

THE COLOURS OF SEXUALITY

A toolkit for teachers of students with learning disabilities

FOR PARENTS,
CAREGIVERS
AND WHĀNAU

Family Planning has developed The Colours of Sexuality to provide teachers with a framework to navigate Relationships and Sexuality Education (RSE) with young people who may need extra support in understanding this core part of the Health and Physical Education curriculum.

The Colours of Sexuality is a seven theme programme organised as coloured wheels representing the different types of relationships in a young person's life. Each theme contains activities that explore topics such as building friendships, personal boundaries, and managing emotions. The activities are interactive and highly visual to aid in engagement and support learning through experience and practice. The goal is to educate and develop skills such as appropriate touch, assertive communication and positive decision making. This will help young people have safe relationships and experiences.

The resource also provides recommendations for how to tailor the activities from our comprehensive Navigating the Journey resource suite to meet any additional needs of the classroom. This will also help ensure that young people receive all of the information that they will need to look after themselves and be healthy.



PURPLE WHEEL I am the most important person in my life.



BLUE WHEEL My Family.



GREEN WHEEL My Friends.



YELLOW WHEEL Other important people in my life.



ORANGE WHEEL Acquaintances.



RED WHEEL Strangers.



SILVER WHEEL Romantic Partners.

For more information on relationships and sexuality education (RSE) in schools, the Ministry of Education has pages dedicated to explaining about this area of the curriculum.

Primary school information

Secondary school information

Family Planning encourages talking to your tamaiti/tamariki about relationships and sexuality. This should actively compliment what is being talked about in the classroom, however, you may wish to talk with your tamaiti/tamariki before they have their RSE lessons in the classroom. To help you learn more and support you with these conversations at home, we have several resources available.

For a broad overview, you could check out our advice page on our website, www.familyplanning.org.nz/advice. We also have several resources available for download that provide information and activities that you can do in the home. These include:

Open and Honest workbook

Q&A

Ngā Kākano

All about growing up

Safe relationships safer sex

You can also sign up for our *Sexuality and Intellectual Disability: For Whānau and Caregivers* online workshop or encourage your school to organise an *Open and Honest* night for parents.

Disability & Sexuality Online Resources

Sexuality and Relationships Education

All About Growing Up – Family Planning NZ

A booklet for young people living with a mild to moderate intellectual disability.

Contains information and activities for families to use with young people about the emotional, physical and social aspects of puberty.

<https://www.familyplanning.org.nz/all-about-growing-up>

Safe Relationships Safer Sex – Family Planning NZ

A booklet for people with mild to moderate learning disabilities.

It covers personal and private body parts, places, behaviours, relationship types and safer sex.

<https://www.familyplanning.org.nz/safe-relationships-safer-sex>

All About Sex – FPNSW

All About Sex is a series of fact sheets from Family Planning New South Wales for people with intellectual disability and the people who support them.

The fact sheets are easy to read and include illustrations to help people with an intellectual disability learn about sexuality and relationships. The fact sheets cover a range of topics including bodies, relationships, sex, pregnancy and reproduction, pornography, sexual health and sexual assault.

<https://www.fpnsw.org.au/factsheets/individuals/disability/all-about-sex>

Planet Puberty

Planet Puberty is a digital resource suite by Family Planning NSW that aims to provide parents and carers of children with intellectual disability and/or autism spectrum disorder with the latest information, strategies and resources for supporting their child through puberty.

Offers comprehensive online workshops, podcasts, videos, workbooks, and other resources on a huge range of topics such as pubertal change, hygiene, relationships, staying safe, sex and technology, and LGBTQIA+ issues.

<https://www.planetpuberty.org.au/>

Family Planning Victoria

Family Planning Victoria has a range of resources and fact sheets for parents, caregivers, and support workers about sexuality and sexual health for people with disabilities. This includes fact sheets written in easy English with illustrations. They also provide information about communication and teaching techniques when talking about these topics with people who have a wide range of cognitive disabilities.

<https://www.fpv.org.au/resources/people-with-a-disability>

NSW Council for Intellectual Disability

Provides fact sheets on sexuality, contraception, and managing menstruation for people with intellectual disabilities.

<https://cid.org.au/our-health-fact-sheets/>

Friendships and relationships

StarJam

StarJam provides nationwide workshops, gigs and events to connect young people with disabilities with their passions, peers, and wider community. The events provide a space to grow in confidence, discover musical and performance talents, and make friends.

<https://www.starjam.org/>

Recreate NZ

Recreate NZ provides programmes across Auckland, Waikato, Bay of Plenty & Christchurch for young people with disabilities. From outdoor adventure camps, social events like movie nights, holiday programmes and short stay getaways, and life skills and work experience programmes.

<https://www.recreate.org.nz/>

Like all media, there are mixed reviews of some of these shows and documentaries in terms of them portraying the lived experience of every person with a learning impairment or disability. It is important to be critical consumers of this media and focus on the words and experiences you see and hear from the people that this media is about.

Visibility Podcast – Relationships series

The Visibility Podcast is produced by The New South Wales Council for Intellectual Disability. Every month, the host talks to a person with intellectual disability and they explore important issues like dating, relationships, sexuality and more. The discussions look at the challenges facing people with intellectual disability, as well as sharing the successes, joys, interests, journeys and life insights of the people they talk to.

<https://cid.org.au/our-stories/visibility-podcast/>

Sam Goes Dating – Attitude

A short documentary following 27-year-old Sam taking his first steps into dating and romance. The film goes into detail about the unique challenges faced by Sam and his new love interest Tania as young people with intellectual disabilities entering a romantic relationship. It also focuses on the challenges and fears faced by Sam and Tania's parents in their journey to support their children to start dating and pursue fulfilling romantic relationships.

<https://attitudelive.com/watch/sam-goes-dating>

The Specials

The Specials is a multi-award-winning reality television series about five friends with intellectual disabilities who share a house in Brighton, UK. The observational documentary series follows their lives giving insight into inclusive, independent living for adults with intellectual disabilities.

The house members tell the audience about their lives through first person narration in the series, sharing their experience of the challenges and joys of dating and relationships as adults with intellectual disabilities.

<https://www.youtube.com/channel/UCfqBUSESThLcOrfvJ4uSDQ>

Sex Ed for People with I/DD: Consent

An informational video by the National Council on Independent Living to help people with intellectual and developmental disabilities to understand consent.

<https://www.youtube.com/watch?v=09m9Hv0Ajt0>

The Right to Sexuality

A short documentary about a married couple with intellectual disabilities who faced a legal barrier to living together in a group home and being sexually active because of their disabilities. Includes helpful information about consent and independent, informed, decision making.

<https://www.youtube.com/watch?v=aPFV4EQ0mgw>

Other Resources

Undressing Disability – Enhance the UK

Undressing Disability is a campaign from the UK that focuses on removing the taboo of sex and disability. The Undressing Disability Hub is an online networking platform for people to share information, education, experiences and resources within the world of disability and sexuality. The project advocates for inclusive relationships and sex education including meeting the sexual needs of people with disabilities in residential care. It provides a huge number of articles and resources on all matters sex and disability.

<https://enhancetheuk.org/sex-and-disability/>

Relationships and Sex Resources – Mencap

Mencap is a UK charity for people with learning disabilities created to provide support for them as well as their families and carers. Their site has a range of information and resources on relationships and sex for people with learning disabilities.

<https://www.mencap.org.uk/advice-and-support/relationships-and-sex>

The Light Project

The Light Project was established in 2017 by a small team of sexual and public health professionals to help equip youth, their whānau and communities to build porn literacy and positively navigate the new porn landscape through workforce training, resource development and providing technical assistance to services working with youth.

<https://www.thelightproject.org.nz>