

## Disability, Sexuality and Relationships Education Services

### Information sessions for parents and carers

Practical tips to teach sexuality and relationships education in the home or care environment. Topics can include:

- Public and private bodies and behaviours
- Talking about puberty
- Strategies to support positive sexual behaviours
- Staying safe
- Healthy relationships
- Safe sex and sexual relationships

**\$165/hour/per group (min 2 hours) - Max. 20 participants**

### Group education for young people and adults with a disability

FPQ provides classroom and small group education. FPQ will work with school communities and organisations to support professionals to be actively involved in the planning and facilitation of the program.

Topics can include:

- Body parts and functions
- Being private
- Rules about touch
- Relationships
- Puberty
- Menstruation
- Sexual relationships
- STIs and safer sex
- Pregnancy
- Masturbation
- Sexual behaviours
- Personal safety

**\$165/hour/per group - Max. 10 participants**

### Professional training

#### **Option 1: Nationally recognised training**

Courses aimed to meet the needs of professionals who work in the education sector; residential and respite services; program and case management and other areas of the disability sector. (Go to [www.fpq.com.au](http://www.fpq.com.au) for more information on the range of nationally recognised training available.)

**\$1450 per day - Max. 20 participants**

#### **Option 2: Customised training**

Tailored training for schools and organisations to assist staff in building confidence to support healthy sexuality and relationships of students or clients. Content can include:

- Values and attitudes in relation to sexuality and disability
- Responding to sexual behaviours positively
- Teaching strategies for specific topics (i.e. puberty)
- Social learning and disability
- Case study examples to facilitate learning
- Policy and procedure development

**\$990 per day or \$165/hour (min 2 hours) - Max. 20 participants**

#### **Option 3: Consultancy**

FPQ provide a professional consultation service to schools and organisations. FPQ is able to attend organised meetings or case conferences to facilitate discussion about strategies to support specific sexual behaviours in positive ways. The outcomes of these consultations include that parents, carers and professionals are resourced to respond to the sexuality needs of the child, young person or adult they are supporting. Consultations run for 1.5-2 hours.

**\$165/hour**

### For information and bookings:

Family Planning Queensland, PO Box 215

Fortitude Valley QLD 4006

Phone: [your nearest FPQ office](tel:0755222222)

Email: [education@fpq.com.au](mailto:education@fpq.com.au)

**To discuss other disability sexuality and  
relationships education services please  
contact us**