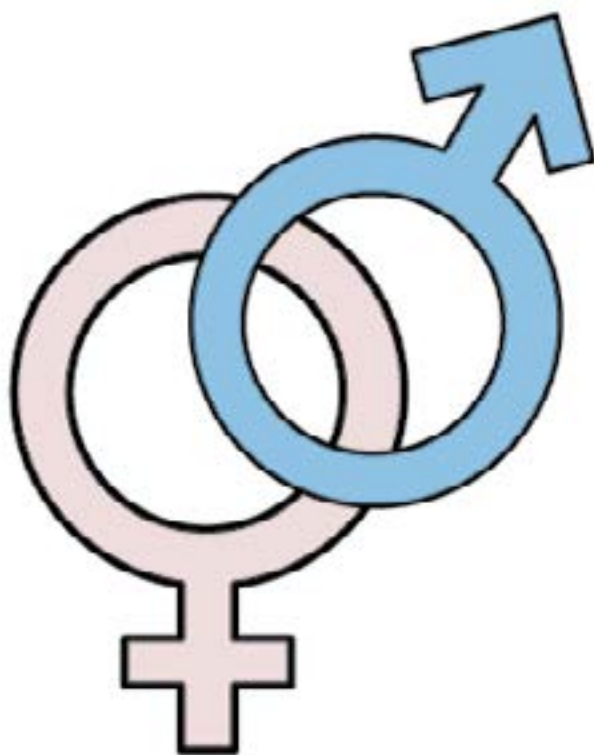




# Planning Booklet



## Planning Area 7: **Sexuality and Intimacy**



**Don't forget!**  
**Make sure you save your work by downloading and saving this PDF to your own computer before you write in it.**

## **Understanding my body**

You might have missed out on learning about your body, or you might want to learn more than you know now. Understanding your body means learning about your whole body and how it works - not just about parts which are seen as sexual. It is your right to have education about your body and sexual development in ways which are accessible for you.

### **Do I need help to learn about and understand my own body?**

Look at the list below. Choose the things you want to learn about.

The names and functions of all of the parts of my body

How my body develops and changes

Sex education

Where I can find accessible learning materials

What sexuality is, and the role it plays in my world and culture

Different values and beliefs people have about love and sex

What love and sex mean to me

The kinds of love and sexual relationships I would like to have

### **Is there anything else that will help me learn about my own body?**

**Focus on your answers from above. Now think about what is needed to make these things happen. You can record these in the table on the next page.**

Once you have done this you can think about whether you need support to make these ideas happen. What things can you organise yourself and what do you need support to do? Fill in the columns that ask you about the support you need.

We've also given you an example.

<b>Describe the next steps in understanding my body.</b>	<b>What can I do to make this step happen?</b>	<b>Is there anything I will need support to do?</b>  <b>What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)</b>	<b>Do I have this support?</b>  <b>Yes or if No, who can I ask ?</b>	<b>When do I want to do this?</b>
Example: Make sure the words I need to talk about my body, sexuality, love and relationships are in my communication system	-	Yes, I will need someone and the technology to do actually do this.	I don't know. Maybe my brother. Maybe my trusted support worker	I will see my brother in a couple of weekends. I will ask what he thinks.

## Now it's your turn

Describe the next steps in understanding my body.	What can I do to make this step happen?	Is there anything I will need support to do?  What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support?  Yes or if No, who can I ask ?	When do I want to do this?
1.				
2.				
3.				
4.				

## Helping my supporters

It can be tricky to work out our own sexuality, and even trickier to help somebody else to figure out theirs.

### **Do the people around me need help to explore their roles in supporting my sexuality?**

Look at the list below. Choose the things you think your supporters might need help with.

Believing that it's possible for me to have romantic relationships and intimacy

Identifying myths and fears about sex

Thinking about what it would take for me to be able to have sexual relationships and be safe

Respecting and supporting my sexuality even when there is a conflict with their personal values and beliefs

Identifying who the best people are to support me to explore my sexuality

Understanding how I say I like or don't like something being done to my body. For example, how I feel about the way somebody brushes my hair, the temperature of my shower, or the pace at which I eat food

Putting the language I need in my communication system so I can talk about my body

Making sure that I know that it's my right to say 'yes' and 'no' when it comes to anything to do with my body

Ensuring that my wishes about my body are heard and respected

Understanding that it's ok for me to change my mind at any time, and that what might be ok for me one day might not be on another

Learning about loving and respectful relationships

Learning about physical and sexual abuse, and ways to keep me safe

### **Is there any other help my supporters need?**

**Focus on your answers from above. Now think about what is needed to make these things happen. You can record these in the table on the next page.**

Once you have done this you can think about whether you need support to make these ideas happen. What things can you organise yourself and what do you need support to do? Fill in the columns that ask you about the support you need.

We've also given you an example.

<b>Describe the next steps that will help my supporters understand their roles.</b>	<b>What can I do to make this step happen?</b>	<b>Is there anything I will need support to do?</b>  <b>What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)</b>	<b>Do I have this support?</b>  <b>Yes or if No, who can I ask ?</b>	<b>When do I want to do this?</b>
Example: I think it is time I spoke to my parents about what I want	Yes, talk to my friend Shanil.	Yes I will need support from a person to talk to them.  From my peers and friends.	Yes I think I am going to ask my friend, Shanil.	I will send him a facebook message this weekend.

## Now it's your turn.

Describe the next steps that will help my supporters understand their roles.	What can I do to make this step happen?	Is there anything I will need support to do?  What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support?  Yes or if No, who can I ask ?	When do I want to do this?
1.				
2.				
3.				
4.				

## My sensual and sexual preferences

Everyone has the right to explore and express their preferences. We are all different when it comes to how we prefer to experience sensual and sexual things. You and your supporters might need help to support you to learn about and express your preferences when it comes to your body and sex.

### Do I and my supporters know about my sensual and sexual preferences?

Look at the list of questions in the table below. If you answered no, or you aren't sure about some things, you can then think about what a helpful next step might be. You can then think about whether you need support for that step and what that support would be. There is space to write anything more you need to learn about your sexual preferences.

Do I and my supporters know these things?	Do I know this? Yes or No	If no, what might be a next step?	Is there anything I will need support to do?  What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support?  If I don't, who can I ask for this support?	When do I want to do this by?
Example: Whether I am aware of and able to express my feelings about my gender?	No	Look for information online.	Yes, support from a person to find the right things online.	I think I can ask my friend Robin to help.	I'll send him a Facebook message ASAP.



## Now it's your turn

Do I and my supporters know these things?	Do I know this? Yes or No	If no, what might be a next step?	Is there anything I will need support to do?  What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support?  If I don't, who can I ask for this support?	When do I want to do this by?
Whether I am attracted to men, women, men and women, or do I feel no sexual attraction or interest?					
Whether I am aware of and able to express my feelings about my gender?					

Do I and my supporters know these things?	Do I know this? Yes or No	If no, what might be a next step?	Is there anything I will need support to do?  What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support?  If I don't, who can I ask for this support?	When do I want to do this by?
Whether I have other preferences for sexual expression					
Whether I am being supported to experience the world through my preferred senses					

## Engaging in sexual activity

Sometimes people need help to express themselves sexually. There are people who can help you.

### What would I like help to do?

Look at the list below and choose anything you would like help to do.

Believing that it's possible for me to have romantic relationships and intimacy

Explore how I like to be touched in non-sexual ways, for example by having a massage

Touch parts of my body (not just sexual parts). For example, if I have a disability which makes touching any parts of my body tricky

Learn how to masturbate

Be comfortable and feel safe to ask for what I want

Sleep in the same bed or be intimate with a partner

Figure out how to have sex, for example, with the help of a sexual surrogate

Learn what a sexual surrogate is

Use sex toys or other aids

Experience sex. For example by employing a sex worker

Have the privacy I want when I am sexually active

**Is there anything else I would like help with when it comes to engaging in sexual activity?**

**Focus on your answers from above. Now think about what is needed to make these things happen. You can record these in the table on the next page.**

Once you have done this you can think about whether you need support to make these ideas happen. What things can you organise yourself and what do you need support to do? Fill in the columns that ask you about the support you need.

We've also given you an example.

<b>Describe the next steps needed for my sexual activity.</b>	<b>What can I do to make this step happen?</b>	<b>Is there anything I will need support to do?</b>  <b>What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)</b>	<b>Do I have this support?</b>  <b>Yes or if No, who can I ask ?</b>	<b>When do I want to do this?</b>
Example: Find someone who can help me think about the next steps like a peer mentor	-	I want to learn about these things but I don't know what to do.  I need Peer support and help from an organisation maybe.	No. Maybe I can contact some organisations that might know where I can find peer support.	By next month.

## Now it's your turn

Describe the next steps needed for my sexual activity.	What can I do to make this step happen?	Is there anything I will need support to do?  What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support?  Yes or if No, who can I ask ?	When do I want to do this?
1.				
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4.				

## Do I have any more ideas?

If you want, you can look again at the main topics in this Planning Manual and add any more ideas or steps you think are important.

### 1. Understanding my body

For example: Yes, I also wanted to add that I will need privacy to do this.

### 2. Helping my supporters to understand their roles

For example: I think talking to mum and dad is a big one. I will need a lot of help to do this.

### 3. My sensual and sexual preferences

### 4. Engaging in sexual activity

## Making a Goal

The main Goal with this Planning Area was help you in your equal right to experience and express your sexuality and gender. You may now have a list of strategies and actions that can help you do just that!

If there is anything you want to add to this Goal statement, you can do that below.

**Now you have finished, you may have a Goal, some Strategies to reach that Goal, and some Actions to get started!**

## Thinking about help from NDIS to achieve this Goal

We suggest it is a good idea to do more learning about what can and can't be funded under NDIS.

Please note, we cannot say whether something you take to your NDIS Planning will be funded in your NDIS Plan.

Right now though, it is very important that you make note of the things from this area you want to consider in your NDIS planning.

Think especially about the areas where you said you didn't have any support to achieve something. This is something called an 'unmet need' because you don't have that support in your life right now, but you need that support to achieve a goal. It means you're missing out on something. A good starting point with NDIS is to think about the things you are missing out on that would make life better.

In an example we used in this area, there wasn't support available to find the right kind of communication system.

**Go back through this workbook and find the things you need to include in your NDIS planning.** Put a star next to them or a sticky note so that you can find them again easily when you're doing your NDIS planning.

Who will you contact if you need help with taking any next steps in this area?