

Augmentative and Alternative Communication package on Sexuality

How can I teach a young woman who has an intellectual disability about Sexuality ?

Part of growing up is learning about our sexuality. Understanding who we are sexually is very important to being a whole person.

This package talks about the difference between men and women, puberty, reproduction, sexual intercourse and safe sex.

BE POSITIVE.

This package uses pictures and symbols to help talk about sexuality. The use of pictures and symbols is a very powerful means to communicate a message. Even if the person has verbal skills, pictures and symbols can reinforce a message.

Re wording a question and asking the person to show you can be a useful way to reinforce a message.

About the workbook.

This workbook has been designed to suit as many different types of people as possible.

The workbook is in two parts.

1. Picture cards
2. Script cards.

On the script cards you will find two or three sections.

A. Simple scripts.

Use these to explain what the picture is about. Using your finger to point to the picture while you talk is a very good way of getting the message across.

B. More in-depth scripts

Use these if you feel the person has the ability to understand more in-depth concepts. You don't need to use them if you don't want to.

C. Message of the card.

If you feel that the language of the scripts is not ideal for the person and wish to use your own scripts try and make sure they are around the message contained here. These messages contain the concepts of each card.

Have fun with these workbooks.

Take your time and don't worry if you only get one picture card done in a session.

Concentration can be a major factor with people with an intellectual disability. So it is better to stop when you feel it is getting too much.

Don't be afraid to leave them where the person can get hold of them and look at them. This is very beneficial and can allow you to talk about more often. The more you talk about it in a relaxed way the easier it will become to teach. And learn.

Most women get periods

A. Simple scripts

Draw your finger around the circle of women and point to the symbol for period and say "most women get periods."

Have a talk about all the different types of women in the circle and say " Look the nurse gets her period and so does the singer " etc.

You could talk about how you get your period, if you feel comfortable to do this. The more normal you can make periods the easier it will become.

B. More in-depth scripts

Who gets periods?

- Periods start around the time of puberty and last until about age 50. A girl may be as young as 8 when she gets her first period, or as old as 17.
- Periods start after a girl begins to develop breasts. Other signs that she will soon start having periods include: getting pubic and underarm hair, having a light, white discharge from the vagina and rounding of her hips.
- Women who are pregnant don't have periods.
- Periods may stop if a woman loses too much weight, or if she exercises too much.
- They may also stop if she is under too much stress.
- It is important to see your doctor for a health check if your periods stop.

C. Message of the card

Message : Getting a period happens to most women . It is natural. Many of our girl friends have them.

Sample Only



The following material has been produced as a gift for the care and benefit of people with disabilities.

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Concepts

Augmentative layout and design David Beal

Wesley Mission Brisbane is an activity of the Albert Street Congregation of the Uniting Church, QLD Synod. Wesley Mission Brisbane is therefore part of the incorporated body of the Uniting Church, "The Uniting Church in Australia Property Trust (Q.)"



This project was envisioned a long time before we became involved. We have not worked in isolation and are indebted to the following people for sharing their knowledge and experience with us:

Thank you particularly to Wyn Fletcher – your enthusiasm and passion for this project is truly inspiring. This project was Wyn's brainchild and she has remained its most enthusiastic supporter throughout its development.

Thank you to those on the Reference Group – your input, support, advice and encouragement have been invaluable.
The members of the Reference Group were:

Rev. Dr. David Pitman	Mr. Lawrie Thomas
Mr. Geoff Batkin	Ms. Margaret Corney
Mrs. Wyn Fletcher	Ms. Heather Den Houting
Dr. Sue Brady	Prof. Jill Wilson
Dr. Glenys Carlson	Ms. Miriam Taylor

We would especially like to acknowledge the contribution made by the Wesley Mission Brisbane both financially and philosophically to the social justice issues in relation to women with disabilities and their basic human rights to celebrate their womanhood in all areas of their lives. And for the belief that people with a disability can learn, and are able to make choices.

We also need to acknowledge the Gambling Community Benefit Fund Queensland Government for their generous financial support of this project

Jane Manderson
David Beal

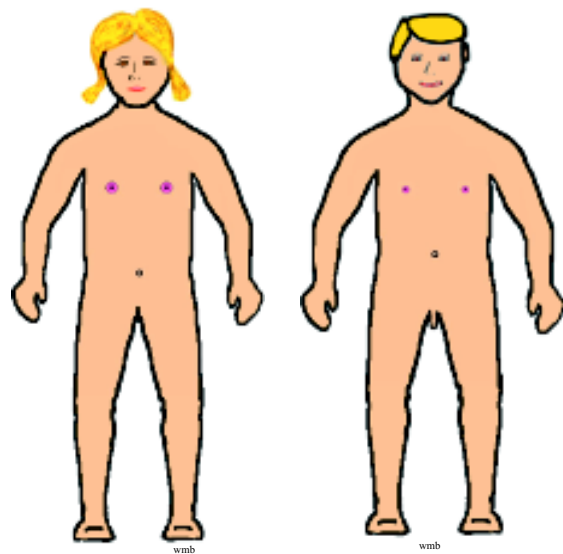
I would like to add a personal thanks to the following people ;

Wyn Fletcher for all her advice and patience, and for her belief that people with a disability have the right to decision making as do all of us.
Anne Finamore and Jane Remington-Gurney, for their input and advice.
Geoff Batkin, for giving me the opportunity to work on such an important project.

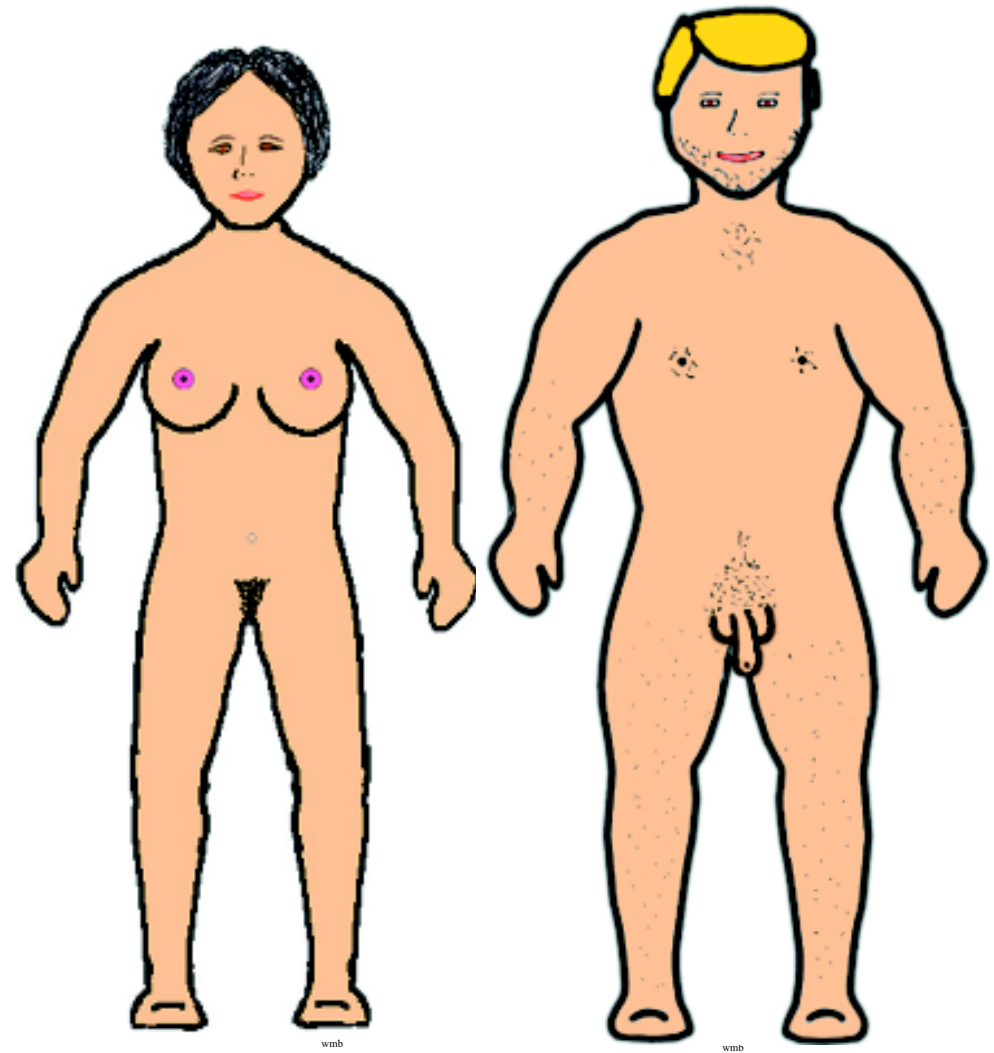
Working on this project has been challenging and rewarding, from both a gender and communication perspective. It has shown me that while we say we understand what other people face each day, it is only when we attempt to live and breathe as they do that understanding comes.
When that understanding comes, the barriers in society that separate us won't need to be torn down, they will fall down.

David Beal

Children and Adults look different



Child



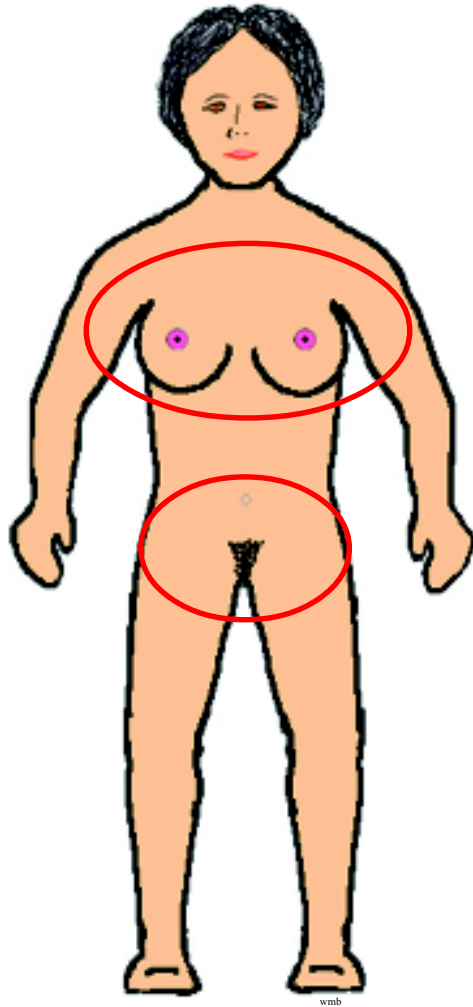
Adult

Children and Adults look different

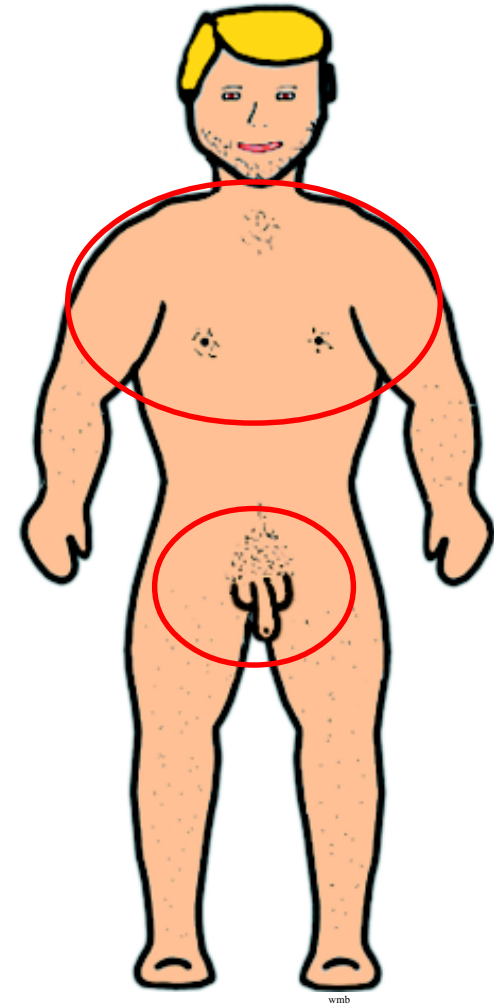
Use your finger to point to the Child and then the Adult saying “Children and Adults look different”, “Their bodies are different”

This is not just because adults are bigger than children.
The shapes of their bodies are different.
Adults have mature bodies.

Women and Men are different



Women



Men

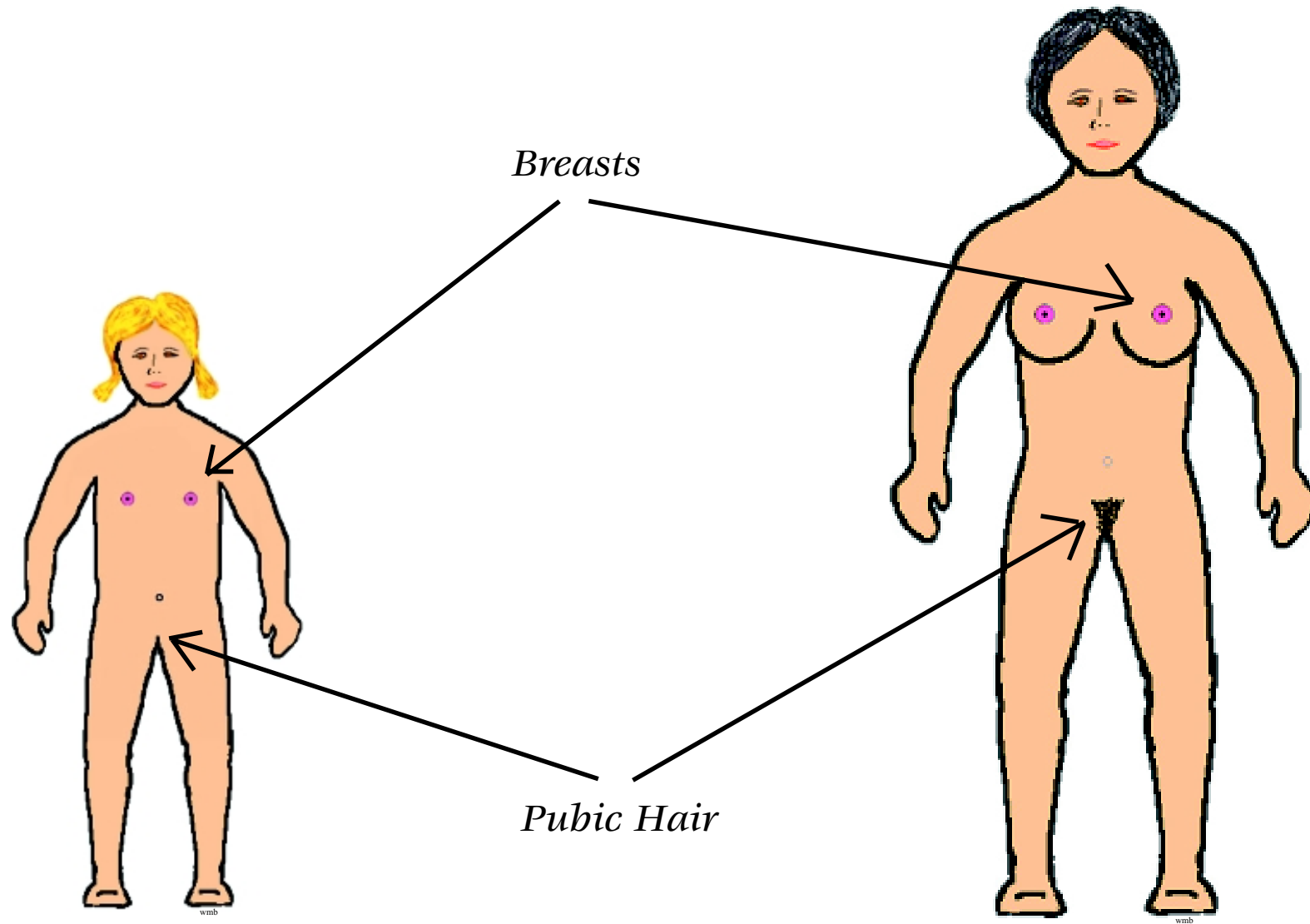
Women and Men are different

Using your finger point to the red circles and talk about the different body parts the woman and man have.

“A woman has breasts” “A man has no breasts.”

“A man has a penis” “A woman has no penis”

As a young girl grows her body changes. She develops



Young girl

Young women

As a young girl grows her body changes. She develops

Use your finger to point to and talk about the differences between the girl and the women.

It would be useful to talk about how you were once a girl and now you are a woman and that it happens to all girls. And these changes are normal.

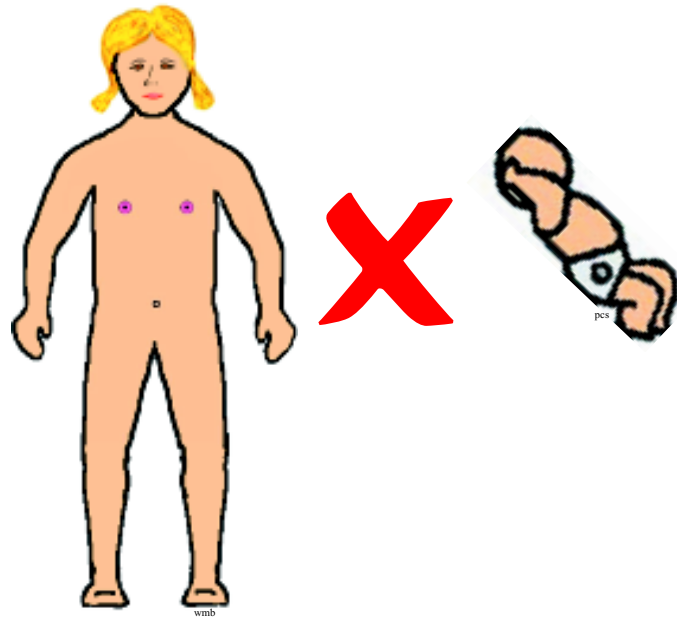
The change that happens in your body is called puberty.

These changes happen very slowly.

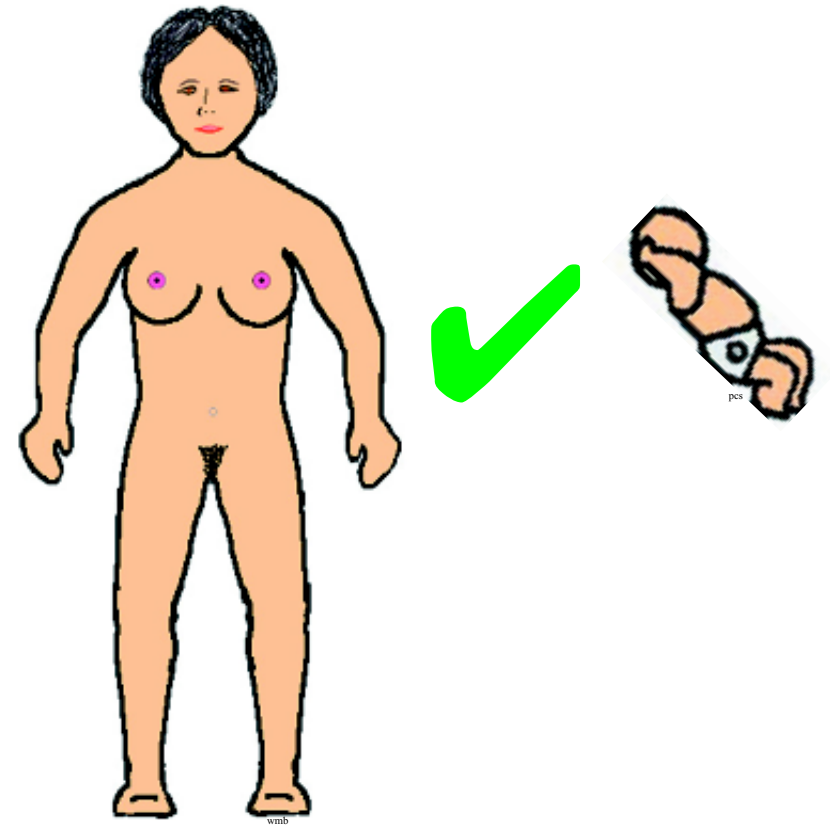
Boys and Girls go through puberty.

Puberty is a normal part of life.

Puberty means you can have babies



Girls cannot have babies



Women can have babies

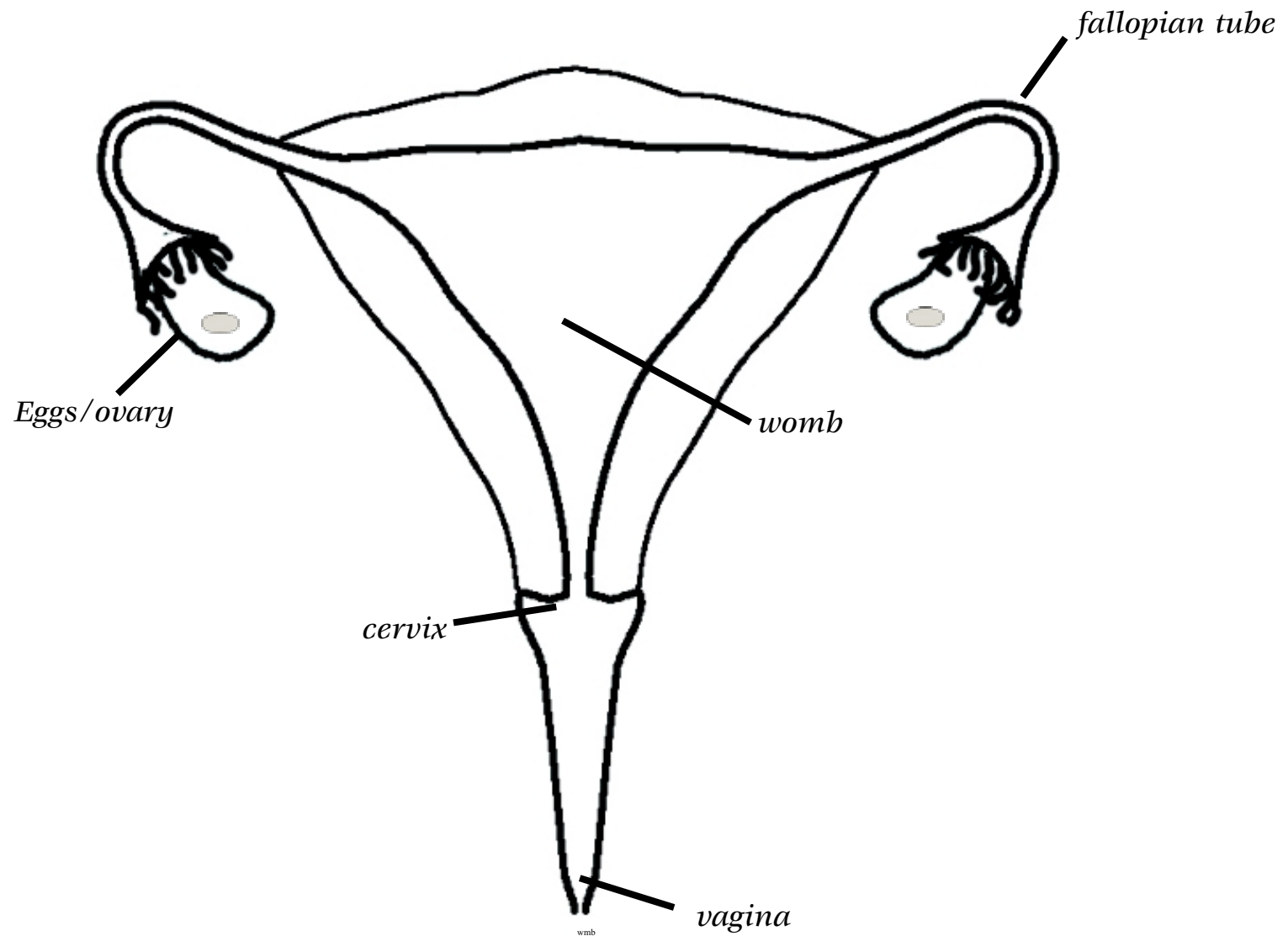
Puberty means you can have babies

Use your finger and point to the girl and say “A girl cannot have babies”
Use your finger and point to the cross and explain this means you cannot.

Then point to the Woman and say “A woman can have a baby”
Use your finger and point to the tick and explain this means you can.

As a girl, your body is not ready for babies.
After puberty the woman’s body is ready for babies.

Female reproductive system.



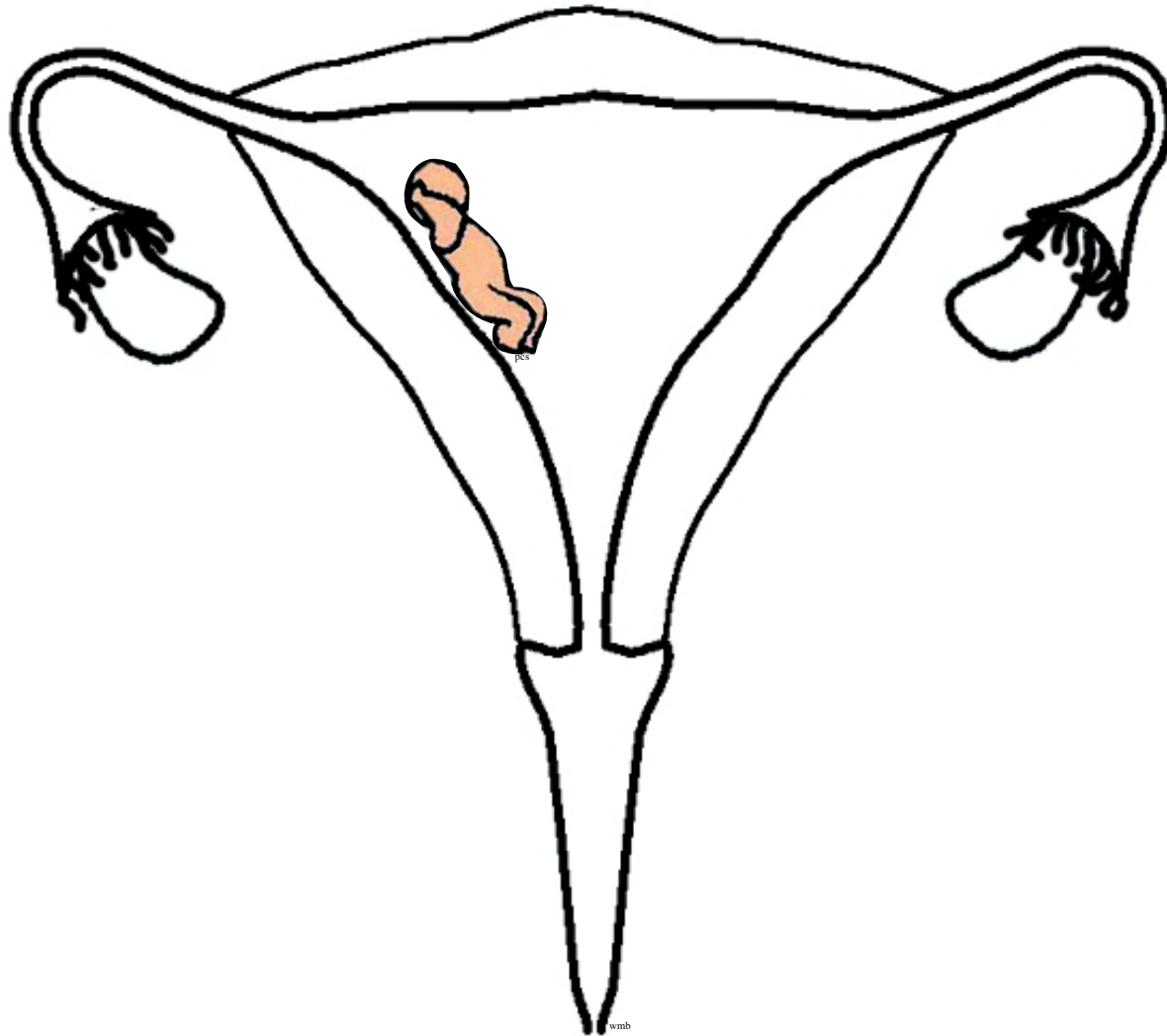
Female reproductive system.

This card can be missed if you feel the concept is too advanced.

Use your finger to point to each part of the reproductive system and explain them.

Message : There is a reproductive system inside of you.

The womb is where babies grow

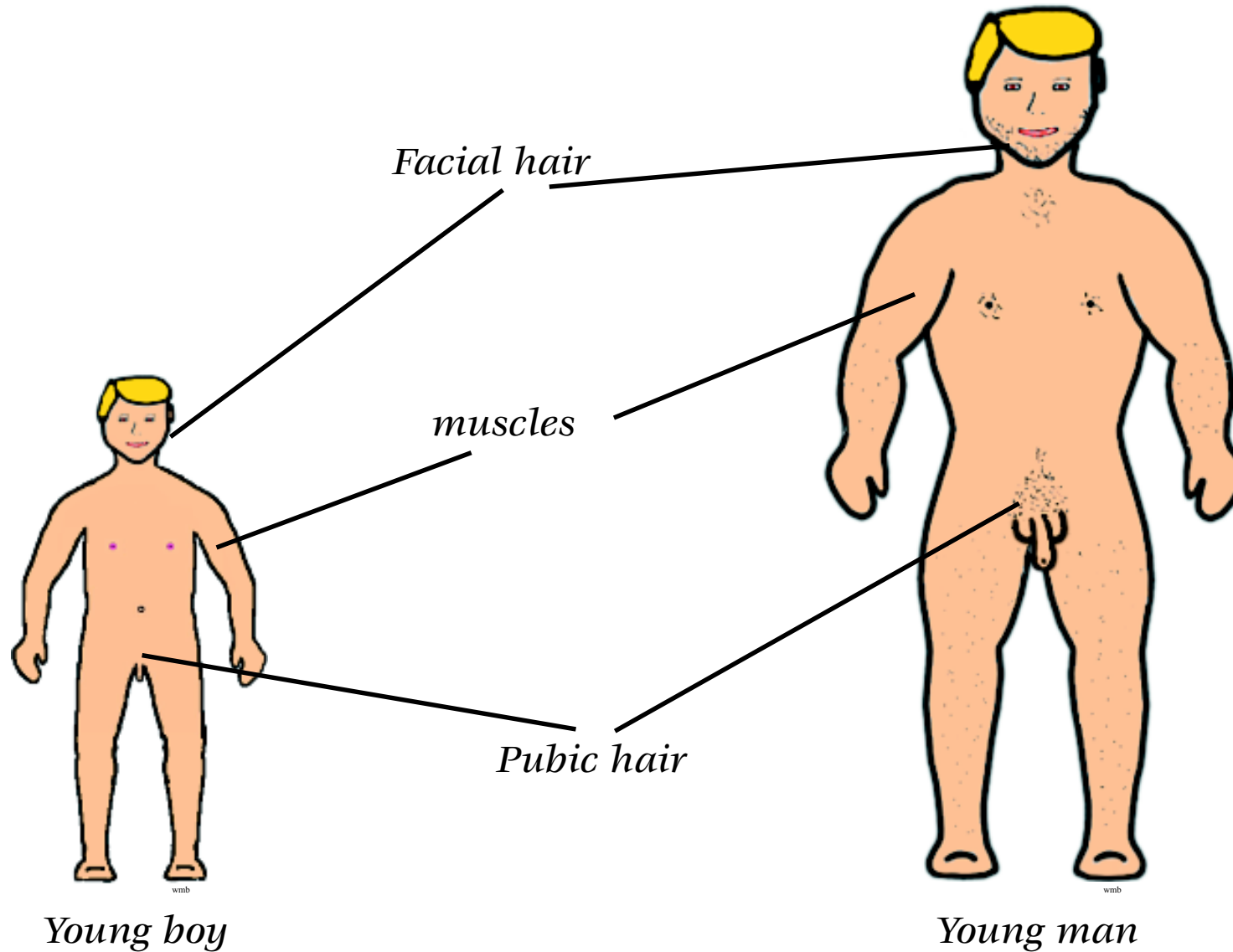


The womb is where babies grow

Point to the womb and say “This is where babies grow before they are born.”

You could talk about how you were in a womb before you were born.

As a young boy grows his body changes. He develops

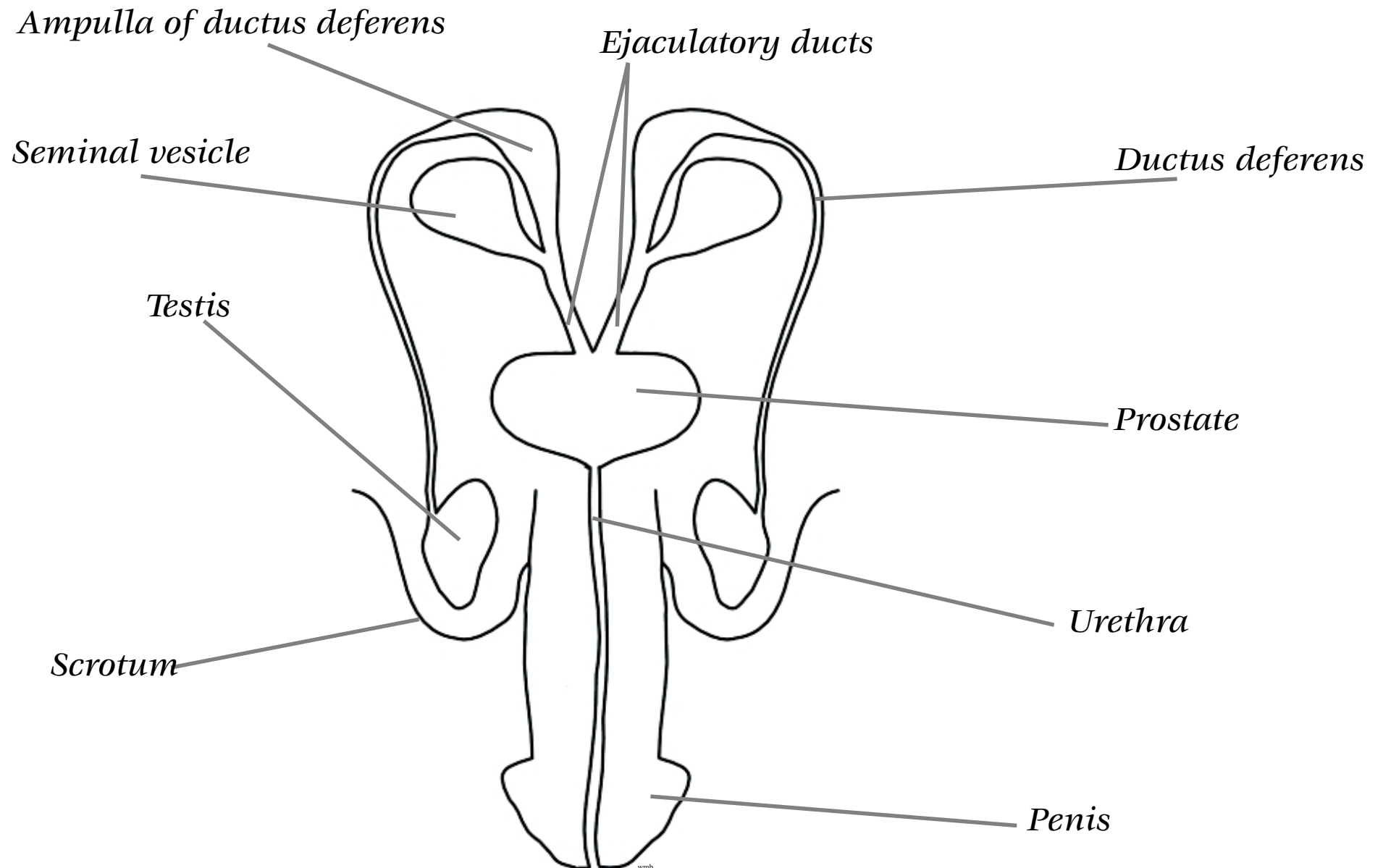


As a young boy grows his body changes. He develops

Use your finger to point to the differences between the boy and the man.

Explain that both boys and girls grow and change as they get older.

Male reproductive system



Male reproductive system

This card can be missed if you feel the concept is too advanced.

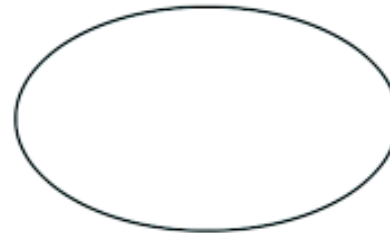
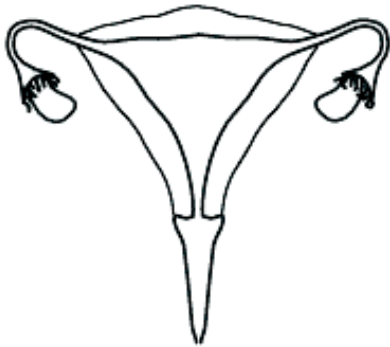
Using your finger point to each part of the reproductive system and explain them.

What is needed to make a baby



Sperm

wmb



Egg

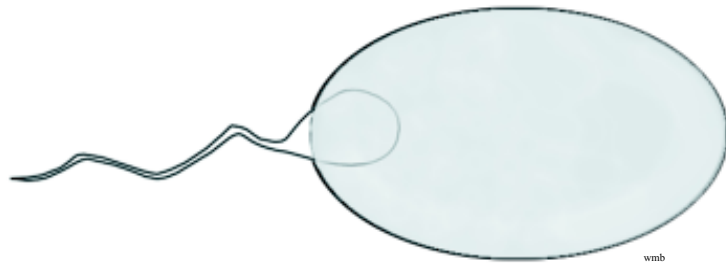
wmb

What is needed to make a baby

Point to the penis and say” the penis makes sperm” then point to the womb and say “ the womb makes eggs”.

Message : Sperm comes from the man. Eggs come from the woman.

When the sperm meets the egg a woman gets pregnant



When the sperm meets the egg a woman gets pregnant

Point to the pictures and say “ When the sperm meets the egg a woman gets pregnant”

Point to the woman and talk about the baby that is inside her womb. It would be useful to go back to the card that shows a baby in the womb and use it in conjunction with this card.

An erection



Soft penis



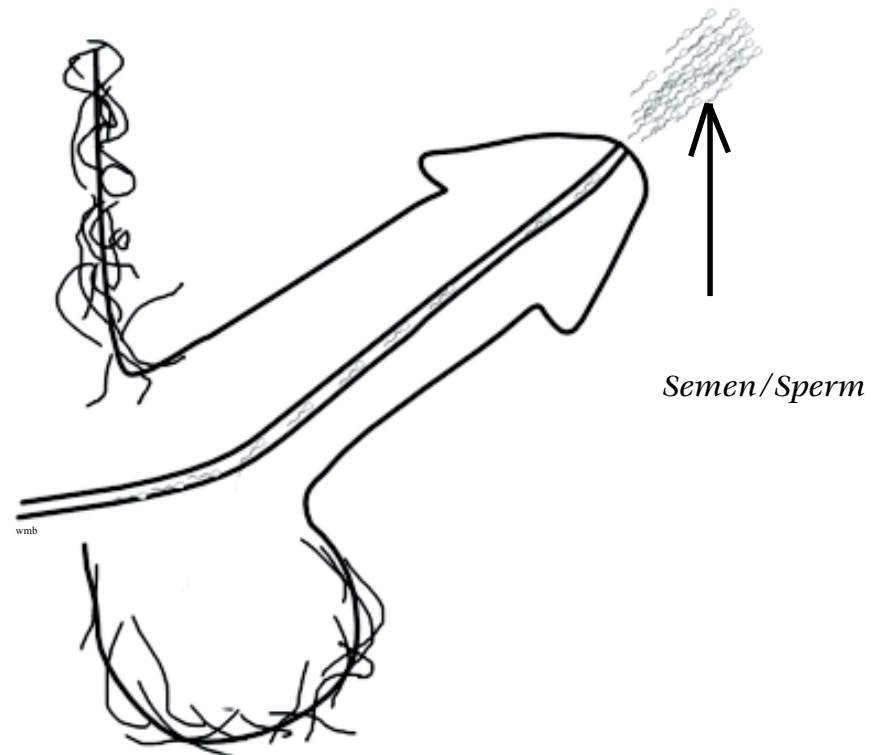
Erect penis

An erection

This card is to help you talk about erections. Pointing to the soft penis and then the erect penis say “When a man gets sexually aroused his penis goes hard. This is called an erection.”

A man needs to have an erection before he can have sexual intercourse.

Ejaculation

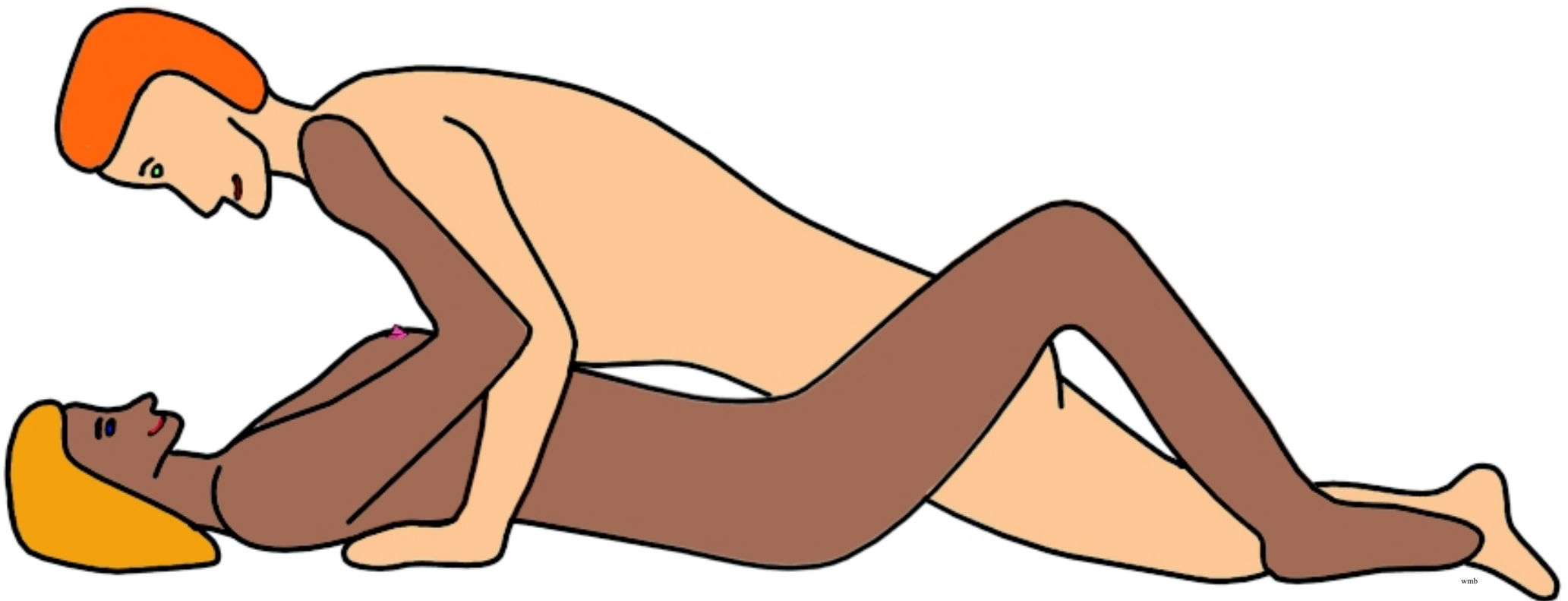
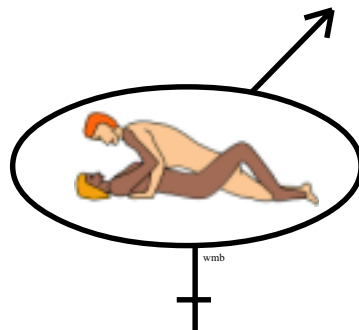


Ejaculation

Pointing to the pictures say “When a man ejaculates it means sperm/semen comes out of his penis”.

Message : Sperm comes from the man's penis.

Sexual intercourse.

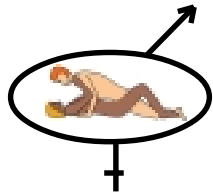


Sexual intercourse.

There are two cards to use for sexual intercourse.

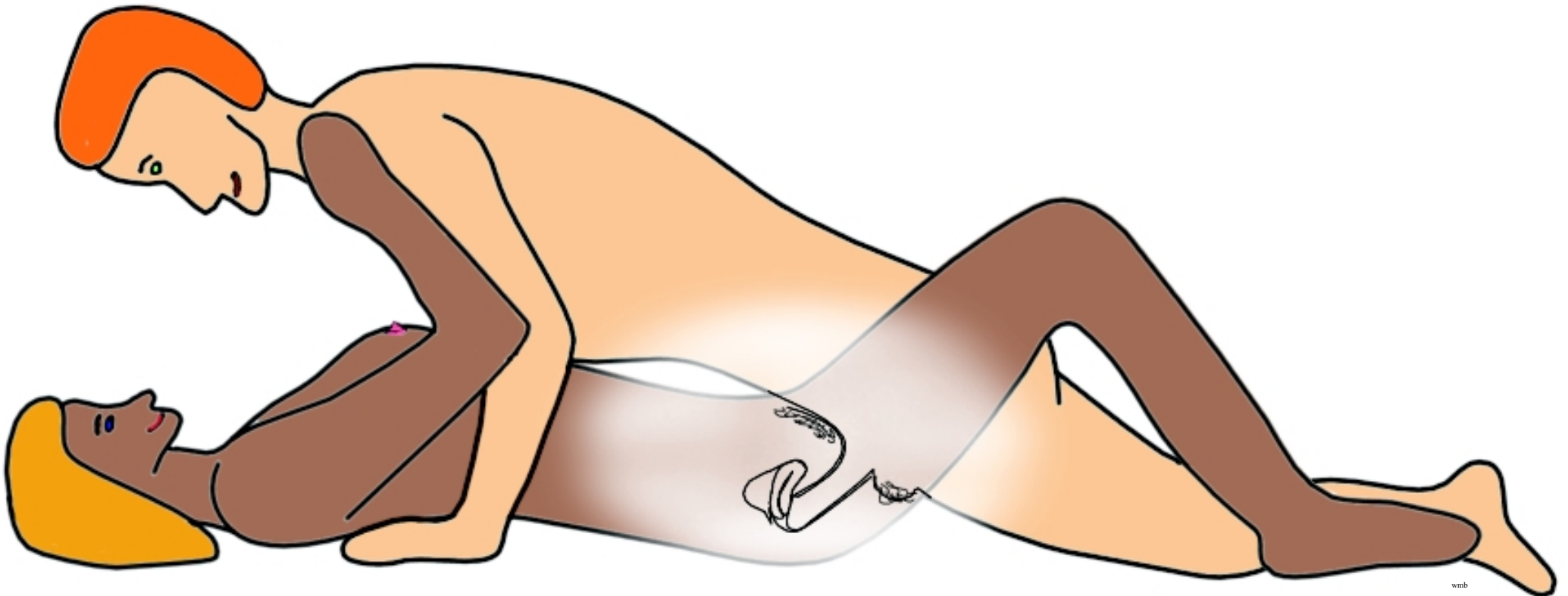
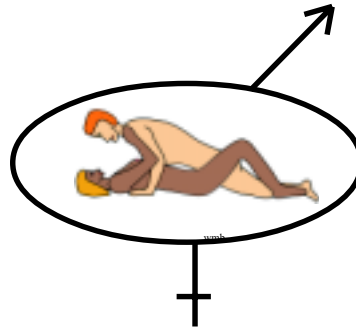
This one shows the man on top of the woman. The next card shows what is happening to the mans penis.

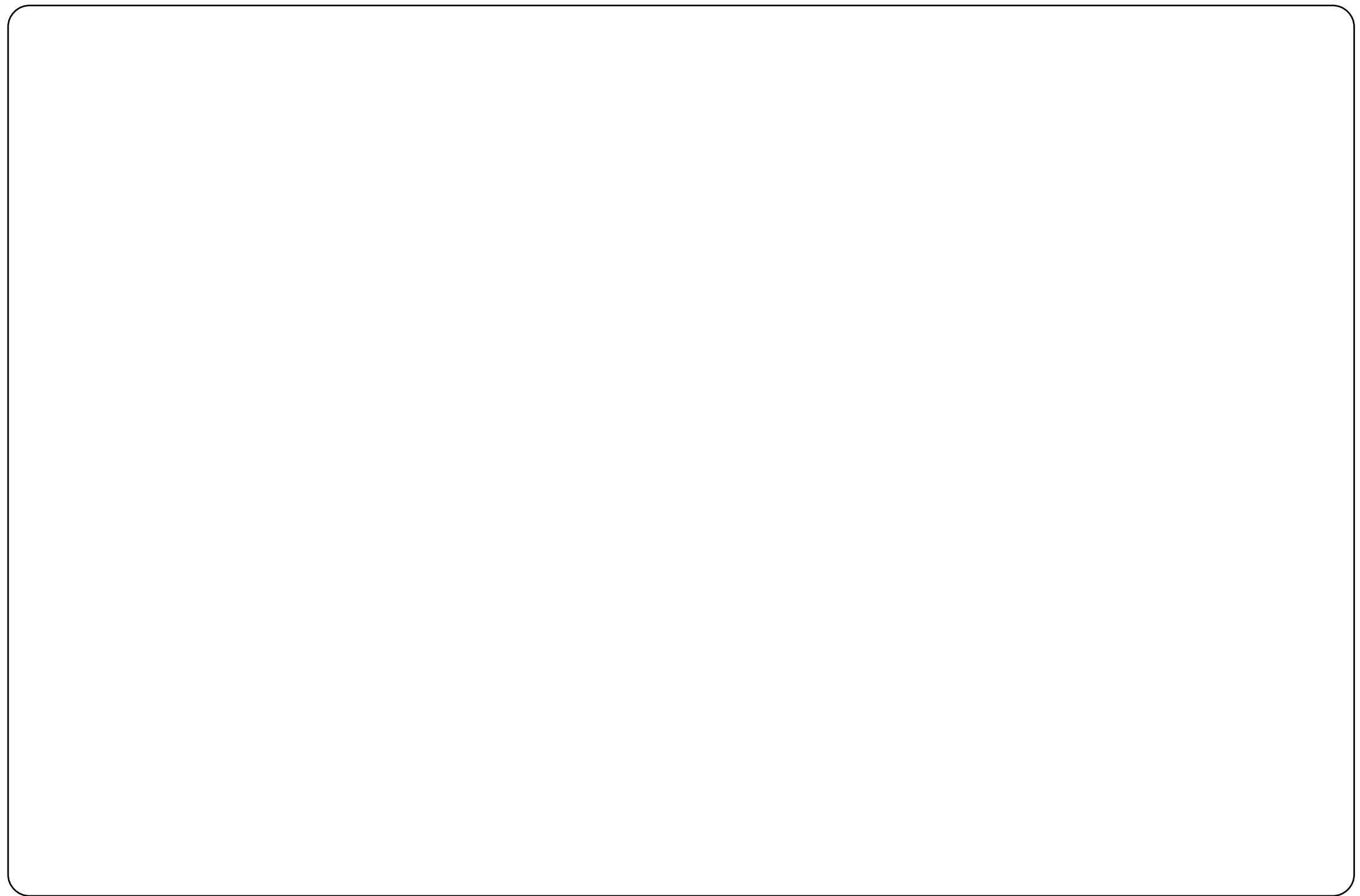
Use the cards to explain and show what sexual intercourse is.



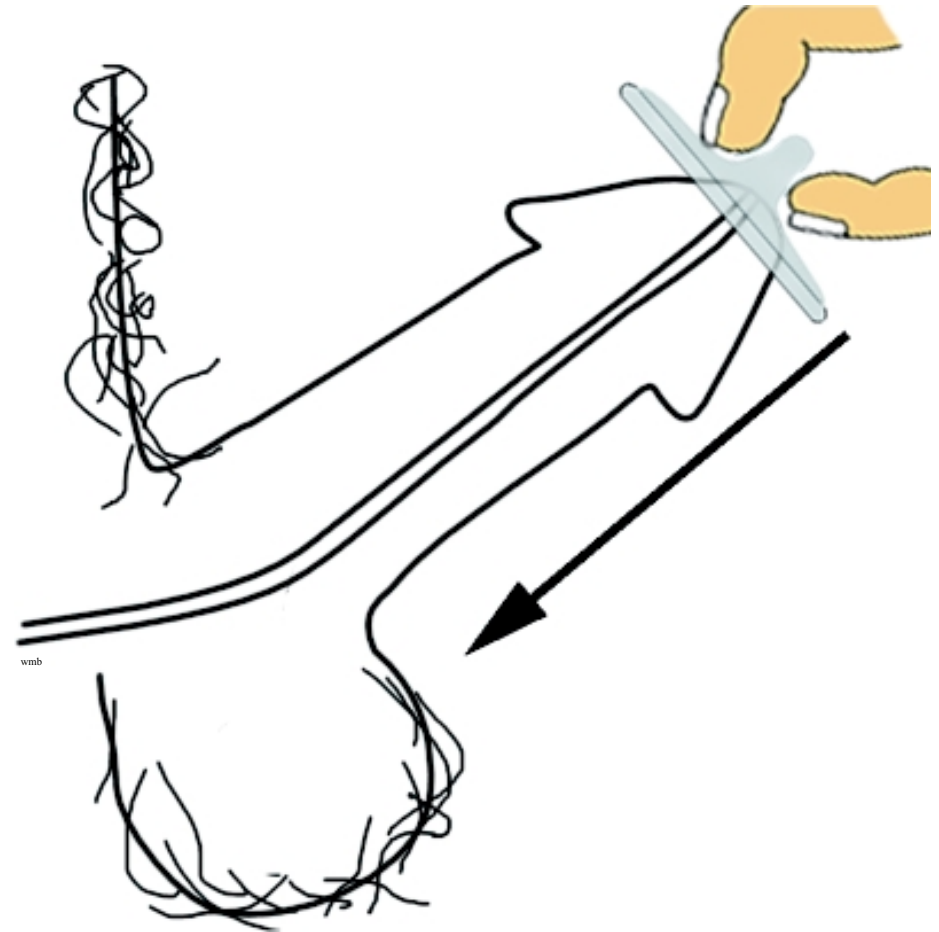
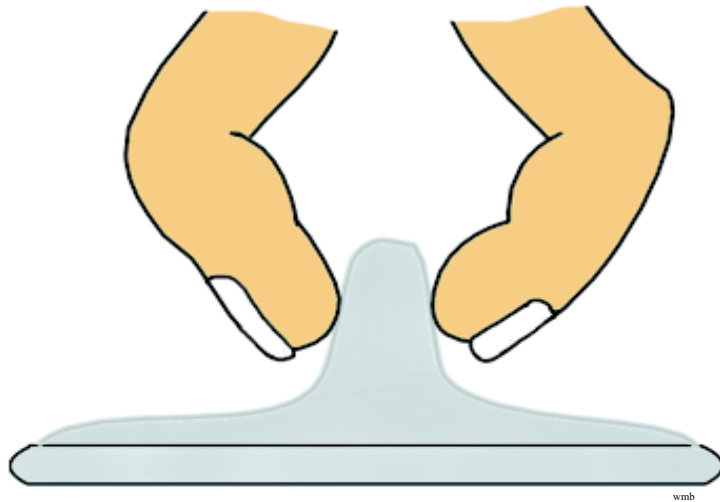
This symbol is used in the rest of the workbook as sexual intercourse.
Help the person understand that this symbol means sexual intercourse.

Sexual intercourse.
The man's penis is inside the women's vagina.





Putting on condoms



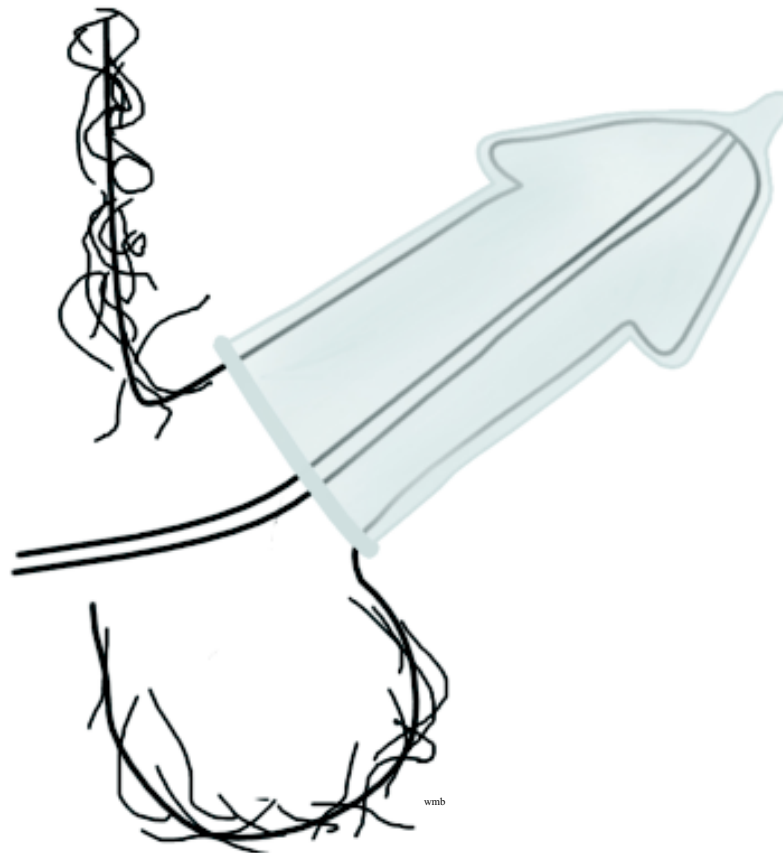
Putting on condoms

Pointing to the pictures say “Hold the tip of the condom in between your fingers. Place condom over the top of the penis and roll down.”

Point out and remind the person that the penis should be hard/erect before putting on a condom.

For some good fun use a banana as practice. Talking about sexual topics can be fun. Its natural.

Penis with condom on

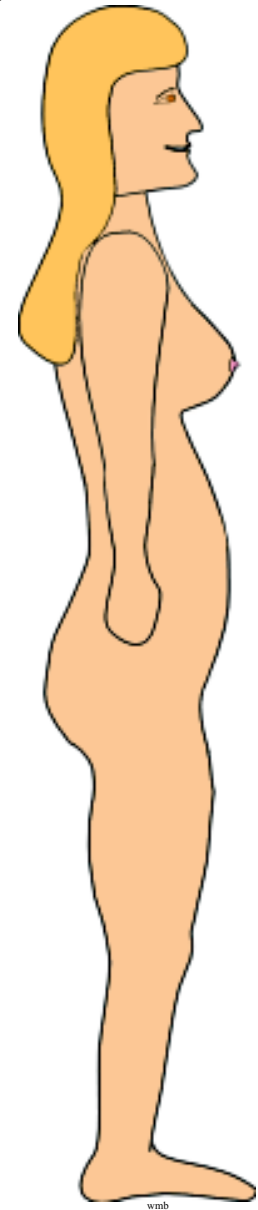
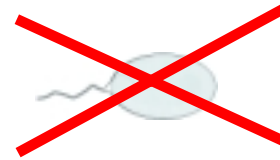
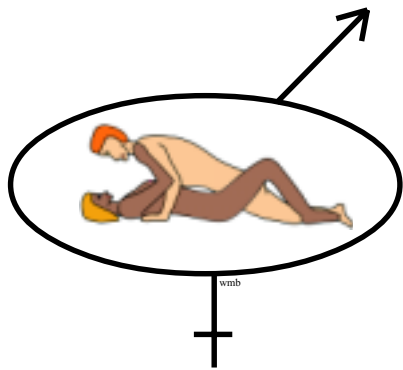


Penis with condom on

Use this picture to show the person what a penis with a condom on looks like. Show the person that the condom covers the full length of the penis.

Message : The condom must cover the whole penis.

If you have sex using a condom the sperm cannot meet the egg and the woman won't get pregnant



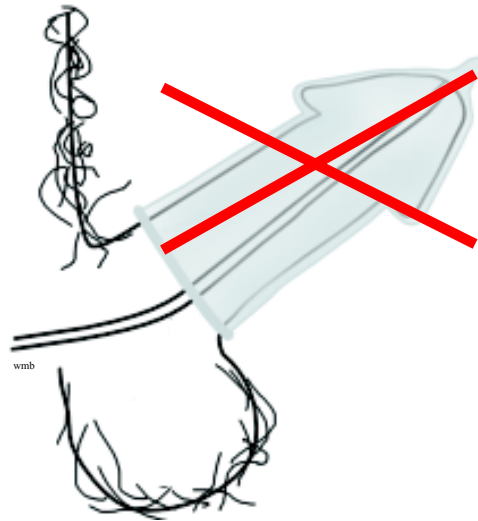
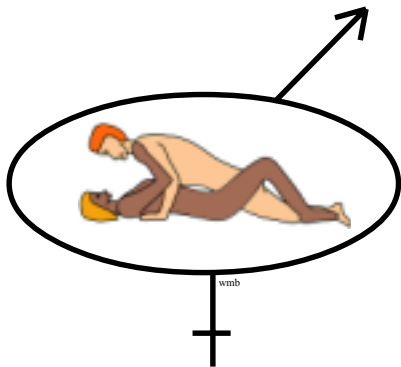
If you have sex using a condom the sperm cannot meet the egg and the woman won't get pregnant

Use your finger to point to the pictures and say "If you have sex with a condom on the woman won't get pregnant"

You may have to go back over the condom cards.

Condom's aren't 100% protection against pregnancy.

If you have sex without using a condom the sperm can meet the egg and the woman may get pregnant



If you have sex without using a condom the sperm can meet the egg and the woman may get pregnant

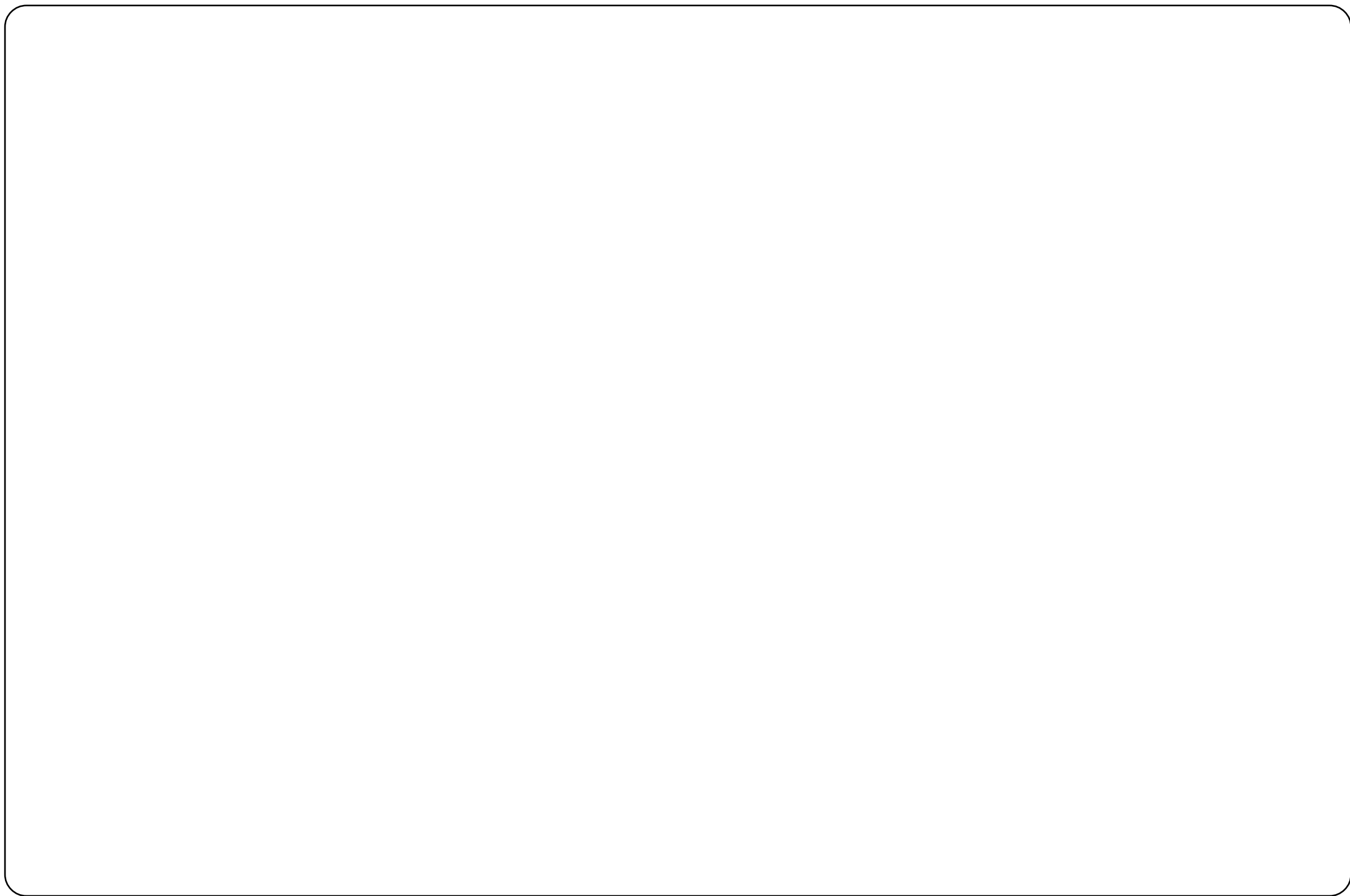
Use your finger to point to the pictures and say "If you have sex without a condom the sperm can meet the egg and you may get pregnant"

You may have to go back over the condom cards.

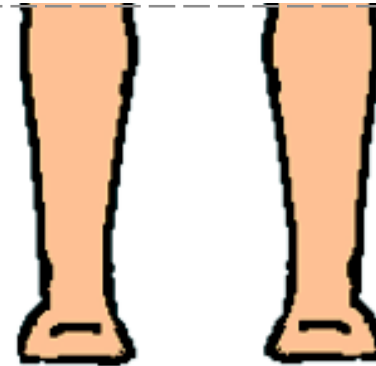
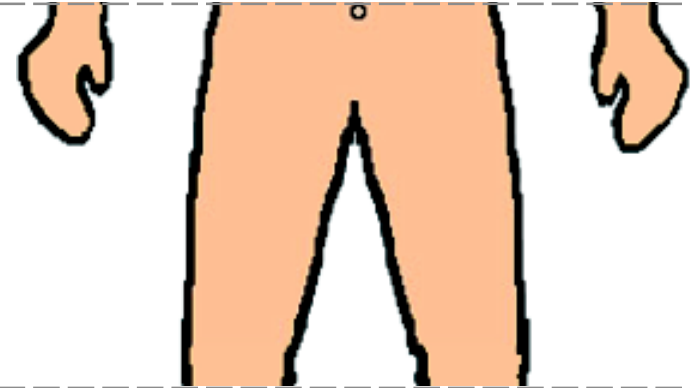
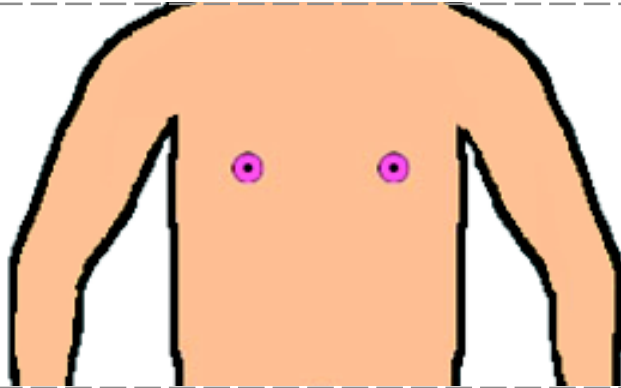
Build me game - Women/Girl

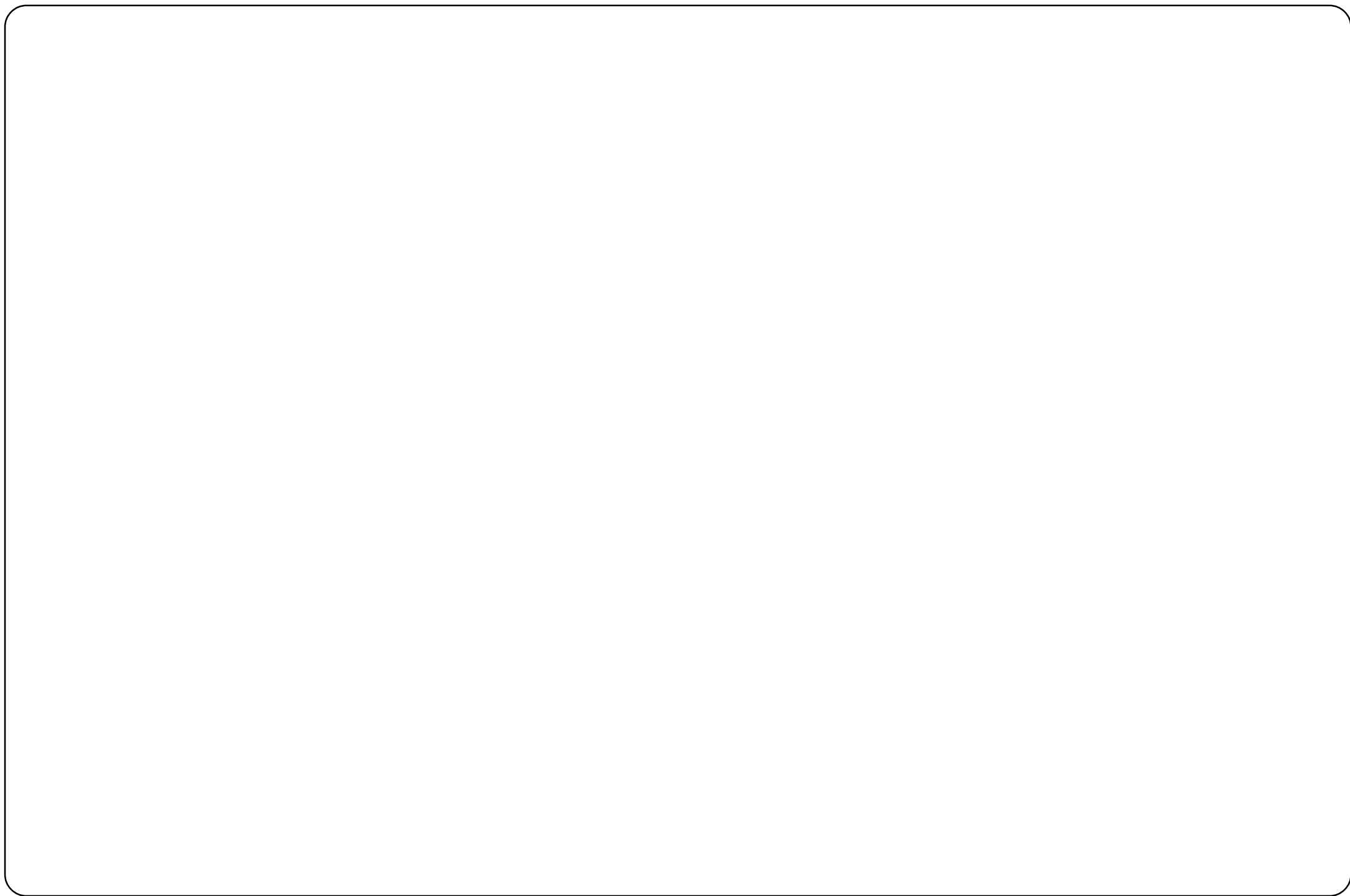
The next two cards are a game for you to play with the person.

Cut the pictures up then work with the person to build a woman or a girl.

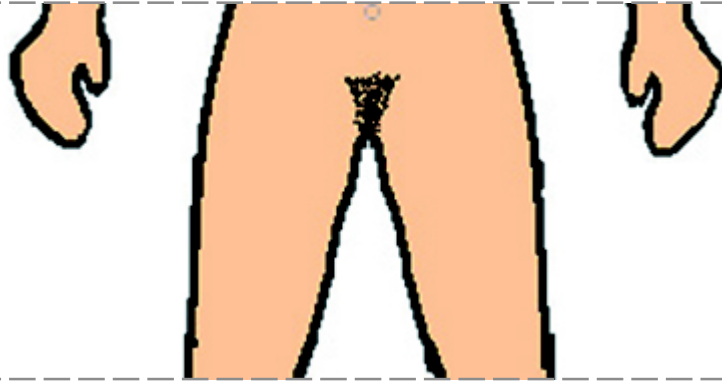


Build me game - Girl

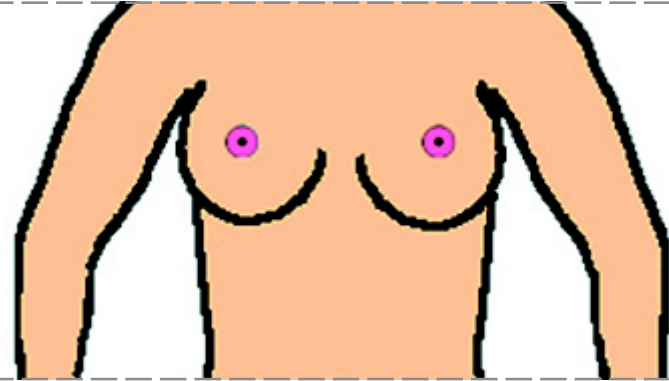




Build me game - Woman



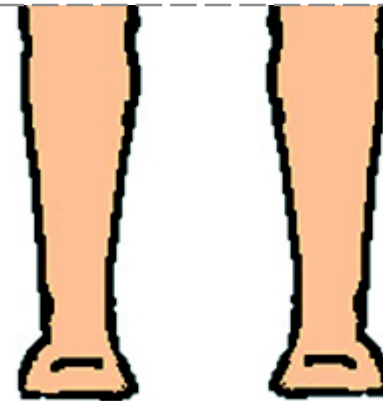
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