



# BOUNDARY SETTING & PROTECTIVE BEHAVIOURS

## Workshop for parents & carers of people with intellectual disability

Social distance, personal space and social/sexual concepts are important life skills.

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.

Note: Abuse and grooming will be discussed during this workshop.

These workshops are brought to you by the South Australian Council on Intellectual Disability (SACID). Under license from Sexuality Education Counselling and Consultancy Agency (SECCA); a sexuality and disability agency based in Perth, who first created the workshops.

Funded by the Department of Human Services of the Government of South Australia.

This is workshop 4 of 4 in the Relationship Wise series.



**Date** Thursday 25th February 2021  
**Time** 10am - 3pm  
**Location** Art Maker Space, The Precinct, 112 Coventry Road , Smithfield Plains  
**RSVP** Call SACID 8352 4416 or email [admin@sacid.org.au](mailto:admin@sacid.org.au)

**Bookings essential to stay COVID Safe**

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# SUPPORTING PUBERTY AND ADOLESCENCE

## Workshop for parents & carers of people with intellectual disability

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

**Topics covered include:**

- Public and private concepts
- Body changes
- Hygiene
- Healthy relationships
- Menstrual management

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Funded by the Department of Human Services of the Government of South Australia.

This is workshop 3 of 4 in the Relationship Wise series.



**Date** Tuesday 23rd February 2021  
**Time** 10am - 2pm  
**Location** Art Maker Space, The Precinct, 112 Coventry Road , Smithfield Plains  
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# RELATIONSHIPS EDUCATION

## Workshop for parents & carers of people with intellectual disability

This workshop provides interactive strategies that parents and carers can use to teach topics related to relationships.

The workshop demonstrates ways to teach best practice sexuality and relationships education, dating, healthy relationships, consent, rejection and breakups. This workshop is activity-based and experiential so that parents and carers get to explore first-hand some strategies and processes to teach these topics. The workshop provides resources to take home.

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Funded by the Department of Human Services of the Government of South Australia.

This is workshop 2 of 4 in the Relationship Wise series.



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**Date** Thursday 18th February 2021  
**Time** 10am - 3pm  
**Location** Art Maker Space, The Precinct, 112 Coventry Road , Smithfield Plains  
**RSVP** Call SACID 8352 4416 or email [admin@sacid.org.au](mailto:admin@sacid.org.au)

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# SEXUALITY AND DISABILITY

## Workshop for parents & carers of people with intellectual disability

This 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 people with intellectual disability. It discusses the experiences of parents and carers as they navigate how to support someone through these topics and provides foundational learning prior to completing the other 3 workshops in the series. The workshop will touch on sexuality education in school and beyond, introduce you to tips for teaching the person you support and provide resources for further support.

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Funded by the Department of Human Services of the Government of South Australia.

This is workshop 1 of 4 in the Relationship Wise series.



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**Date** Tuesday 16th February 2021  
**Time** 10am - 2pm  
**Location** Art Maker Space, The Precinct, 112 Coventry Road , Smithfield Plains  
**RSVP** Call SACID 8352 4416 or email [admin@sacid.org.au](mailto:admin@sacid.org.au)

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# HEALTHY RELATIONSHIPS AND SEXUALITY

## 5 part workshop series for adults with intellectual disability

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

### You will learn about

- Bodies, rights and responsibilities
- Making friends
- Starting, keeping and ending relationships
- Privacy, boundaries and safety
- Healthy and unhealthy relationships
- Hygiene and looking after yourself
- Sexual Health
- Consent

You can bring a support worker with you if you want.

It is good to come to all 5 workshops.

These workshops are run by SACID. The Department of Human Services of the Government of South Australia gave SACID the money to run these workshops.



**When?** Tuesday 12th January 2021  
Thursday 14th January 2021  
Tuesday 19th January 2021  
Thursday 21st January 2021  
Thursday 28th January 2021

**Time** All sessions 10am - 12:30pm

**Location** Art Maker Space, The Precinct, 112 Coventry Road , Smithfield Plains

**Book** Call SACID 8352 4416 or email [admin@sacid.org.au](mailto:admin@sacid.org.au)

**You must book if you want to come so that we can stay COVID Safe**

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