



Training and Consultancy

Y BE POSITIVE ABOUT SEXUALITY?
An introductory course for supporters of adults with
a learning disability

COURSE CONTENT:

- Why consideration of relationships and sexuality is important in the lives of people with a learning disability
- The barriers that people face in expressing their sexuality and how these can be overcome
- Presentation of a guided decision making model that can be used by supporters to aid interventions
- Sexual health needs in the context of person centred health and support planning
- Best practice in the delivery of sex and relationships education to people with learning disabilities, including the use of relevant resources

COURSE PROCESS:

- The course uses a combination of lecture, role play, theory, large and small-group discussion, Q and A, hand-outs and case studies.
- Course participants will have the opportunity to share their experiences and knowledge and engage in joint problem solving

