooden model

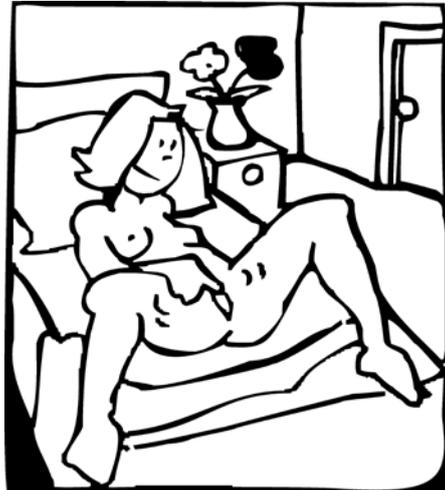
Exploring Sexual and Social Understanding

Sex, Safe and Fun Condom Pack

Under Cover Dick: Teaching men with disabilities about condom use through understanding and video

Summary - good sex

Good sex by yourself



Lots of people masturbate.

It is a private behaviour.

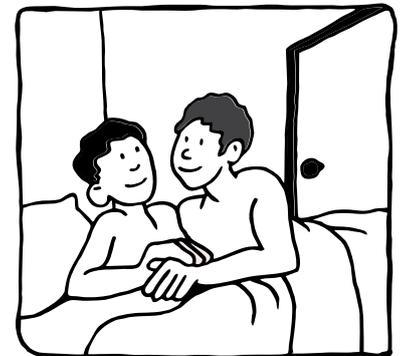
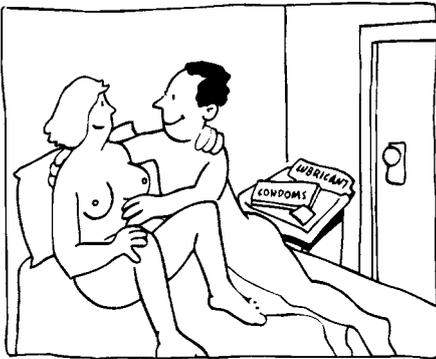
You do it in a private place.

A private place is your bedroom or the bathroom with the door closed.

You clean yourself up when you have finished.

Summary - good sex

Good sex with another person



Is when both people want to do it – it is when both people say 'yes'.

Is in the bedroom with the door closed.

People can have different sorts of sexual relationships. They are all OK.

There are lots of ways for people to express affection, intimacy and caring.

Sexual relationships are private and both people should want to do it.

Safe sex is using a condom and lubricant (lube).

Bad sex

is not fun



About the picture

This woman is scared and worried, she doesn't like bad sex.

Key messages and discussion points

- There is some sexual behaviour that is not fun, like making another person do sex things when they don't want to, this is bad sex.
- Sometimes bad sex happens from someone you like or love. It might be a family member or support worker or friend who does this to you. This is bad sex, it is wrong.
- Bad sex can make you feel sad or scared or angry, you can feel unhappy or confused.
- Your body might hurt, you might feel sick or want to cry, you might feel shaky.
- Bad sex is wrong.
- Bad sex happens to a lot of people.
- If bad sex happens to you, it is not your fault.
- You are not bad, you should tell someone you trust so they can help you.

Questions to ask

- How do you think the woman is feeling?
- How can you tell the woman is scared?
- Who should the woman talk to?
- Who can you talk to if bad sex happens to you?

An extra note: Sometimes people have sex that seemed to be consensual, safe and within the law but call it 'bad sex' because they didn't enjoy it.

There may be many reasons that the person didn't enjoy the sex. It is important to make sure that it isn't because they didn't want to do it, felt unsafe, frightened or scared, or it was illegal.

If a person is unsure if they have had good or bad sex then it is important to listen to them and find out more.

Recommended resources

More information about each of these resources is listed at the end of this guide

All About Sex (Fact sheet: Sexual Assault)

Exploring Sexual and Social Understanding

Feel Safe CD Rom

I Have the Right to Be Safe (Flipchart)

Kylie's Private World

Sexual Abuse: In easy words and pictures

Talk About It

Useful organisations

Intellectual Disability Rights Service

NSW Rape Crisis Centre - 1800 424 017

Bad sex

is not fun



About the picture

This man is scared and worried, he doesn't like bad sex.

Key messages and discussion points

- There is some sexual behaviour that is not fun, like making another person do sex things when they don't want to, this is bad sex.
- Bad sex can make you feel sad or scared or angry, you can feel unhappy or confused.
- Sometimes bad sex happens from someone you like or love. It might be a family member or support worker or friend who does this to you. This is bad sex, it is wrong.
- Your body might hurt, you might feel sick or want to cry, you might feel shaky.
- Bad sex is wrong.
- Bad sex happens to a lot of people.
- If bad sex happens to you it is not your fault.
- You are not bad, you should tell someone you trust so they can help you.

Questions to ask

- How do you think the man is feeling?
- How can you tell the man is scared?
- Who should the man talk to?
- Who can you talk to if bad sex happens to you?

An extra note: Sometimes people have sex that seemed to be consensual, safe and within the law but call it 'bad sex' because they didn't enjoy it.

There may be many reasons that the person didn't enjoy the sex. It is important to make sure that it isn't because they didn't want to do it, felt unsafe, frightened or scared, or it was illegal.

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Feel Safe CD Rom

I Have the Right to Be Safe (Flipchart)

Jason's Private World

Sexual Abuse: In easy words and pictures

Talk About It

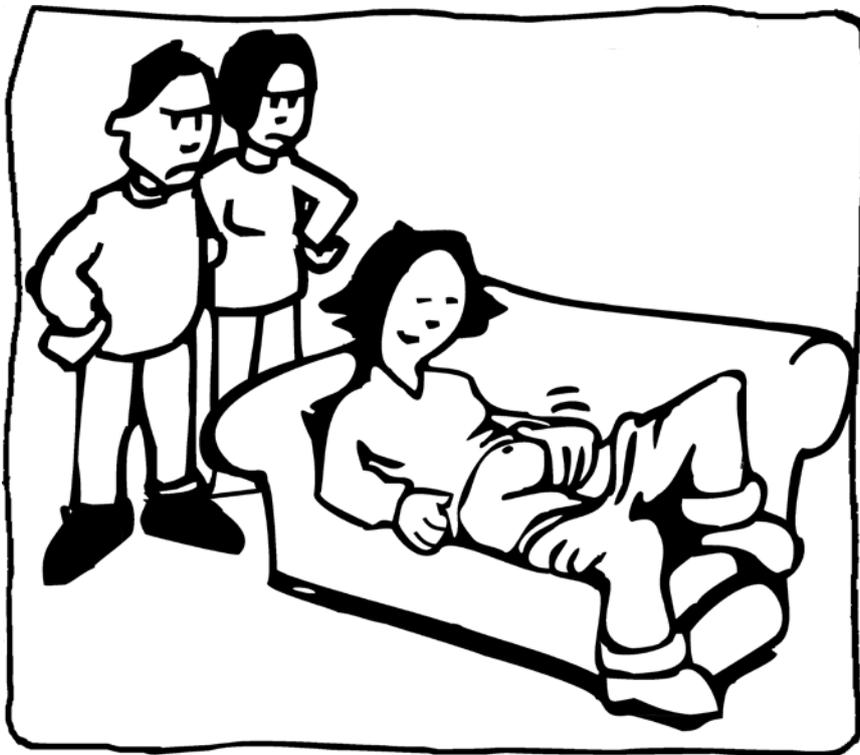
Useful organisations

Intellectual Disability Rights Service

NSW Rape Crisis Centre - 1800 424 017

Bad sex is wrong

Playing with yourself in public is
against the law



About the picture

This woman is playing with herself (rubbing her vagina) while she is on the sofa.

She is in a public place.

Other people can see her.

This is bad sex.

The other people are angry and annoyed.

Key messages and discussion points

- Playing with yourself (touching or showing your private body parts) when you are in a public place is wrong, it is bad sex.
- Other people might get upset, embarrassed, angry or annoyed if you play with yourself in a place where they can see you (public place), they might call the police.
- It is OK to masturbate if you are in your bedroom or the bathroom and you are by yourself and the door is closed.
- Looking at pictures or videos of children doing sex stuff is wrong. It is child pornography. It may be in magazines, DVDs or on the Internet. It is against the law.

Questions to ask

- What is the woman doing?
- Is the woman in a public place?
- How do you know the other people are upset?
- Where is it OK to masturbate?

Recommended resources

More information about each of these resources is listed at the end of this guide

All About Sex (Fact sheet: Masturbation, Private and Public)

About Masturbation for Females

About Masturbation for Males

Exploring Sexual and Social Understanding

Useful organisations

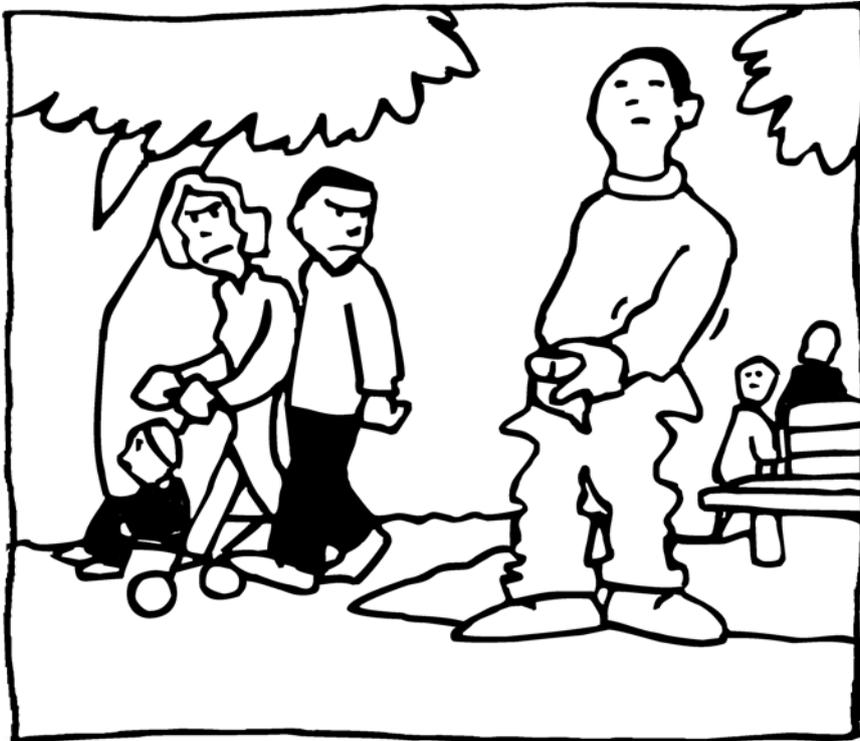
Intellectual Disability Rights Service

NSW Rape Crisis Centre - 1800 424 017

Notes:

Bad sex is wrong

Playing with yourself in public is
against the law



About the picture

This man is playing with himself (rubbing his penis) while he is in the park.

He is in a public place.

Other people can see him.

This is bad sex.

The other people in the park are angry and annoyed.

Key messages and discussion points

- Touching or showing your private body parts (playing with yourself) when you are in a public place is wrong, it is bad sex.
- Other people might get upset, embarrassed, angry or annoyed if you play with yourself in a place where they can see you (public place), they might call the police.
- It is OK to masturbate if you are in your bedroom or the bathroom and the door is closed and you are by yourself.
- Looking at pictures or videos of children doing sex stuff is wrong. It is child pornography. It may be in magazines, DVDs or on the Internet. It is against the law.

Questions to ask

- What is the man doing?
- Is the man in a public place?
- How do you know the other people are upset?
- Where is it OK to masturbate?

Recommended resources

More information about each of these resources is listed at the end of this guide

All About Sex (Fact sheets: Masturbation, Private and Public)

About Masturbation for Females

About Masturbation for Males

Exploring Sexual and Social Understanding

Useful organisations

Intellectual Disability Rights Service

NSW Rape Crisis Centre - 1800 424 017

Notes:

Bad sex is wrong

Sexual harassment is against the law



About the picture

This man is touching the woman's breasts. He is sexually harassing her.

She doesn't want him to touch her, she is telling him "no".

She should tell someone that she trusts. She can tell the police if she wants to.

Key messages and discussion points

- Other people can't touch you unless you want them to.
- You can't touch someone unless they want you to.
- No one is allowed to kiss you or touch your private body parts unless you want them to, it is against the law.
- You are not allowed to kiss someone else or touch their private body parts unless they want you to, it is against the law.
- If this sort of touching is happening to you, you can tell the person to stop, you can tell someone you trust, you can tell the police.
- Sometimes saying sex things can make people upset.
- Sometimes showing sex pictures (pornography) can make people upset.
- If someone is talking about sex things and you don't like it you can tell them to stop. You can tell someone you trust, you can tell the police.
- Bad sex can happen anywhere: in your home, at work and in public.

Questions to ask

- Does the woman like the man touching her?
- How can you tell she doesn't like it?
- What should the woman say to the man?
- Who should the woman talk to?
- Who could you tell if this happened to you?

Recommended resources

More information about each of these resources is listed at the end of this guide

All About Sex (Fact sheets: Relationships, Sexual Assault)

Exploring Sexual and Social Understanding

Feel Safe CD Rom

I Have the Right to Be Safe (Flipchart)

Sexual Abuse: In easy words and pictures

Talk About It

Teach-a-Bodies

Useful organisations

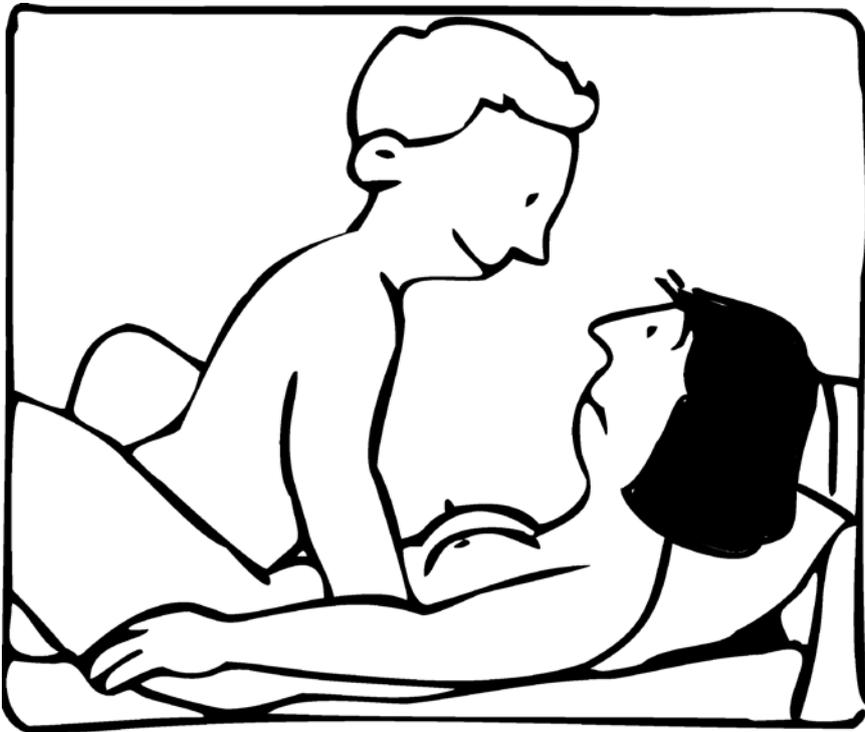
Intellectual Disability Rights Service

NSW Rape Crisis Centre - 1800 424 017

Notes:

Bad sex is wrong

If you don't want to
it's bad sex



About the picture

This woman doesn't want to have sex.

She isn't happy, she only wants to kiss and cuddle.

The man should stop.

Key messages and discussion points

- Both people have to want to have sex.
- If you don't want to do it, it can be against the law.
- Even if you say 'yes' at the beginning you can change your mind and tell the other person to stop.
- You can say 'no' to any sort of touching or kissing.
- Being married or being someone's boyfriend or girlfriend does not mean you should have sex when you don't want to.
- They might try to force (or trick or scare) you to have sex with them, this is bad sex, it is wrong, it is against the law.
- If this has happened to you tell someone you know and trust and get them to help you.
- You can tell someone even if the person tells you not to say anything. Keep telling someone until you get help.

Questions to ask

- What is happening in the picture?
- How do you think the woman is feeling?
- Should the man stop?
- What should the woman say to the man?
- Who can you tell if this happens to you?

Recommended resources

More information about each of these resources is listed at the end of this guide

All About Sex (Fact sheet: Sexual Assault)

Exploring Sexual and Social Understanding

Feel Safe CD Rom

I Have the Right to Be Safe (Flipchart)

Jason's Private World

Kylie's Private World

Sexual Abuse: In easy words and pictures

Talk About It

Teach-a-Bodies

Useful organisations

Intellectual Disability Rights Service

NSW Rape Crisis Centre - 1800 424 017

Notes:

Bad sex is wrong

Sex with staff is against the law



About the picture

This woman's support worker is touching her in a sexual way.

She doesn't like it.

She is upset by the touching.

She is scared that he wants her to have sex with him.

Key messages and discussion points

- A support worker is someone who is paid to help you at your accommodation, group home, workshop, or day program. This includes paid workers like teachers and drivers or volunteers.
- A support worker is not allowed to touch your private body parts.
- A support worker is not allowed to ask you to touch or look at their private body parts.
- A support worker is not allowed to have sex with you.
- They might try to force (or trick or scare) you to have sex with them, this is bad sex, it is wrong.
- It is against the law - even if you both want to do it.
- The support worker can be arrested by the police.
- If this has happened to you tell someone you know and trust and get them to help you.
- You can tell someone even if the person tells you not to say anything. Keep telling someone until you get help.

Questions to ask

- What is happening in the picture?
- How do you think the woman feels?
- Who should she tell?
- What should the woman say to the man?
- Who can you tell if this happens to you?

Recommended resources

More information about each of these resources is listed at the end of this guide

All About Sex (Fact sheet: Sexual Assault)

Exploring Sexual and Social Understanding

Feel Safe CD Rom

I Have the Right to Be Safe (Flipchart)

Sexual Abuse: In easy words and pictures

Talk About It

Teach-a-Bodies

Useful organisations

Intellectual Disability Rights Service

NSW Rape Crisis Centre - 1800 424 017

Notes:

Bad sex is wrong

Rape is against the law



About the picture

This man is raping the woman, he is forcing her to have sex.

He is hurting her, he won't listen to her.

She is scared, she wants him to stop.

This is bad sex, it is wrong.

It is against the law.

Key messages and discussion points

- Rape is when another person forces, tricks or scares you into having sex.
- Rape can happen to anybody, it happens to men and women.
- Forcing someone to have sex is against the law.
- Someone you know (like a family member or support worker or friend) might try to force (or trick or scare) you to have sex with them, this is bad sex, it is wrong, it is against the law.
- They are doing the wrong thing, not you.
- If this has happened to you tell someone you know and trust and get them to help you.
- You can tell the police.
- You can tell someone even if the person tells you not to say anything. Keep telling someone until you get help.
- Counselling services can help people who have been raped.

Questions to ask

- What is happening in the picture?
- How do you think the woman is feeling?
- Should she tell someone?
- Who can you tell if this happens to you?

Recommended resources

More information about each of these resources is listed at the end of this guide

All About Sex (Fact sheet: Sexual Assault)

Exploring Sexual and Social Understanding

Feel Safe CD Rom

I Have the Right to Be Safe (Flipchart)

Sexual Abuse: In easy words and pictures

Talk About It

Teach-a-Bodies

Useful organisations

Intellectual Disability Rights Service

NSW Rape Crisis Centre - 1800 424 017

Notes:

Bad sex is wrong

Sex with children is against the law



About the picture

This man is touching the boy between his legs, he is rubbing the boy's penis.
The boy is scared, he doesn't like it.

Key messages and discussion points

- Touching children in this way is always wrong. It is bad sex.
- Bad sex can happen to both boys and girls.
- It is against the law for adults to have sex with children.
- If this happened to you when you were a child you can tell the police and tell someone you trust so they can help you.
- You can tell someone even if the person tells you not to say anything. Keep telling someone until you get help.
- You are not allowed to have sex with children or touch the private parts of their body or ask them to look at or touch your private body parts.
- Looking at pictures or videos of children doing sex stuff is wrong. It is child pornography. It may be in magazines, DVDs or on the Internet. It is against the law.

Questions to ask

- How do you think the boy is feeling?
- Is it OK for the man to touch the boy like this?
- What should the boy say to the man?
- Who should the boy tell?
- Who can you tell if this happened to you?

Recommended resources

More information about each of these resources is listed at the end of this guide

All About Sex (Fact sheet: Sexual Assault)

Exploring Sexual and Social Understanding

Feel Safe CD Rom

I Have the Right to Be Safe (Flipchart)

Sexual Abuse: In easy words and pictures

Talk About It

Teach-a-Bodies

Useful organisations

Intellectual Disability Rights Service

NSW Rape Crisis Centre - 1800 424 017

Notes:

Bad sex is wrong

Sex with family is against the law



About the picture

This woman's family member (brother, uncle, father) is in her bedroom and has his pants down.

He is showing her his penis.

She is scared, she doesn't want him to do this.

Key messages and discussion points

- Sex with relatives (having sex with someone in your family) is against the law.
- People in your family are not allowed to have sex with you: your mother or father, your brother or sister, your grandmother or grandfather, your uncle or aunty.
- Sex with people in your family is called incest.
- Even if both people want to do it, it is still against the law.
- If someone in your family has sex with you, or tries to have sex with you, tell someone you trust so they can help you or you can tell the police.
- You can tell someone even if the person in your family tells you not to tell anyone. Keep telling someone until you get help.

Questions to ask

- What is happening in the picture?
- How do you think the woman feels?
- Who should she tell?
- Who could you tell if this happened to you?

Recommended resources

More information about each of these resources is listed at the end of this guide

All About Sex (Fact sheet: Sexual Assault)

Exploring Sexual and Social Understanding

Feel Safe CD Rom

I Have the Right to Be Safe (Flipchart)

Sexual Abuse: In easy words and pictures

Teach-a-Bodies

Useful organisations

Intellectual Disability Rights Service

NSW Rape Crisis Centre - 1800 424 017

Notes:

Summary - bad sex



Bad sex is not fun.

No one should make you have sex if you don't want to do it.

Bad sex is wrong.

Sex that is against the law is bad sex.

If bad sex is happening to you tell someone you trust so that they can help you.

You can tell someone in your family or tell your support worker.

You can tell your doctor.

You can tell the police.

You can tell someone else that you trust.

Keep telling people until you find someone to help you.

You can ring the NSW Rape Crisis Centre on 1800 424 017.

REMEMBER

sex should be safe

sex should be fun

sex should feel good

that is good sex

Recommended resources

These recommended resources can be used to help talk about the topics in each of the units. Remember to look at each of the resources before using them with the learner.

These resources are available from the Family Planning NSW Library and Bookshop.

Family Planning NSW Library

328-336 Liverpool Road, Ashfield NSW 2131

02 8752 4386

library@fpnsw.org.au

www.fpnsw.org.au/library

Family Planning NSW Bookshop

328-336 Liverpool Road, Ashfield NSW 2131

02 8752 4307

bookshop@fpnsw.org.au

www.fpnsw.org.au/bookshop

Easy to read resources	Unit
<i>About Masturbation for Females.</i> NSW: Family Planning NSW, 2011. A booklet that uses black and white line drawings in the form of social stories to teach about masturbation, privacy and hygiene – for females.	1, 12, 13
<i>About Masturbation for Males.</i> NSW: Family Planning NSW, 2007. A booklet that uses black and white line drawings in the form of social stories to teach about masturbation, privacy and hygiene – for males.	2, 12, 13
<i>All About Sex.</i> NSW: Family Planning NSW, 2013. All About Sex is a series of easy to read factsheets that enable carers and workers to talk easily about a range of topics including public and private, relationships, masturbation, sex, sexually transmissible infections, sexual assault and many more. Download the factsheets from www.fpnsw.org.au/allaboutsex	All units

Easy to read resources	Unit
<p><i>Exploring Sexual and Social Understanding: An illustrated pack designed for working with people with learning disabilities.</i> UK: BILD, 2007. A CD and booklet that can be used to assess sexual knowledge and capacity to consent of people with learning disabilities. It will help to teach and discuss appropriate social and sexual behaviour.</p>	All units
<p><i>I Have the Right to Be Safe (Flipchart).</i> Queensland: Family Planning QLD, 2007. Designed to promote self-protection skills in a fun and accessible way. Includes facilitator strategies, worksheets or cards, extension activities and additional resource ideas.</p>	10, 11, 14-19
<p><i>Lesbian, Gay, Bisexual and Trans.</i> UK: CHANGE, 2010. An easy to read booklet which covers what it means to be lesbian, gay, bisexual and/or trans. Topics include: your sexual orientation, gender identity, talking to people about your sexuality and gender, bullying, safe sex. The booklet uses easy words and pictures and can be used to support open discussion about sexuality.</p>	4, 5
<p><i>Loving Each Other Safely (Books Beyond Words).</i> UK: RCPsych Publications, (2011). Introduces issues around sexual relationships including consent, inappropriate touch and keeping safe. It explores what it means for Ed and his girlfriend to be in a happy, healthy and safe relationship.</p>	3
<p><i>Sex and Masturbation.</i> UK: CHANGE, 2010. An easy-to-read booklet which covers deciding when to have sex, using contraception, oral sex, anal sex, privacy and consent. It explains what sex and masturbation are and can be used to support open discussion.</p>	1, 2, 6
<p><i>Sexual Abuse: In easy words and pictures.</i> UK: CHANGE, 2010. An easy to read booklet which covers recognising abuse, saying 'no', rape, pornography, the law, reporting abuse, and where to get help. Can be used to support open discussion about sexual abuse.</p>	10, 11, 14-19

DVDs	Unit
<p><i>Feel Safe</i>. Queensland: Family Planning QLD, 2006. An interactive educational CD Rom promoting self-protection for young people with special learning needs.</p>	10, 11, 14-19
<p><i>Feeling Sexy, Feeling Safe</i>. NSW: Family Planning NSW, 2002. A DVD and teaching notes which cover four areas: Public and private parts of the body; public and private places; saying 'yes' and 'no' to sex; the sexual person. This DVD is R rated and intended for adults aged 18 and over in sessions run by trained educators.</p>	4-6
<p><i>Finger Tips: A guide for teaching about female masturbation through understanding and video</i>. Canada: Diverse City Press Inc. David Hingsburger & Sandra Haar, 1995. A book and DVD set aimed at teaching women with developmental disabilities about masturbation. It also confronts typical myths about female sexuality. A gentle, positive film that is clear, graphic and dignified. The book includes a step by step photographic essay about masturbation, and the joy of private time.</p>	1
<p><i>Friendships and Dating</i>. South Australia: SHine SA, 2009. A DVD and booklet that provides information on meeting and making friends, relationships and dating, safer sex and rules in relationships, and contraception.</p>	3-5
<p><i>Hand Made Love: A guide for teaching about male masturbation through understanding and video</i>. Canada: David Hingsburger, 1995. A book and DVD set that discuss privacy, pleasure and the realities of sharing living spaces with others. While setting the stage to demonstrate masturbation, the narrator of the DVD speaks in plain language that is fully respectful of the needs of the viewer. A gentle, positive film that is clear, graphic and dignified.</p>	2
<p><i>Jason's Private World</i>. UK: Life Support Productions, 2011. An animated DVD about aspects of growing up, puberty, body changes, privacy, personal hygiene, relationships, love, trust and sexual interactions. The DVD has an emphasis on safety and saying no to unwanted sexual advances.</p>	2, 3, 6, 11, 15
<p><i>Kylie's Private World</i>. UK: Life Support Productions, 2012. An animated DVD about aspects of growing up, puberty, body changes, privacy, personal hygiene, relationships, love, trust and sexual interactions. The DVD has an emphasis on safety and saying no to unwanted sexual advances.</p>	1, 3, 6, 10, 15

DVDs	Unit
<p><i>Talk About It.</i> NSW: NSW Council for Intellectual Disability, 1997. This DVD is about Dianne, a young woman with Down Syndrome, who is sexually assaulted by a worker in her group home. Her friend Rose assists her to visit a sexual assault service and report the incident to the police.</p>	10, 11, 14-17
<p><i>The New Guide to Relationships and Sex.</i> UK: Life Support Productions, 2008. A sex education DVD for young people with intellectual disability. Produced using 3D animation with subtitles in large, clear text. Topics include growing up and puberty, first dates, privacy, consent and safe sex, lesbian/gay and heterosexual relationships.</p>	3-6
<p><i>Under Cover Dick: Teaching men with disabilities about condom use through understanding and video.</i> Canada: David Hingsburger, 1996. A guidebook and DVD that teaches people with disabilities about how to use a condom.</p>	7, 8
<p><i>You, Your Body and Sex - the DVD.</i> UK. Life Support Productions, 2007. A DVD with easy to navigate menu system that allows educators and carers to match the needs of viewing groups and individuals. Topics include: growing up and changes; periods; relationships; consent and meeting someone; safer sex; sex and people's attitudes; and more.</p>	3, 6
Models	Unit
<p><i>Condom Demonstration Model – Banana penis.</i> A plastic model of an erect penis that is cleverly disguised within a removable cover that looks like a banana.</p>	8
<p><i>Condom Demonstration Model – Wooden model.</i> A self-standing model that is anatomically proportionate without being explicit.</p>	8
<p><i>Teach-a-Bodies.</i> A set of soft and anatomically detailed dolls that consists of an adult male, adult female, child male and child female.</p>	14-19
<p><i>Sex, Safe and Fun Condom Pack.</i> Family Planning NSW, 2014. A pack that contains a condom and sachet of lubricant (lube).</p>	7, 8

Organisations	Unit
<p>ACON. NSW's and Australia's largest community-based gay, lesbian, bisexual and transgender (GLBT) health and HIV/AIDS organisation. ACON's mission is to improve the health and wellbeing of the GLBT community and people with HIV, and reduce HIV transmission. Phone: 1800 063 060 Website: www.acon.org.au</p>	4, 5
<p>QLife. Australia's national counselling and referral service for people of diverse sex, genders and sexualities. QLife provides nation-wide, early intervention, peer supported telephone and web based services to support lesbian, gay, bisexual, transgender and Intersex (LGBTI) people of all ages. Phone: 1800 184 527</p>	4, 5
<p><i>Intellectual Disability Rights Service.</i> A specialist legal information and advocacy service for people with intellectual disability in NSW. Phone: 1800 666 611 Website: www.idrs.org.au</p>	10-19
<p><i>NSW Health – Play Safe, Get Tested</i> Website: www.playsafe.health.nsw.gov.au</p>	7
<p><i>NSW Rape Crisis Centre.</i> Provides 24 hour telephone and online crisis counselling services for anyone in Australia who has experienced or is at risk of sexual assault, family or domestic violence and their non-offending supporters. Phone: 1800 424 017 Website: www.nswrapecrisis.com.au</p>	10-19
<p><i>Twenty10.</i> A community based organisation that supports young people of diverse genders, sexes and sexualities, their families and friends. Twenty10 provides free and confidential services such as support groups across NSW Phone: (02) 8594 9555 Website: www.twenty10.org.au</p>	4, 5

www.fpnsw.org.au | [talkline 1300 658 886](tel:1300658886) | [bookshop](#)

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