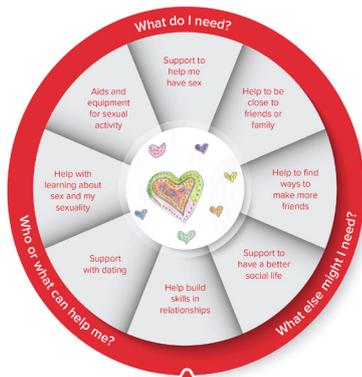


Love, sex and intimacy

I have the right to love, be loved, have friends and relationships. I have the right to sexuality and intimacy.

Here are some ways you can support me with sex and sexuality.

- 1. You could help connect me with people who will help me learn skills about my developing body, sex and masturbation. You could help me find a sex therapist or an organisation that specialises in sex therapy for people with disability or a family planning clinic to find out more.**
- 2. You could help me prepare to meet new people and build interpersonal and dating skills. Do I need more information about healthy and unhealthy relationships and power dynamics? Do I need to understand more about boundaries and what to do if they are violated?**
- 3. You could help me work out ways to meet people online and face to face and build real connections with them. Where will I meet people who I could have a relationship with or practice interpersonal skills?**
- 4. You could help me learn about sexual health, contraception and keeping safe. I might need more information about appropriate and inappropriate behaviour or how to accept 'no' and the different ways that might be communicated.**
- 5. You could help me learn to be assertive, find out what I want and communicate that within a relationship. You could help me find out where to learn to be more confident, develop my selfworth or find out about my sexuality/gender identity.**
- 6. You could help me find out about aids and equipment to assist with masturbation or intercourse. You could assist me to find out about positioning devices and assistive technology.**



Love

I have the right to love, be loved, have friends and relationships. I have the right to sexuality and intimacy.

Support Planning Ideas Sheet

Goal: I want a new relationship or to maintain my current relationship. I want to explore my sexuality/gender identity. I want to love and be loved.

Right: I have the right to have relationships and to marry and start a family. I have the right to sexuality and intimacy. I have reproductive rights.

Articles 23 on the United Nations Convention on the Rights of Persons with Disabilities

- respect for home and the family.

Article 17 - protecting the integrity of the person.

Planning Area: Love

5 Great Ideas About Love, Sex and Intimacy

1. Download the SECCA app

I can download a free app to help me find out more about sex and sexuality. It will teach me about emotions, masturbation, puberty, menstruation and public/private behaviour, as well as;

- Relationships
- Sexually transmitted diseases
- Ways to have sex
- The law and sex
- Difference between friends and community helpers
- Sexual orientation

I can download the app here. <https://app.secca.org.au>

2. Aids and Equipment

I can find out about aids and equipment that can help me masturbate or have sex. The NED (Independent Living Centre) database here <https://il-caustralia.org.au/products/search?utf8=%E2%9C%93&q=sex> lists a range of sex aids and equipment, including written resources.

I can find out more here:

<https://ilc.com.au/2016/03/02/disability-sexual-intimacy/>

3. Find out more about my gender identity/sexuality

If I have questions about my gender identity or sexuality and want to talk to a counsellor, I can ring the helpline at QLife on 1800 184 527 (open 3pm-12am). If I want to access QLife's web chat service I can visit qlife.org.au. They are part of Living Proud, a LGBTIQ+ support service. You can find them here. <http://www.livingproud.org.au/>

4. Join a support group

If I want to connect with others in the LGBTIQ community who have a disability or mental health condition, I could contact LGBTI Community Care, who provide advocacy and education.

I could take part in a Pride Parade in Perth or start my own group in my country town! I can find out more by emailing lgbticomcare@gmail.com or going to the Facebook page at <http://www.facebook.com/lgbticomcare>

5. Learn about dating

I can learn about dating and respectful relationship skills with a sex therapist or a disability sexuality service like SECCA or People First. I can learn about using tools like Tinder/Grindr to meet people and find out more about dating services.

Planning my support

What might I need to fall in love or have a sexual relationship?

What:

When:

Where:

What kind of support will I need to do this?

What could help me? Who could help me find out more?

What:

When:

Where:

What kind of support will I need to do this?

This project is an NDIS Information, Linkages and Capacity Building (ILC) initiative. For more ILC events and resources please visit the Department of Communities (Disability Services) at <https://tinyurl.com/resourcesilc>
©Wheatbelt Health Network 2019



Government of Western Australia
Department of Communities

Sexuality rights for people with intellectual disabilities

The right to grow up, i.e. to be treated with the respect and dignity accorded to adults

The right to know, i.e. to have access to as much information about themselves and their bodies and those of other people, their emotions, appropriate social behaviour, etc. as they can assimilate

The right to be sexual and to make and break relationships

The right not to be at the mercy of the individual sexual attitudes of different care-givers

The right not to be sexually abused

The right to humane and dignified environments

Ann Craft (1987)



See <https://consentability.com/>