RESOURCES

PUBERTY AND RELATIONSHIPS



Down Syndrome Queensland

Down Syndrome Australia (DSA) Resources -

https://www.downsyndrome.org.au/resources/

In particular:

- DSA Healthy Relationships and Sexuality - https://www.downsyndrome.org.au/wp-content/uploads/2020/07/DSA_Healthy-relationships-guide.pdf

- DSA Healthy Relationships and Sexuality (Easy Read Version) - https://www.downsyndrome.org.au/wp-content/uploads/2020/09/DSA-Healthy-Relationships-and-Sexuality-ER-WEB.pdf

DSQ Now And The Future Podcast

- Navigating Puberty With a Person With an Intellectual Disability

- Relationships

Puberty, Adolescence and Sexual Health – Down's Syndrome Association (UK)

https://www.downs-syndrome.org.uk/wp-content/uploads/2020/06/Sexual-Health-1st-May-KP-3rd-July-SM_DSMIG.pdf

Mind and Body, Answers to Your Questions – Canadian Down Syndrome Society

https://cdss.ca/resources/adolescence/

Talking to young people with cognitive disabilities about sex – Better Health Channel

https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/talking-to-young-people-with-intellectual-disabilities-about-sex

FPNSW

FPNSW have some great resources that cover a wide range of topics in the area of sexuality. To access their resources, click here: https://www.fpnsw.org.au/who-we-help/disability/easyenglish

Advocate Medical Centre Adult Down Syndrome Center Resources

A range of resources in different formats on lots of topics including relationships and puberty.
https://adscresources.advocatehealth.com/

South Australian Council on Intellectual Disability

A range of resources in easy read format about relationships and sexuality.
https://sacid.org.au/resources/

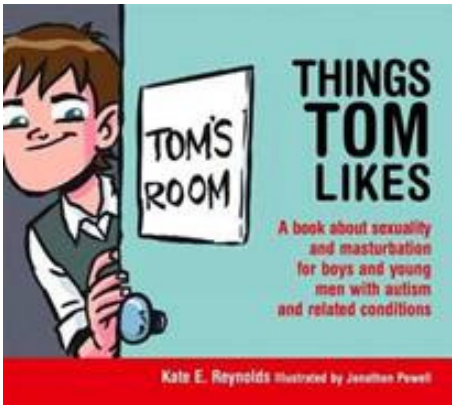
Shine SA Friendships and Dating Resource

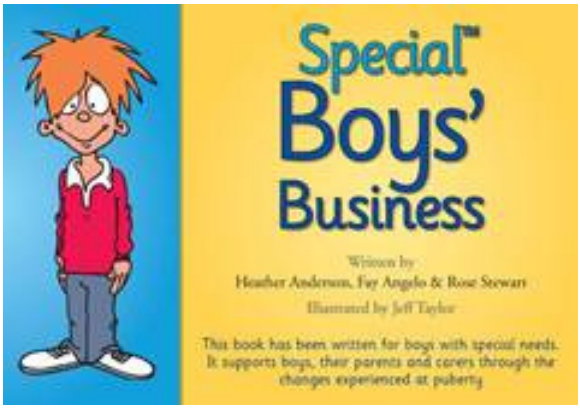
Information about relationships for parents, carers and young people with disability.
https://www.shinesa.org.au/media/product/2015/04/Friendships-and-dating.pdf

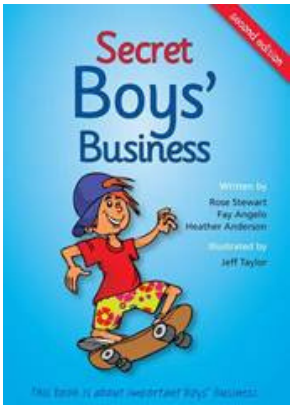
Planet Puberty

Puberty can feel like you are on another planet for a period of time. The Planet Puberty website provides information and resources to parents and carers of a young person with intellectual disability or autism to navigate this period of time.
https://www.planetpuberty.org.au/

Books







Things Tom Likes:

A book about sexuality and masturbation for boys and young men with autism and related conditions - By Kate E. Reynolds , Illustrated by Jonathon Powell

Tom likes lots of different things. He likes singing and watching TV in the family room. There are also things that Tom enjoys doing in private, like touching his penis.

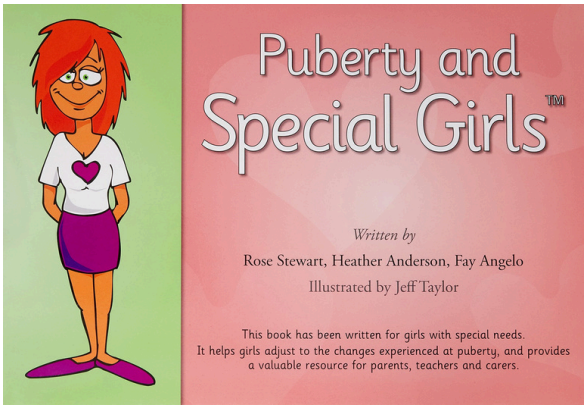
This accessible and positive resource helps parents and carers teach boys with autism or other special needs about masturbation. It covers when and where it is appropriate and helps to establish boundaries surrounding privacy more generally. With simple but explicit illustrations, this book provides the perfect platform to talk about sexuality with boys and young men with autism or special needs.

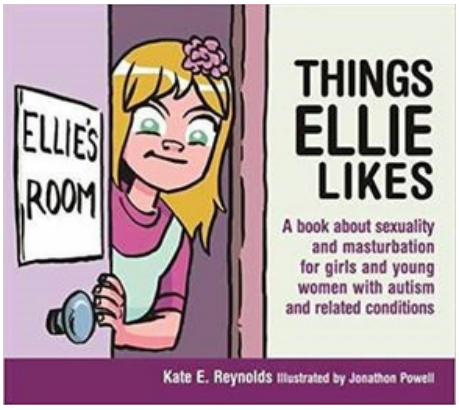
Special Boys' Business - By, Fay Angelo, Rose Stewart

Special Boys' Business takes a boy, his parents and carer through the changes experienced at puberty. It provides practical hints for parents, teachers and carers, and will help boys with their special needs, and the important adults in their lives, to manage this stage of life with confidence.

Secret Boys’ Business - By Heather Anderson, Fay Angelo and Rose Stewart

This puberty book includes information about the physical and emotional changes of puberty. It will give boys a greater understanding and deeper knowledge about puberty and sexuality. Information is presented in a sensitive but open manner. This puberty resource has simple language and fun illustrations which boys will enjoy. Secret Boys’ Business is a valuable puberty resource which can be used by boys, families, schools and community groups.





Puberty and Special Girls - by Heather Anderson, Fay Anglo and Rose Stewart

Puberty and Special Girls provides practical information about growing up and will help girls understand the changes experienced at puberty. It has simple text and colourful, fun illustrations. Age- appropriate information is presented in a friendly, inclusive manner which is ideal for girls with special needs. Puberty and Special Girls will help girls with special needs, and the important adults in their lives, to manage this stage of life with confidence. This is the second puberty book for girls with special needs. It includes a more comprehensive guide to puberty than Special Girls' Business, including:

*A step by step guide to managing periods using pads or tampons.
*Hints on personal hygiene.
*Information needed to develop a greater understanding about puberty and sexuality.
*Strategies for coping with mood changes.
*Practical hints for parents, teachers and carers.

There is a video that talks through the book in some detail - https://sexedrescue.com/special-girls-business-by-fay-angelo/

Things Ellie Likes : A Book About Sexuality and Masturbation for Girls and Young Women with Autism and Related Conditions (by Kate E. Reynolds; Illustrated by Jonathon Powell)

Ellie likes lots of different things. She likes listening to music and making pizza. There are also things that Ellie enjoys doing in private, like touching her vagina.

This accessible and positive resource helps parents and carers teach girls and young women with autism or related conditions about masturbation. It covers when and where it is appropriate and helps to establish boundaries surrounding privacy more generally. With simple but explicit illustrations, this book provides the perfect platform to talk about sexuality with girls and young women with autism or related conditions.

Consentabillity – Dr Natasha Alexander

Natasha is a Clinical Psychologist that is very experienced in working with people with intellectual disabilities.

Natasha works with people who want to:
• Support individuals with forming and maintaining healthy relationships
• Get support with thinking about how to protect and educate women and men about contraception, safe sex and power dynamics without having to resort to invasive strategies such as sterilisation
• Support individuals with consent issues, including finding out more about what their needs are in this area
• Support individuals with developing more appropriate sexual behaviours

Email: admin@consentability.com
Phone: 0406 001 166
Website: https://consentability.com/

True Relationships & Reproductive Health

The True website has some great resources that are worth having a look at around a number of different topics: https://www.true.org.au/factsheets

• Looking After Me Program
Looking After Me Program (LAMP) education packages have been developed to provide information about relationship and sexuality education for people with disability. The topics are designed to meet the needs of children, young people and adults with disability in a way that supplements education provided by families, schools, and service providers.

In addition to LAMP, True offers group education sessions for people with disability, school programs, and professional development training for teachers and other community organisations.

https://www.true.org.au/education/programs-resources/for-disability/looking-after-me-program-lamp

• Feel Safe - Free App
True's popular Feel Safe education resource is now available in App format for free download. Feel Safe follows the stories of six young people and uses interactive games to teach personal safety skills in a fun and interactive way, reinforcing information on:
o Types of touch
o Rules about touch
o Feelings
o Who to talk to if you need help
o Male and female body parts
o Wanted and unwanted touch
o Body warning signs

Children, young people and adults with disability have a higher risk of experiencing sexual abuse. True developed Feel Safe in response to many request from parents/carers, support staff and educators for a resource for people with disability which helps support the development of personal safety skills.
Feel Safe is designed for young people between the ages of 12-16 with mild intellectual disability and/or ASD. Participants with moderate learning needs or disability can also use Feel Safe with assistance. You can access Feel Safe app here: https://www.true.org.au/shop#!/Feel-safe-app-for-phone-&-tablet/p/57318487/category=24315254