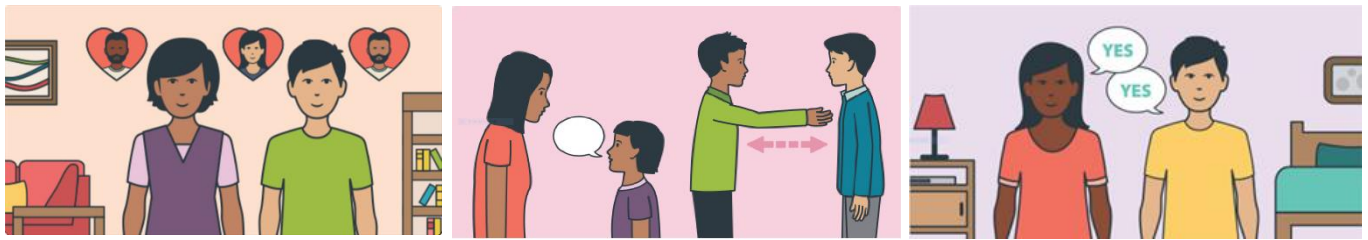


# Sexuality and Intellectual Disability

## WORKSHOPS August - November 2020



Sexuality and Relationships is an essential area of learning for people with an intellectual disability. Adults with intellectual disability say they want to learn together in their own right. Parents and carers can make a big difference in small ways by improving their own knowledge and using supportive approaches. Handouts and resources will be provided during the workshops.

These interactive workshops will be presented in both the northern and southern suburbs of Adelaide. All workshops are free of charge.

**Workshops for adults with intellectual disability:** Each region will have a set of four 2.5 hour workshops for adults with an intellectual disability. Enrolment means attending all four. Numbers will be limited so please discuss education needs of individuals before enrolling.

**Workshops for parents of people with intellectual disability:** Each region will have a set of four 1-day education workshops for parents. The introductory workshop *Sexuality and Disability* is offered three times. It is recommended that you try to attend one of these before attending others. You can enrol in one or more of the workshops.

The *Puberty and Adolescence* Workshop will be held at the Special Education Resource Unit of the Department of Education in Henley Beach. This is so that parents of school-age children can become familiar with the range of resources available to them and their children for use at home and at school.

Other sessions will be held in a variety of venues. Parents will have first priority and support workers may also attend if numbers allow.

These workshops are brought to you by South Australian Council on Intellectual Disability (SACID). Under licence from Sexuality Education Counselling and Consultancy Agency (SECCA); a sexuality and disability agency based in Perth, which first created the workshops. With support from a grant made by the Department of Human Services of the Govt. of SA.



## WORKSHOPS for parents

### 1. Sexuality and Disability

This thought provoking workshop explores relationship and sexuality issues, and the rights and needs of people with an intellectual disability. It develops awareness of your own attitudes and how these may impact on the learning and development of your children (of adolescent or adult age) living with intellectual disability. It is recommended that this workshop be completed before attending any of the other three.



~~**Dates** Wednesday 26th August  
(North)~~

~~**Times** 9.00 am - 4.30 pm~~

~~**Where** Art Space, The Precinct,  
112 Coventry Road,  
Smithfield~~

~~**RSVP** 17<sup>th</sup> August~~

**Thursday 3rd September  
(Central)**

9.00 am - 4.30 pm  
Seminar Room, Shine SA  
64c Woodville Road,  
Woodville  
24<sup>th</sup> August

**Thursday 17th September  
(South)**

9.00 am - 4.30 pm  
Room 7, Mitcham Community  
Centre, 242 Belair Rd, Lower  
Mitcham  
13<sup>th</sup> September

### 2. Relationships Education

This workshop shows interactive strategies that parents or carers can use to teach topics related to relationships. The workshop discusses ways to teach the best practice of sexuality and relationships education, dating, healthy relationships, consent, rejection, breakups and other important life-skills. This workshop is activity-based and experiential so that parents and carers have explored first-hand some strategies and processes to teach these complex topics.



**Dates** 9th September (North)

**Times** 9.00 am - 4.30 pm

**Where** The Art Space, The Precinct,  
112 Coventry Rd, Smithfield Plains

**RSVP** 31st August

**24th September (South)**

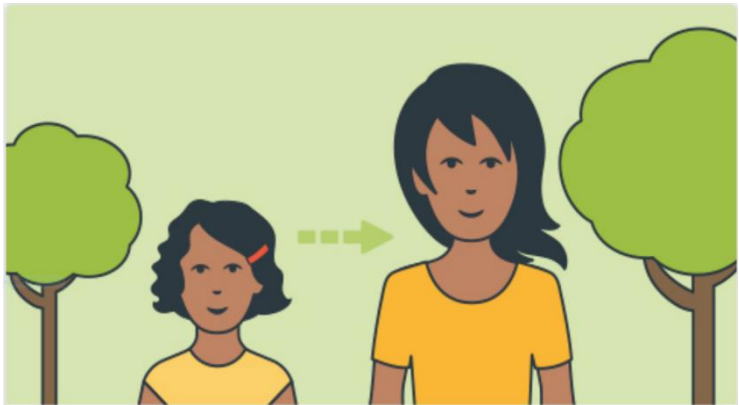
9.00 am - 4.30 pm  
Susan Grace Benny Building, Gate 2, Holdfast Bay  
Community Centre, 51 St George Avenue, Hove  
13th September

To make enquiries or to enrol, call SACID 8352 4416  
9.00-4.00 weekdays or email [Ralph@sacid.org.au](mailto:Ralph@sacid.org.au).  
Make sure you enrol before the RSVP dates.

## WORKSHOPS for parents

### 3. Puberty

Young people with disability may require specialised teaching strategies when learning about puberty, sexuality, and relationships. This workshop provides practical information for parents to help support young people to understand the changes experienced at puberty and to manage this life-stage with confidence.



Also suitable for support workers working alongside parents and their kids.

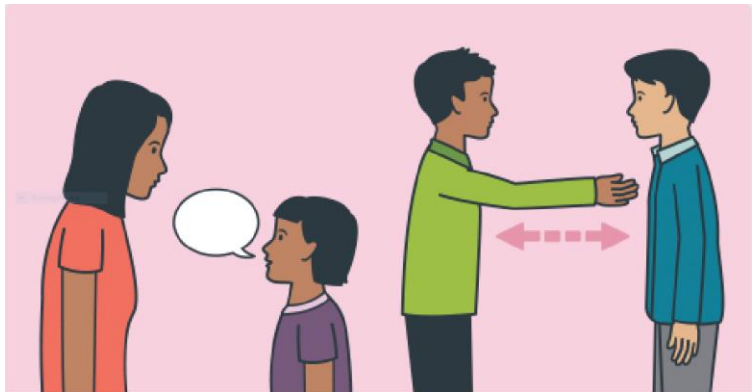
Topics covered include public and private concepts, body changes, hygiene, menstrual management, sexual health and healthy relationships

Dates	<b>31st August (Central)</b>
Times	9.00 am – 4.30 pm
Where	Special Education Resource Unit, 72A Marlborough St, Henley Beach
RSVP	24 <sup>th</sup> August

Dates	<b>1st October (Central)</b>
Times	9.00 am – 4.30 pm
Where	Special Education Resource Unit, 72A Marlborough St, Henley Beach
RSVP	21 <sup>st</sup> September

### 4. Boundary Setting & Protective Behaviours

Social distance, personal space and social/sexual concepts are extremely important life skills for everyone to know. This workshop introduces the "Circles Concept" – an educational strategy that can be used to help a person understand more about the kinds of touch they have, want or do not want from different people in their life and what rules apply with them. It will demonstrate how this strategy can be developed to give people with disability an understanding of personal boundaries. This is an essential element of Protective Behaviours.



Dates	<b>16th September (North)</b>
Times	9.00 am - 4.30 pm
Where	The Art Space, The Precinct, 112 Coventry Rd, Smithfield Plains
RSVP	7 <sup>th</sup> September

Dates	<b>8th October (South)</b>
Times	9.00 am – 4.30 pm
Where	Susan Benny Building, Gate 2, Holdfast Bay Community Centre, 51 St George Avenue, Hove
RSVP	28 <sup>th</sup> September

To make enquiries or to enrol, call SACID 8352 4416  
9.00-4.00 weekdays or email [Ralph@sacid.org.au](mailto:Ralph@sacid.org.au).  
Make sure you enrol before the RSVP dates.



If you would want to enrol or would like more information please contact SACID via:



Phone: 08 8352 4416



Email: [admin@sacid.org.au](mailto:admin@sacid.org.au)



Website: [www.sacid.org.au/contact-us](http://www.sacid.org.au/contact-us)



Facebook: [@sacid.org.au](https://www.facebook.com/sacid.org.au)



SACID also develops its own information and communication resources in Easy Read.

SACID run a range of workshops, information sessions and peer action crews for people with intellectual disability.



## Are you using the free SECCA App?

The SECCA App is an easy-to-use digital resource to support you in teaching and assessing relationship and sexuality concepts at any age.

**Watch the video**

<https://app.secca.org.au/video>

SACID recommends the SECCA App.

It is a fully interactive downloadable app that can be used on tablets and other electronic devices to explore learning relating to private bodies, private places, private talk and private behaviours, consent, boundaries, protective behaviours, saying yes and saying no, healthy and unhealthy relationships and more.

To make enquiries or to enrol, call SACID 8352 4416  
9.00-4.00 weekdays or email [Ralph@sacid.org.au](mailto:Ralph@sacid.org.au).  
Make sure you enrol before the RSVP dates.





# SEXUALITY AND RELATIONSHIPS WORKSHOPS

## for adults with an intellectual disability



In these workshops you will meet other adults with intellectual disability.

Sometimes the women and men will learn together and sometimes separate.

You will learn about

- sexuality and healthy relationships
- getting to know new people
- going on safe dates
- making relationships better



You will also learn about your rights and responsibilities with

- personal boundaries
- touch and consent
- personal privacy and safety
- abusive relationships



You can bring a support worker to help you

But you do not have to.



1  
2  
3  
4



If you are coming you should come to all 4 workshops.

Come to the 4 workshops closest to where you live.

To be allowed to come you first need to contact SACID and then enrol.

You can call SACID on 8352 4416 and we can help you to enrol.

Flip over this page to see how to enrol and where the workshops will be.



To make enquiries or to enrol, call SACID 8352 4416  
9.00-4.00 weekdays or email [Ralph@sacid.org.au](mailto:Ralph@sacid.org.au).  
Make sure you enrol before the RSVP dates.

# SEXUALITY AND RELATIONSHIPS WORKSHOPS

## for adults with an intellectual disability

### October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
12	13	14 ★	15	16
19	20	21 ★	22	23
26	27	28 ★	29	30

www.printable-calendar.com



### NORTH

#### What Days

1. Wednesday 14<sup>th</sup> October
2. Wednesday 21<sup>st</sup> October
3. Wednesday 28<sup>th</sup> October
4. Wednesday 4<sup>th</sup> November

#### Where

Art Space, The Precinct,  
112 Coventry Rd,  
Smithfield Plains



#### When

10.00 am – 12.30 pm  
arrive 9.30am for a 10.00am  
start  
Please eat breakfast before  
you arrive

#### Enrol before

Tuesday 1st October 2020

Call SACID on 8352 4416

### SOUTH

#### What days

1. Thursday 15<sup>th</sup> October
2. Thursday 22<sup>nd</sup> October
3. Thursday 29<sup>th</sup> October
4. Thursday 5<sup>th</sup> November

#### Where

Mitchell Park Neighbourhood  
Centre  
1 Cumbria Court, Mitchell Park



#### When

6.30 pm – 9.00 pm  
arrive 6.00pm for a 6.30pm  
start  
Please eat dinner before you  
arrive

#### Enrol before

Tuesday 1st October 2020

Call SACID on 8352 4416

To make enquiries or to enrol, call SACID 8352 4416  
9.00-4.00 weekdays or email [Ralph@sacid.org.au](mailto:Ralph@sacid.org.au).  
Make sure you enrol before the RSVP dates.