



# PERSONALISED EDUCATION

## SEXUAL HEALTH & RELATIONSHIPS

One-on-One Education for people with additional needs

### What is Personalised Education?

Sessions are designed to support people living with additional needs to achieve their relationships and sexual health goals. They are one-on-one with an experienced educator who will tailor content and discussion to suit the needs, interests, and goals of the individual. Educators utilise visual and conceptual tools from the SoSAFE! Framework for promoting social safety.

### Who is it for?

- Adults and young people (from 16 years) living with a intellectual disability or Autism in ACT
- People with NDIS plans
- People without NDIS plans who need specialized support

### Why One-on-One?

- ✓ Individualised content
- ✓ Safe space for private conversations
- ✓ Specialised resources provided

**Topics covered are dependent on the individual's goals,** but concepts often covered are dating safely and having healthy relationships, being safe in online and digital dating spaces, masturbation, steps to having intimate relationships, sexual reproduction, contraception, protection against STIs and BBVs, gender and sexual identity, safe use of sexually explicit images,

**Common themes that are covered in all sessions** are appropriate behaviour in public and private spaces, consent through all stages of relationships and sexual activity, where to go for support and information about sexual health, who to talk to about sex and sexuality.

### TO BOOK A SESSION OR FOR MORE INFO

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