

Relationships and Sexuality Additional Needs Education

At Family Planning Tasmania, we believe that:

- sexuality is intrinsically healthy and normal,
- sexuality is a human right, and
- people living with additional needs have the right to express their sexuality and to make informed choices about their sexuality and relationships.

Education

Family Planning Tasmania provides specialist relationships, sexuality and sexual health education for people of all ages living with:

- physical, intellectual or developmental disability
- acquired brain injury
- Autism Spectrum Disorder
- trauma or other needs that impact on learning.

Education sessions can be provided for either individuals or small groups. Topics include:

- Public and private body parts, places, talk and behaviours
- Types of touch
- Puberty and adolescents
- Healthy/unhealthy relationships
- Online safety/use of technology
- Sexual health, contraception, STI's
- Protective behaviours
- The reproductive systems
- Consent
- Sexual feelings
- Self-touch/masturbation
- Types of relationships and permissible behaviours with people in each category
- Identifying help and support
- Personal hygiene

*Please note that a support person is required to attend the appointment.

As part of the support we provide through our education sessions for people with additional needs, we also work with:

- family members
- support workers
- teachers and teacher assistants
- any other person who provides support for the person with additional needs.

Clinical Services

Our expert Additional Needs Educators work closely with our clinical staff to ensure supportive, quality, comprehensive sexual and reproductive healthcare for people living with additional needs. This can include education to support a client's understanding of clinical conversations such as contraceptive advice, STI testing and pregnancy options counselling.

Professional Learning

We also offer a number of evidence-based programs to provide professionals and families with the understandings necessary to support the relationships and sexuality needs of people with additional needs. Visit our website for more information on our services.

Want to know more? Visit our website:

