

## **Sexuality and Intimacy**

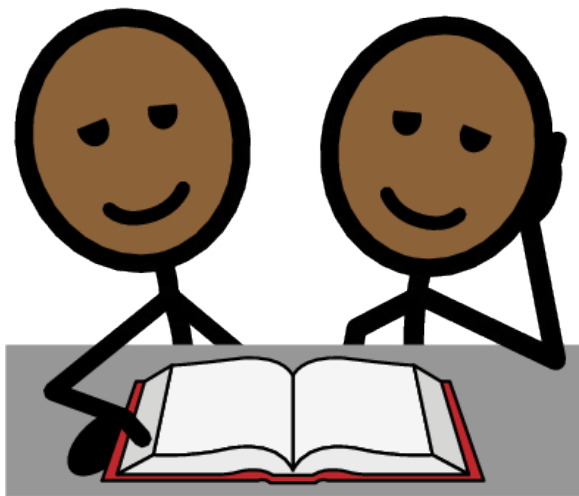
We have the equal right to sexual education  
and expression.









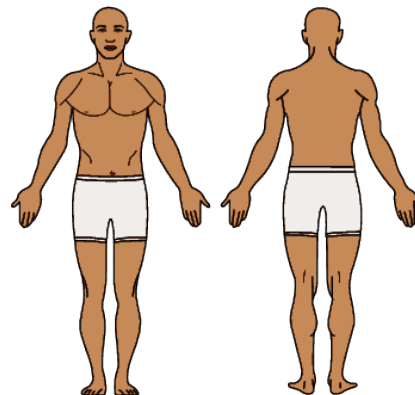


**Do you need help to learn about and understand your own body?**

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

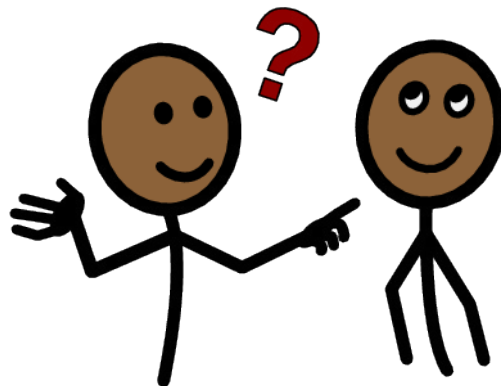
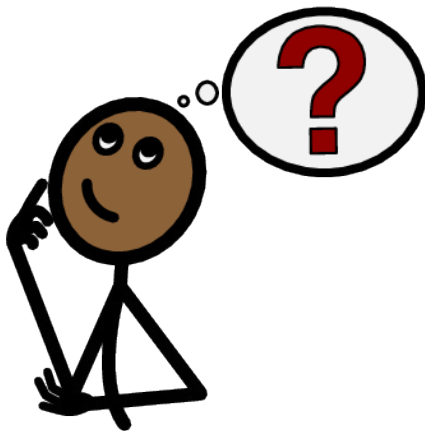
Would you like help to:

- ☐ 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?**

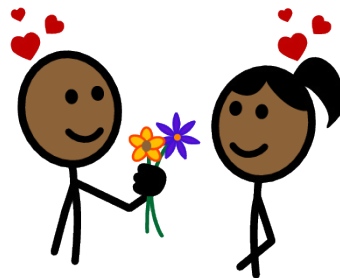
## Do the people around you need help to explore their roles in supporting your sexuality?

Do your supporters need help to:

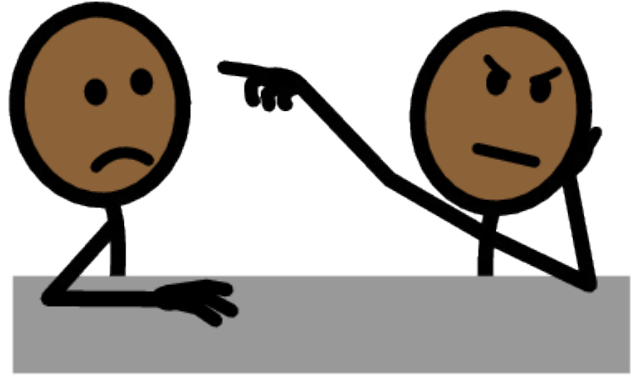
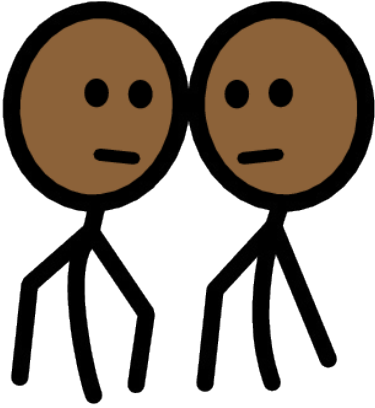
- ☐ believe that its possible for you to have romantic relationships and intimacy?
- ☐ identify myths and fears about sex (for example, that more education will result in uncontrolled sexual behaviours)?
- ☐ think about what it would take for you to be able to have sexual relationships and be safe?
- ☐ 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.





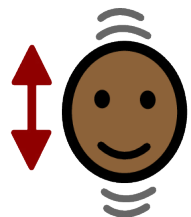
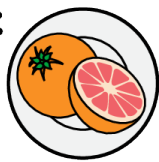


**Do you and your supporters need help  
to understand how you say ‘yes’ and ‘no’  
when it comes to your body?**

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

Do you and your supporters need help to:

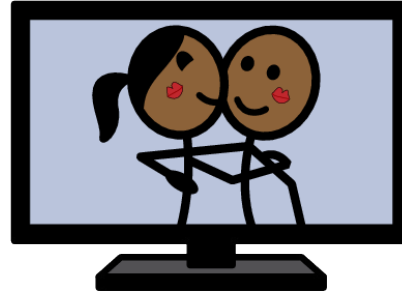
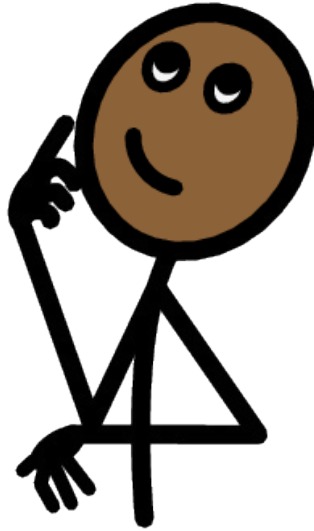
- ☐ understand how you say you like or don't like something being done to your body, for example, how you feel about the way somebody brushes your hair, the temperature of your shower, or the pace at which you eat food?
- ☐ put the language you need in your communication system so you can talk about 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?

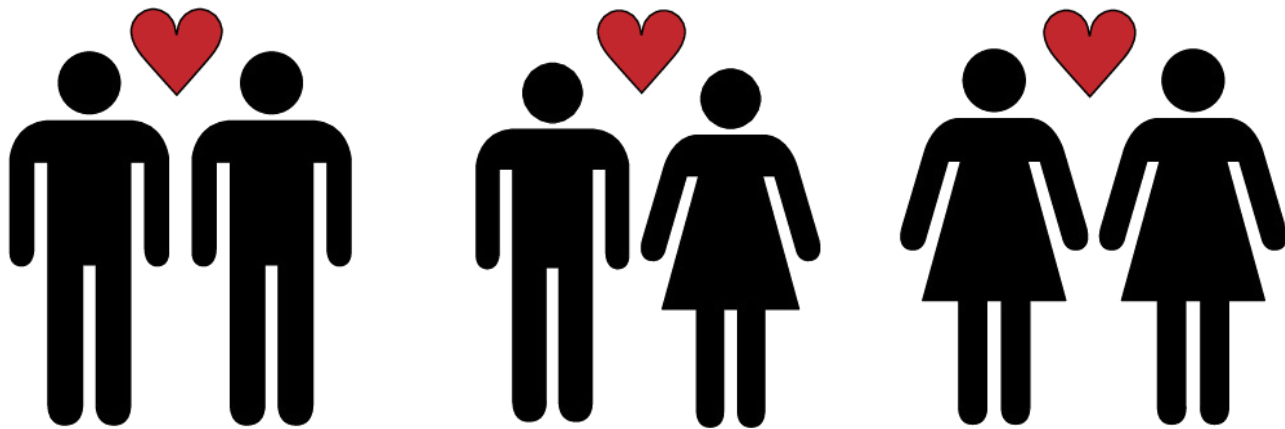
Would you like some help to:

- ☐ 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?**

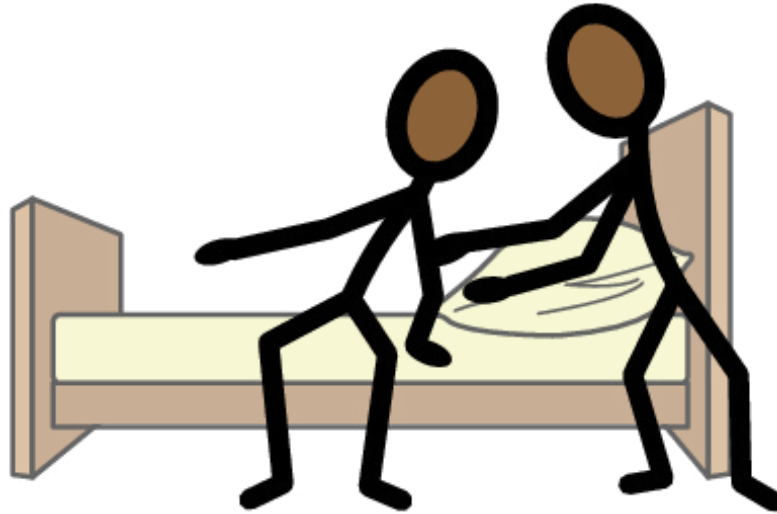
For example, do you and your supporters know if you:

- ☐ 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?

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.