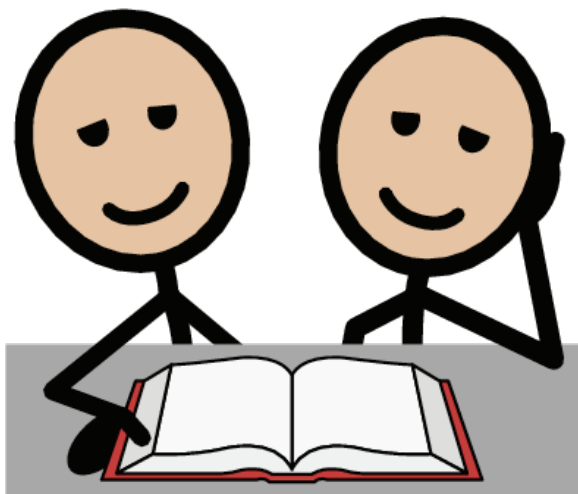


Sexuality and Intimacy

We have the equal right to sexual education and expression.



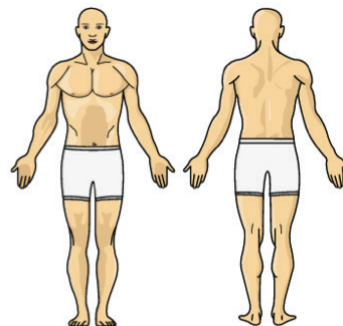
Do you need help to learn about and understand your own body?

Do you need help to learn about and understand your own 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.

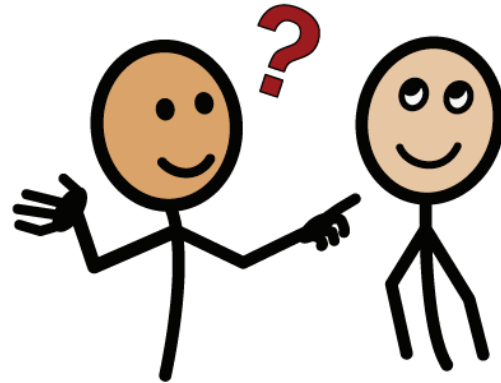
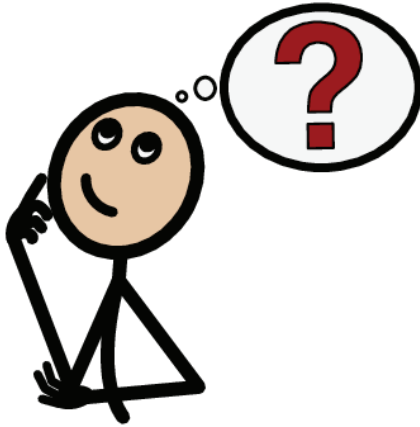
Would you like help to:

- ☐ know the names and functions of all of the parts of your body?
- ☐ learn about how your body develops and changes?
- ☐ find out about sex education?
- ☐ make adjustments to, or find accessible learning materials?
- ☐ understand what sexuality is, and the role it plays in your world and culture?
- ☐ make sure the words you need to talk about your body and sexuality are in your communication system?



What else would you like help with?

Write your ideas in your planning manual.



**Do the people around you need help
to explore their roles in supporting
your sexuality?**

Do the people around you need help to explore their roles in supporting your sexuality?

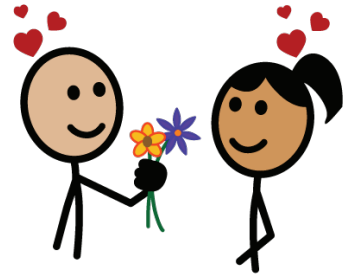
It can be tricky to work out our own sexuality, and even trickier to help somebody else to figure out theirs.

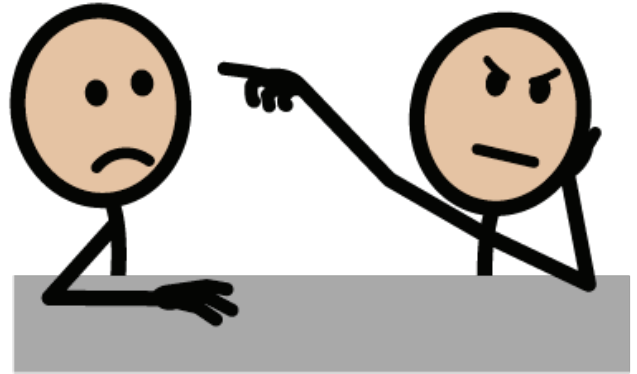
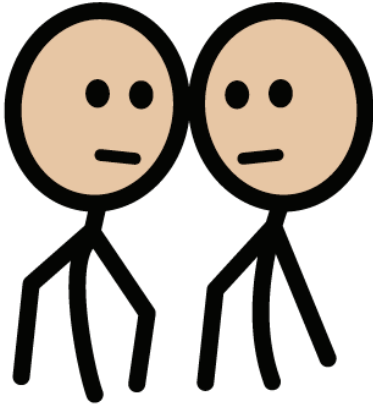
Do your supporters need help to:

- ☐ believe that its possible for you to have romantic relationships and intimacy?
- ☐ identify myths and fears about sex (for example, that more education will result in uncontrolled sexual behaviours)?
- ☐ think about what it would take for you to be able to have sexual relationships and be safe?
- ☐ respect and support your sexuality even when there is a conflict with their personal values and beliefs?
- ☐ identify who the best people are to support you to explore your sexuality (for example if you are an adult, this might not be your parents)?

What other help might your supporters need?

Write your ideas in your planning manual.





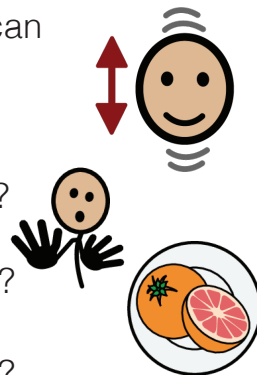
**Do you and your supporters need help
to understand how you say 'yes' and 'no'
when it comes to your body?**

Do you and your supporters need help to understand how you say 'yes' and 'no' when it comes to your body?

What happens to your body is your choice. Its ok to say 'yes' if you want something, and its ok to say 'no' if you don't. People in your life need to know how you say 'yes' and 'no', and to respect your wishes.

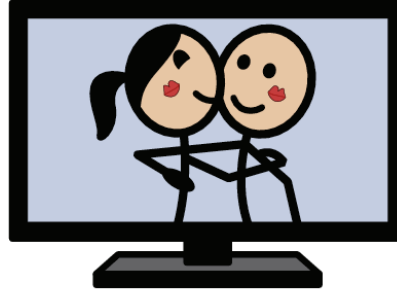
Do you and your supporters need help to:

- ☐ understand how you say you like or don't like something being done to your body, for example, how you feel about the way somebody brushes your hair, the temperature of your shower, or the pace at which you eat food?
- ☐ put the language you need in your communication system so you can talk about your body?
- ☐ make sure that you know that its your right to say 'yes' and 'no' when it comes to anything to do with your body?
- ☐ ensure that your wishes about your body are heard and respected?
- ☐ understand that its ok for you to change your mind at any time, and that what might be ok for you one day might not be on another?
- ☐ learn about loving and respectful relationships?
- ☐ learn about physical and sexual abuse, and ways to keep you safe?



What else could you need help with when it comes to saying 'yes' and 'no'?

Write your ideas in your planning manual.



**Do you need help to explore your
beliefs and values?**

Do you need help to explore your beliefs and values?

People have beliefs about when, where and with whom it is ok to have romantic relationships or be sexually active. You might want some support to work out how you feel about love and sex, and what your values and beliefs are.

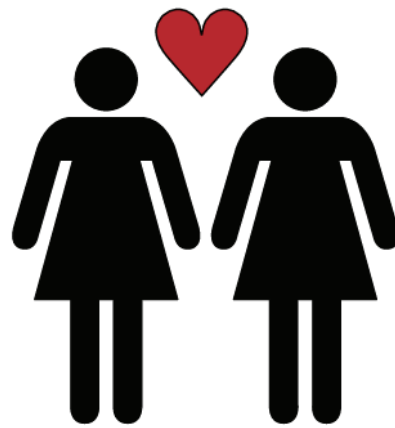
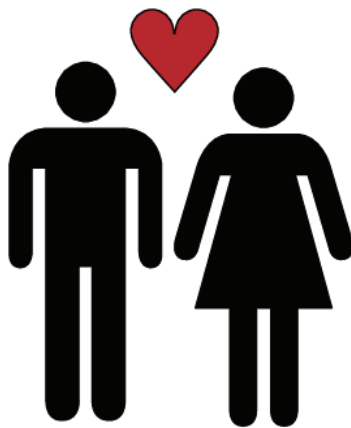
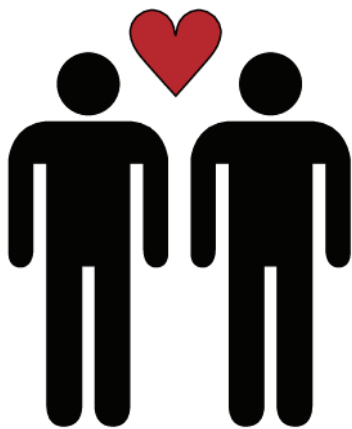
Would you like some help to:

- ☐ learn about different values and beliefs people have about love and sex?
- ☐ think about what love and sex mean to you?
- ☐ talk about your beliefs when it comes to love and sex?
- ☐ imagine the kinds of love and sexual relationships you would like to have?
- ☐ put language about love, commitment, marriage and other things to do with relationships into your communication device or system?
- ☐ explore books, movies, songs and poems about romance and sex?



What else do you want help with?

Write your ideas in your planning manual.



**Do you need help to explore your
sensual and sexual preferences?**

Do you need help to explore your 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.

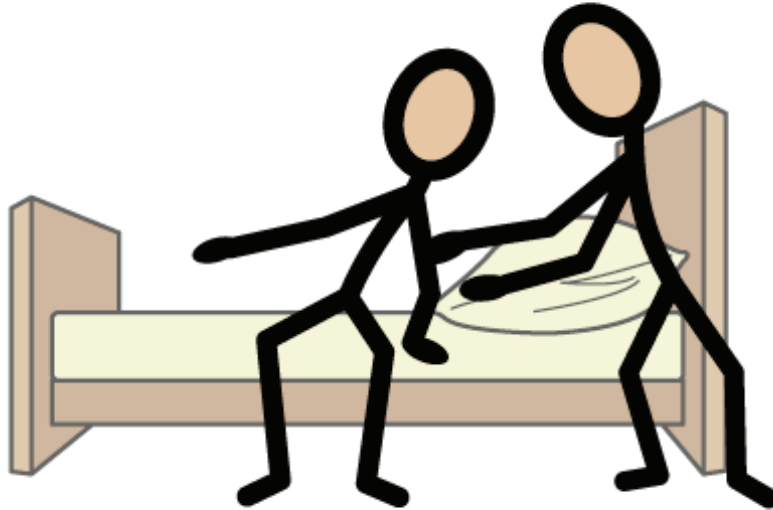
For example, do you and your supporters know if you:

- ☐ are attracted to men, women, men and women, or if you feel no sexual attraction or interest?
- ☐ have other preferences for sexual expression?
- ☐ are aware of and able to express your feelings about your gender?
- ☐ are being supported to experience the world through your preferred senses?

What else could you need support to find out or express?

Write your ideas in your planning manual.





**Do you need support to engage
in sexual activity?**

Do you need support to engage in sexual activity?

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

Would you like help to:

- ☐ explore how you like to be touched in non-sexual ways, for example by having a massage?
- ☐ touch parts of your body (not just sexual parts - for example if you have a disability which makes touching any parts of your body tricky)?
- ☐ learn how to masturbate?
- ☐ be comfortable and feel safe to ask for what you 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?
- ☐ use sex toys or other aids?
- ☐ experience sex, for example by employing a sex worker?
- ☐ have the privacy you want when you are sexually active?

What else would you like help with?

Write your ideas in your planning manual.

