



Teaching Sexuality & Safety

Tan Cheng Yi

Chartered Educational Psychologist



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Therapy



Occupational
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AIMS



1

CONTENT (*WHAT TO TEACH?*)

2

CONFIDENCE (*EVERYONE CAN TEACH*)



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SEXUALITY IS....



Physical, social, emotional and cultural

Values, beliefs, attitudes, feelings and behaviour

Sexual developmental is only one part of sexuality, and it begins much earlier in life than puberty



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Overarching Themes



SEXUAL
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SAFETY

HYGIENE

FEELINGS



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BASIC ASSUMPTIONS



1. People often falsely believe that people with disability are sexually immature or do not experience sexual attraction (Konstantareas & Lunsky, 1997), are unaware of their sexuality and are uninterested in intimacy (Sullivan & Caterino, 2008)

People with disability of all severity experience sexual desire, behavior and feelings at some point of their lives.

1. People with Autistic Spectrum Disorder (ASD) or Learning Disability (LD) mature physically and sexually according to normal developmental stages

But their social and emotional development may be lagging behind their physical and sexual development



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KEY MESSAGES



- ***Sexual education starts at birth.***
- Developing romantic feelings or sexual interest is a development milestone.
- ***Parental involvement and participation is crucial ingredient in the area of sexual education.***
- Parents must respond and not react to their child's sexual behavior.
- ***Sexual education for Youth with ASD or LD are particularly important because of the higher risk of committing offensive/ embarrassing behaviours or exploitation.***



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BARRIERS TO LEARNING

May need life long learning about relationships

Cannot anticipate consequences

Do not take in relevant data to make decisions

Lack of problem solving skills – perseveration in ineffective behaviour

Overcoming Barriers



1. Don't overload with information
2. Stay with the concrete
3. Context is everything





What you teach
and
how you teach
depends on the
age and ability
of the child.



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WHAT SHOULD YOU TEACH ABOUT SEXUALITY



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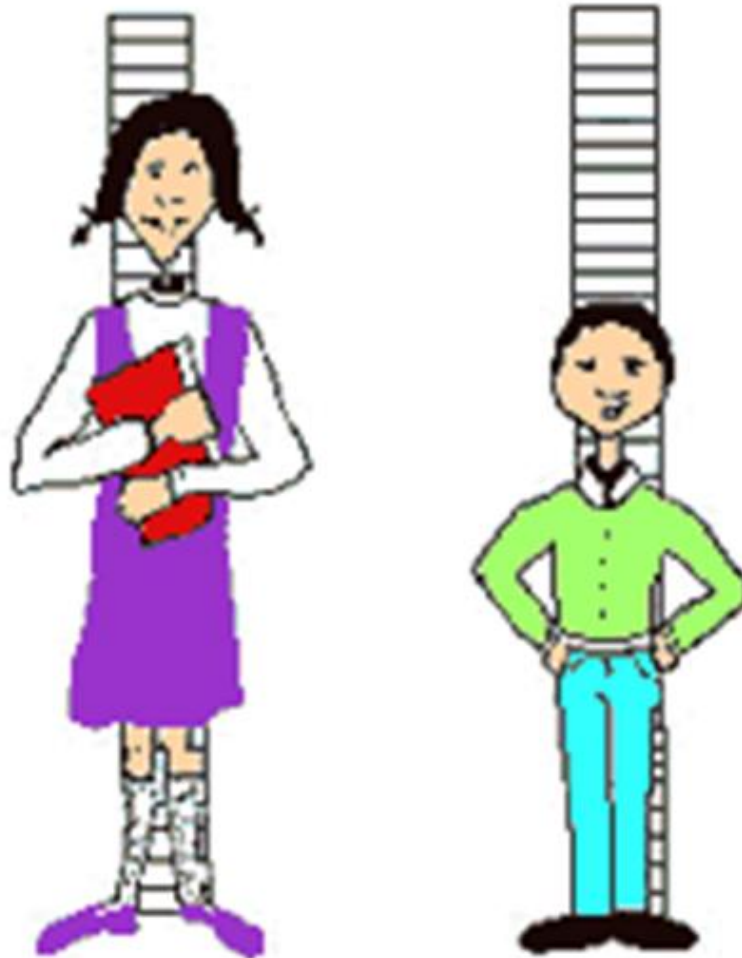


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CHANGES DURING GROWTH



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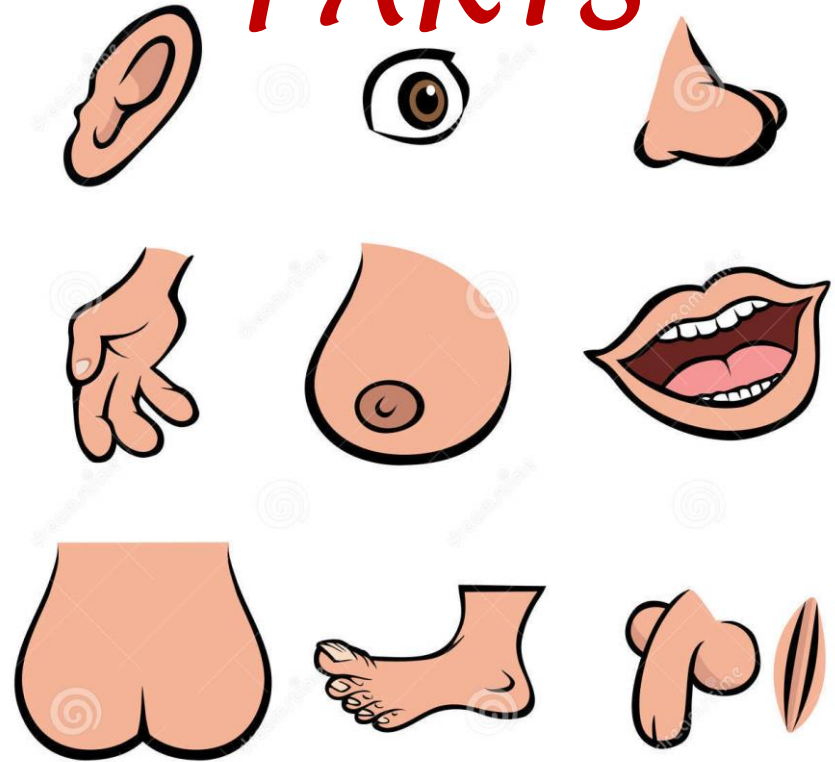


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PUBLIC AND PRIVATE



BODY PARTS



BODY PARTS



Head

Neck

Breasts

Stomach

Buttocks

Vulva

Penis

Testicles

Legs



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PRIVATE AND PUBLIC BODY PARTS EXPLAINED



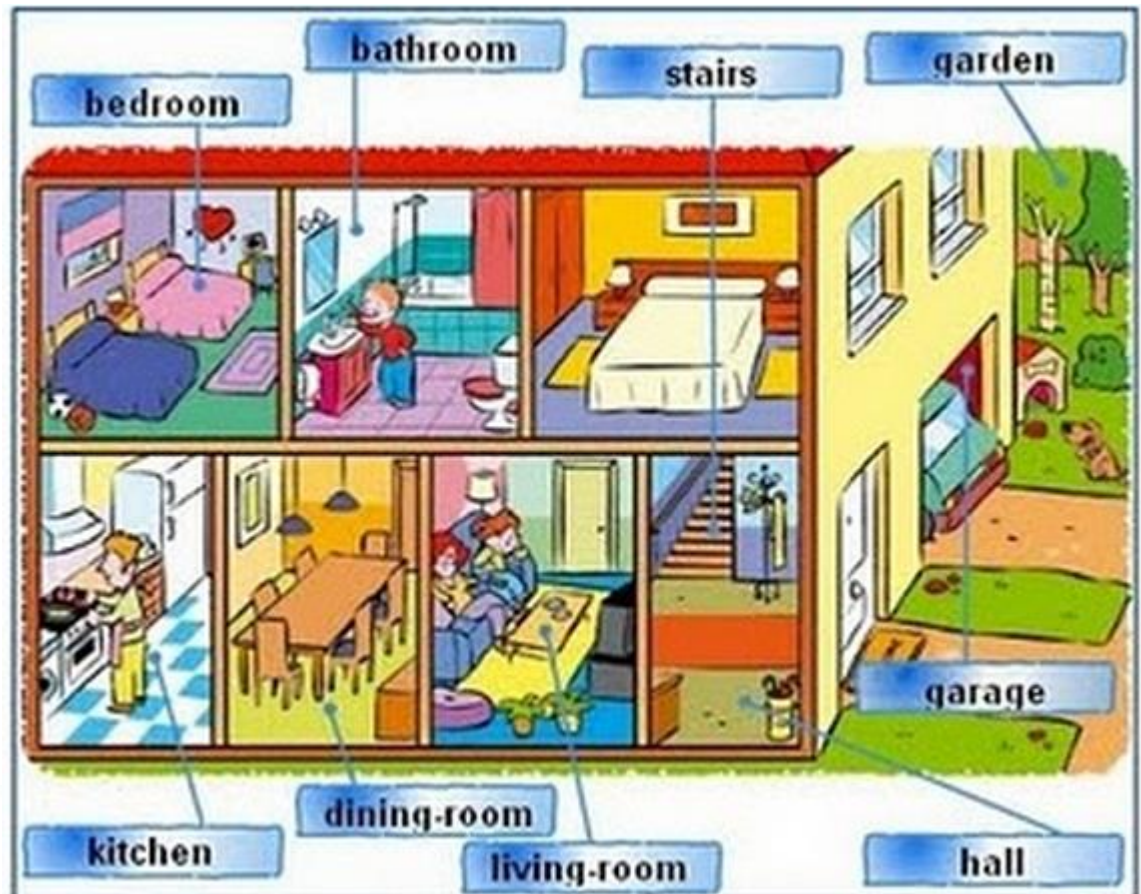
- Private parts should be covered when you are in public places.
- If you want to touch or scratch your private parts you should wait until you are in a private place.
- No one can touch your body without your permission.
- No one can see your body without your permission.
- Your body should not be shown to anyone who does not want to see it.



PUBLIC AND PRIVATE



PLACES



PRIVATE PLACES

Bathroom

Toilet

Bedroom



PUBLIC PLACES

Classroom

Kitchen

School yard

Park

Shopping mall

Church

Swimming pool

Cafeteria

Public washroom



Public and Private-terminology explained



Public Place

- A place where there is more than 1 person.
- Places where you are likely to see other people.

Public Behaviour

- Things you can do when you are with or around other people.

Private Place

- A place where there is only one person.
- A place in which you are usually alone.

Private Behaviour

- Things you do only when you are by yourself.
- Should occur in an appropriate private place.
- Brushing teeth, picking nose, adjusting underwear, going to the bathroom.



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PUBLIC OR PRIVATE PLACE?



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PUBLIC AND PRIVATE



Behaviour



PRIVATE Activities

Bathing
Going to the toilet
Getting dressed or undressed
Putting on deodorant
Shaving
Cleaning your nose
Cleaning your nails
Kissing
Touching your private parts

PUBLIC Activities

Eating lunch
Playing football
Exercising
Talking on the phone
(depending on the conversation)
Singing
Dancing
Watching TV
Playing video games
Cooking



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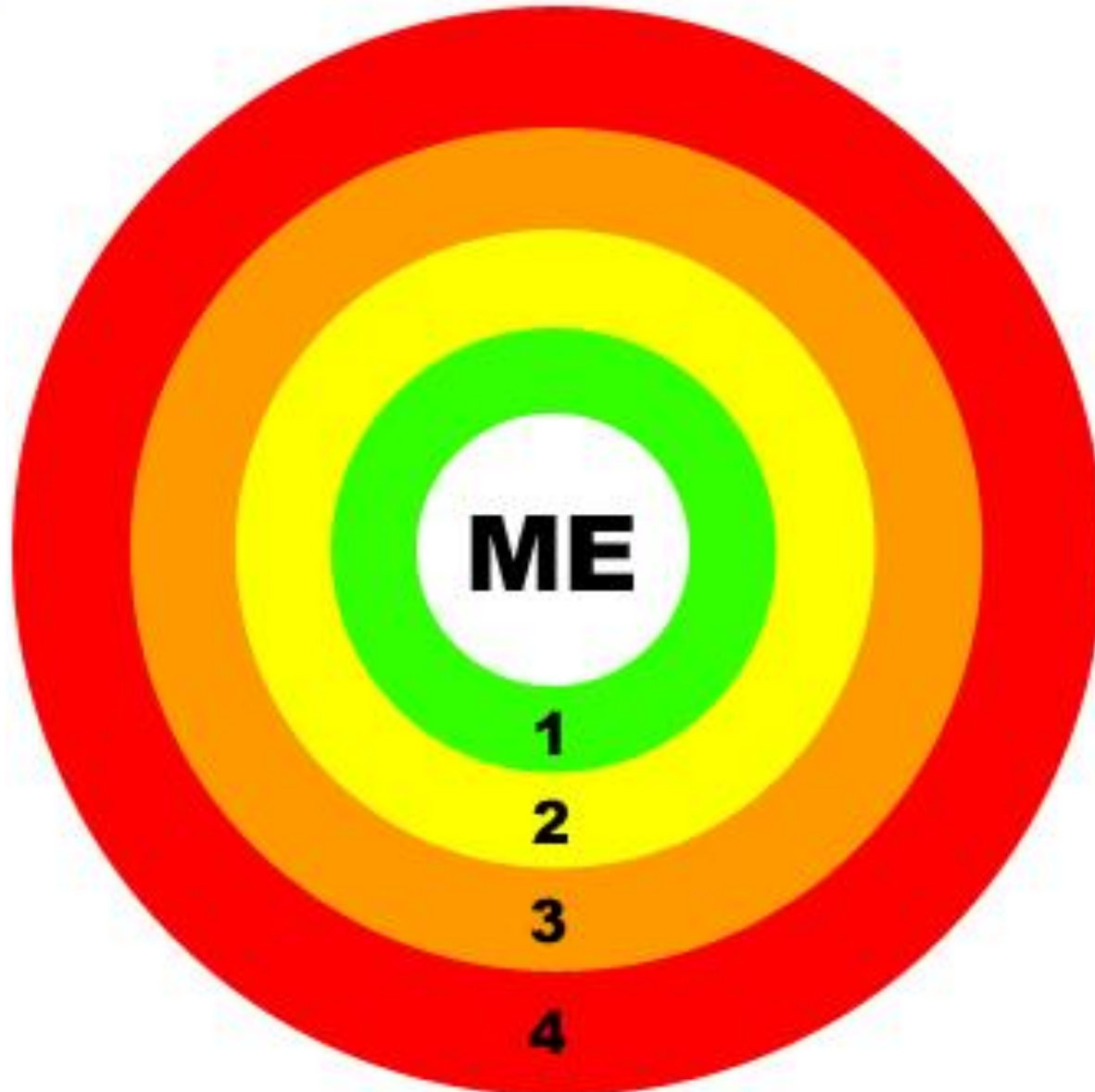


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SAFE AND UNSAFE



RELATIONSHIPS



THE CIRCLE OF RELATIONSHIPS

1 PURPLE PRIVATE CIRCLE

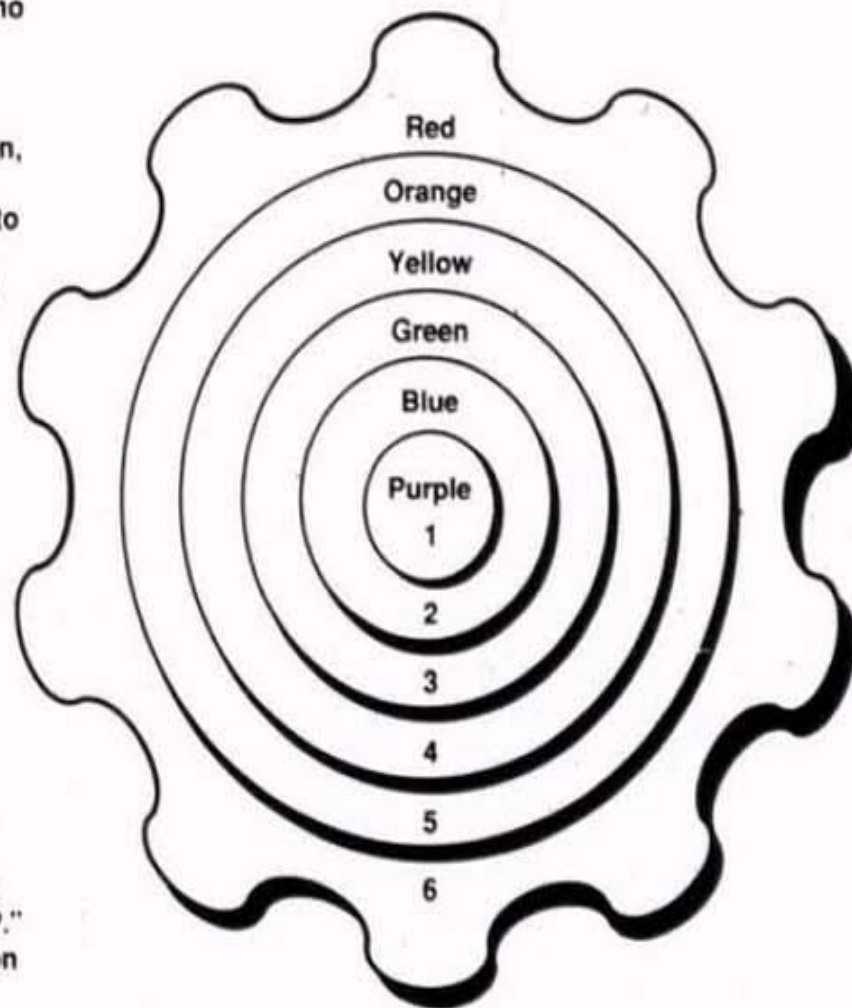
- You are important, and you decide who will touch you.
- No one should touch you unless you want to be touched.
- Sometimes people in your Blue, Green, Yellow, Orange, or Red CIRCLES will try to get too close to you. You need to say "STOP."
- No one touches you unless you want to be touched, and you do not touch other people unless they want to be touched.

2 BLUE HUG CIRCLE

- It is a mutual decision to kiss and be close. If you do not want to, you must say "STOP."
- Sometimes you may not feel like being touched. This does not mean you are no longer close with your partner, but only not feeling loving at that moment.
- Your partner can "STOP" you, too.

3 GREEN FARAWAY CIRCLE

- Sometimes a friend may want to be closer to you than you want. You just explain to your friend and say, "STOP."
- I will give you a "Faraway" hug only on special occasions.
- You are not in my Blue Hug Circle.



4 YELLOW HANDSHAKE CIRCLE

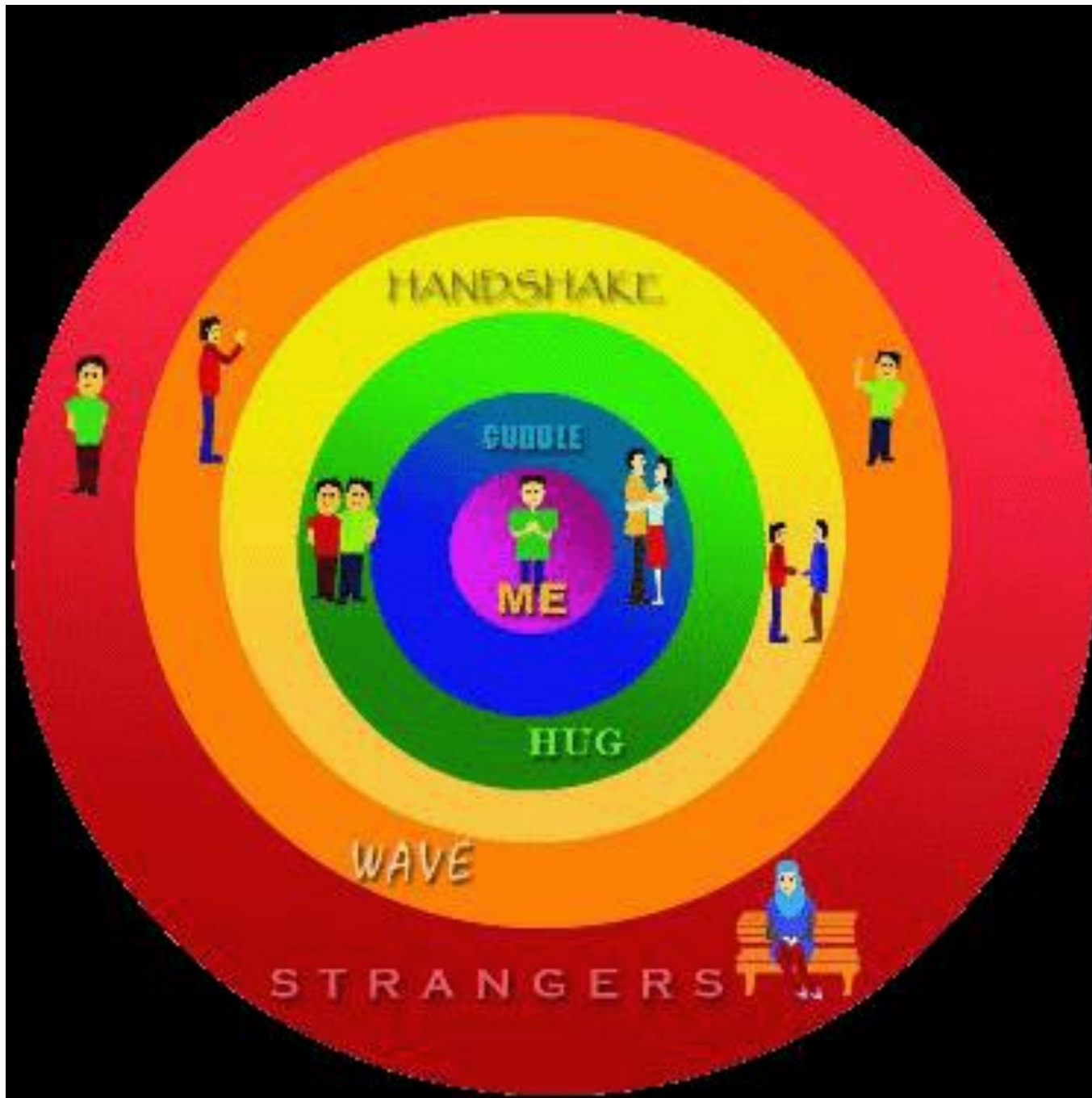
- Sometimes someone whose name you know may ask for a "Faraway" hug. You can say "No."
- No one can touch you unless you want to be touched.

5 ORANGE WAVE CIRCLE

- Wave to an acquaintance who is too far away for a handshake.
- Sometimes children will want to hug and kiss you, but you can say "No."
- It is best to wave to children.
- Children do not know as much as you, and so you have to show them correct behavior.

6 RED STRANGER CIRCLE

- Some people stay strangers forever.
- You may talk about business to a stranger who is a community helper.
- Other strangers do not talk to you or touch you.



SAFE AND UNSAFE



Hugging Your Uncle



Appropriate Inappropriate

Hitting Your Brother



Appropriate Inappropriate

Waving to Your Neighbor



Appropriate Inappropriate

Nurse Giving You a Needle



Appropriate Inappropriate

Kissing Your Dentist



Appropriate Inappropriate

Hugging Your Mom



Appropriate Inappropriate

Kissing Your Friend



Appropriate Inappropriate

Nodding to Your Bus Driver



Appropriate Inappropriate

Hugging Your Teacher



Appropriate Inappropriate

Touching Rules



#1 It is never all right for someone to touch your private body parts except to keep it clean and healthy.

It is never all right for someone older or bigger to ask you to touch their private body parts.

2. If this happens or if you feel uncomfortable about any touch, say NO and GO AWAY.

3. TELL a trusted adult and keep TELLING until you get the help you need.



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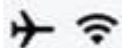












10:38 pm

55%



10:21 pm

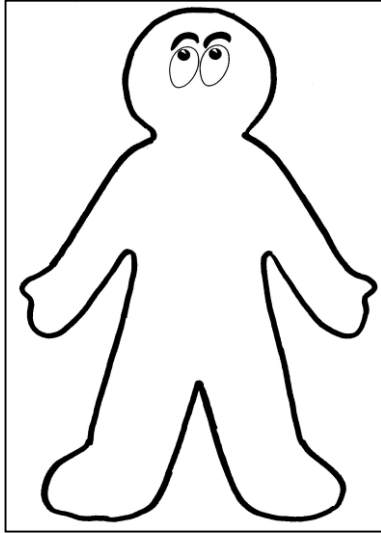


U can sen me nude photo's if u would like babe



*send

TRUSTED ADULT

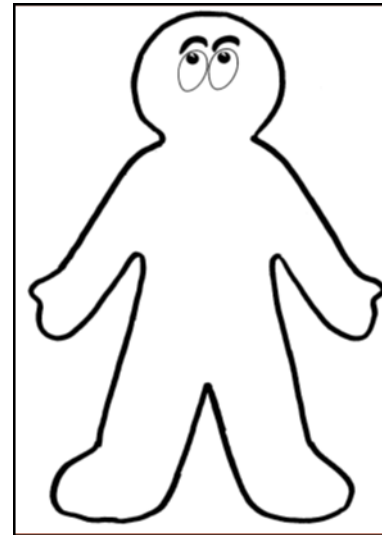


Name: _____

Telephone No: _____

Name: _____

Telephone No: _____



MASTURBATION



Masturbation is when a person touches or rubs their genitals to make them feel good. You can choose to do it or not.

What are your own values about masturbation?

Masturbation is something that is done in private – where could someone masturbate? – In a private bathroom or in the bedroom. It is not OK to masturbate in a public washroom.



REPEAT, REPEAT AND REPEAT



Be patient.

Be ready to repeat/ teach from different angles.

Some of our young people need reminders and it may take them a life time to learn about everything they need to know about their sexuality, safety and hygiene.



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SUMMARY



- Sexuality is a normal part of life for all individuals, regardless of any challenges they might have
- Teach the implications and impacts of behaviors
- Train in social awareness including sex education, using a developmentally appropriate approach, including visuals
- Be concrete, consequent and clear in your explanations
- Be respectful of need for privacy!



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Question and Discussions

Resources



Scripture Union: Wonderfully Made Lesson Notes

Scripture Union: Wonderfully Made Lesson Activities

<http://www.rcpsych.ac.uk/publications/booksbeyondwords/bbwonlineversions.aspx>

<http://www.sexualityandu.ca/teachers/teaching-sex-ed-for-youth-with-intellectual-disabilities>

<http://www.nursingtimes.net/teaching-sex-education-to-children-with-learning-disabilities/299962.article>

Menstruation and Mental Disability: Advice for Parents of Adolescent Girls. Aboutkidshealth.ca

www.teachingsexualhealth.ca/

Resources from Dato' Dr HSS Amar Singh, Consultant Community Paediatrician Head, Paediatric Department, Hospital RPB Ipoh

Circles I: Intimacy & Relationships Revised Edition 1993, page 77.

Physical Boundaries: Lesson Plan, Alberta Health Services, 2011

www.teachingsexualhealth.ca



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