

A bespoke relationship & sex education project

ME
AND
MY
BODY



Mencap have launched a new relationship and sex education project in partnership with the sexual health charity, the Family Planning Association.

Over the next 3 years, Mencap will deliver the **Me and My Body course in Southend; a bespoke programme designed around the individual needs and interests of people with learning disabilities (PWLD).**

The aim of the programme is to educate PWLD about their rights, increase their knowledge and understanding of sexuality and provide the skills to have safe and healthy relationships.

We also offer support and guidance for parents, carers and professionals – for more information about the courses on offer see below.

What does the Me and My Body programme cover?

The course programme is bespoke and is designed according to participants needs and interest. All participants will complete four compulsory safeguarding sessions. These are:

- good and bad touch
- knowing your private body parts
- public and private places
- consent

Other sessions that we cover include contraception, relationships with girlfriend or boyfriend, relationships, safe sex, where to get advice.



What courses do you offer for pwld?

We recognise that individuals learn in different ways so we offer two types of courses for PWLD.

Group Programme

- The group programmes are typically delivered as 12 one hour sessions. The sessions are tailored to the groups cognitive ability.
- Maximum of 8 people.
- The programme will include the four safeguarding topics and topics chosen by the majority of the participants.

Individual Sessions

- The individual programmes are typically delivered as ten 45 minute sessions.
- The programme will include all the safeguarding issues and the topics chosen by the participant.
- This programme is usually for individuals who find it difficult to learn in a group environment, individuals with PMLD or individuals who may have specific topics to learn about (tailor-made programmes).

Our programmes are designed to be bespoke so we can tailor the options above to meet the needs of your organisation and the people you support.

How do I sign up?

Participants will need to fill out two accessible forms:

- An application form (this also acts as consent to the programme)
- An information leaflet which includes a list of topics - participants need to choose what topics they would like to learn and this will form their programme.

What courses do you offer for parents and carers?

Information and Signposting Session.

We offer a support and guidance session for parents and carers of people with learning disabilities. The aim is to address any concerns regarding issues of safeguarding, sexuality, sexual health and relationships.

It is a 2-hour informal session. Sessions are tailored to parents and carers needs and can include:

- Discussions on the law relating to sex and sexuality
- Sharing and signposting to educational resources
- Discussions on the Me and My Body Programme we are delivering in Southend

Sexuality and People with Learning Disability – Awareness Day*

To support this programme of work, we deliver a one-day awareness course to enable participants to clarify and explain terms, including relevant laws that relate to sex, sexuality and people with learning disabilities. The learning outcomes include:

- Examine barriers to the implementation and discussion of sexuality topics within their working environment.
- Gain up-to-date knowledge of the legislation relating to sex and relationship work and learning disabilities.
- To reflect on personal and professional values relating to sexuality in general and in the context of learning disability.
- To develop an understanding of the importance of discussing sexuality as part of your participation in this project.

**Please note this course is also available for professionals*

What courses do you offer for professionals?

Train the Trainer Course (3 day course)

This course is for professionals in management and support posts in all types of services (residential and respite homes, day services, outreach and community team, multidisciplinary teams, advocate services, etc.). It is important that attendees are decision makers who can integrate issues of sexuality, sexual health and relationships in their working routine including support/care plans and health action plans (HAPs)

The course is designed for professionals who are motivated and committed to deliver training programmes to PWLD using their services. The course will give you the necessary skills you require to be able to deliver Relationship and Sex Education within your service. Please be aware that you will have to deliver a session on this course.



Sexuality and People with Learning Disability – Awareness Day (see above)

Please note that dates for parents, carers and professionals are flexible and we can arrange any of the courses above sessions based on your availability



To find out more information about any of courses or to book your places please contact Holly Rollit-Mason on:

Tel: 07970 102875

or

Email: Holly.Rollit-Mason@mencap.org.uk

