

# Relationships and Sexuality Additional Needs Program



Family Planning Tasmania  
sexuality education & clinical services

Family Planning Tasmania provides education and advocacy for people living with additional needs. We believe that:

- sexuality is intrinsically health and normal
- sexuality is a human right and we need to make healthy choices about it
- we need to know how to form and maintain healthy relationships
- 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 children and adults 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 and topics include:

- private body parts
- being private
- puberty and adolescence
- managing periods
- types of touch
- relationships
- sexual health and STIs
- contraception
- protective behaviours for social and sexual safety
- giving and receiving consent
- sexual abuse issues
- sexual feelings and masturbation
- strategies for social and sexual behaviours

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

FPT's additional needs educators work closely with our clinical staff to ensure supportive, quality, comprehensive sexual and reproductive health care for people with additional needs. This can include providing contraceptive advice, STI testing and pregnancy options counselling.

The close working relationship between our educators and clinical staff also ensures our research base is current and that we can consider the needs of each client holistically.

## Professional Learning

FPT offers 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. These include:

- **SoSAFE!** - a one day program where participants will develop the knowledge and skills to use the SoSAFE! visual and conceptual tools to promote social safety for people with moderate to severe intellectual disability or Autism Spectrum Disorder.
- **Sexuality and Additional Needs** - a 1.5 to 2 hour workshop where participants develop the knowledge and skills to support people living with additional needs in the areas of relationships, sexuality and sexual health.
- **Managing challenging social and sexual behaviours** - a 1.5 to 2 hour workshop where participants learn about assessment and intervention strategies for people with highly complex additional needs. It is usually recommended that participants have previously undertaken one of our other additional needs professional learning programs first.

## Consultancy and Advocacy

FPT's additional needs educators provide specialist consultancy and advocacy services to inform decision making and support therapeutic interventions related to the sexual and reproductive rights, needs and understandings of people with additional needs. Our services include:

- individual or small group assessments and the development of recommendations and therapeutic interventions
- advocacy and referral to ensure a person with additional needs has their sexual and reproductive rights respected
- written reports to support legal and governmental processes, including for bodies such as the Guardianship Board, Parole Board and Courts
- membership on reference groups, committees and advisory groups.

## To book or find out more:



Email us at [edinfo@fpt.asn.au](mailto:edinfo@fpt.asn.au)



Call us on (03) 6273 9117

For 45 years, FPT has been Tasmania's leading provider of sexual and reproductive health services. We are a values based, not-for-profit organisation and are part of a national network of Family Planning organisations.