



LIGHTLEY CONSULTING

SEX, RELATIONSHIPS AND DISABILITY TRAINING

RSE at The Blue Tangerine Federation

Claire Lightley

RSE Specialist

Lightley Consulting

Claire Lightley

- Worked for FPA for 18 years
- Now only work with young people and adults with learning disabilities
- Have worked with Mencap running a project with young people and parents
- Offer training and support around relationships and sex education




6pm-
7.30pm
slides
7.30pm-
8pm
Questions

- RSE in schools – government guidance
- Language around body parts and sexual activity
- Puberty and Periods
- Masturbation
- Social Media / relationships and sex online
- Questions (can be private)



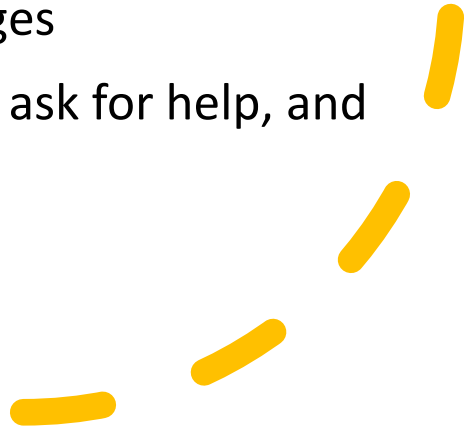
Working agreement

- Listen to each other
 - Respect that others may have different opinions to you
 - Acknowledge that some people are going to feel more comfortable than others talking about relationships and sex
 - Only share what you feel comfortable to share (there will be an opportunity for private questions)
 - Personal information does not go outside of the session
 - Safeguarding applies
 - The session will not be recorded
 - Be mindful of who can hear the session
- 

What is Relationships and Sex Education?

- It is much more than just teaching about sex!
- Relationships are a key aspect of everyone's life. Even if a young person might not have capacity to consent to a sexual relationship with another person, they need a chance to develop friendships and have a sound understanding of risks.

Good RSE should enable young people to:

- Embrace the challenges of creating a happy and successful adult life
 - Make informed decisions about their wellbeing, health and relationships and to build their confidence and independence
 - Put knowledge into practice as they develop the capacity to make decisions when facing risks and challenges
 - Develop resilience, to know how and when to ask for help, and to know where to access support
- 

Relationships Education, Relationships and Sex Education and Health Education

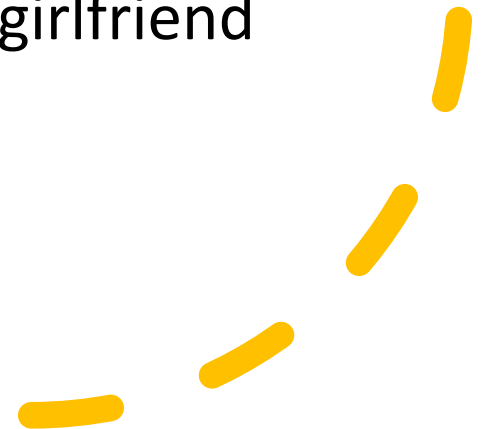
- There is now a statutory obligation to provide Relationships Education (RelEd) in primary schools
- Relationships and Sex Education (RSE) in secondary schools
- Health Education in all state funded schools



LIGHTLEY CONSULTING
SEX, RELATIONSHIPS AND DISABILITY TRAINING

Relationships education (no right to withdraw)

- Family relationships – the importance of these
- Friends – how to make them
- What is a good friend
- What to do if you are upset about friendships
- Bullying
- Peer pressure
- Boyfriend/girlfriend relationships
- Healthy friendships and boyfriend/girlfriend relationships
- Inclusive education



Health
Education
(relating to
RSE – no
right to
withdraw)

- The changing adolescent body
- Sex between mammals
- How a baby is made



Sex Education (right to withdraw)

- Healthy intimate relationships
- Respect, loyalty, trust
- Reproductive health facts, including fertility
- Sexual pressure
- Choice to delay sex
- Contraceptive choices and options
- Miscarriage
- Pregnancy options inc, abortion
- STIs, safer sex, STI testing



Right to withdraw from RSE in schools

- If any sex education is offered at primary age, parents have a right to withdraw
- Primary schools decide which content is 'sex education'
- A parent can only withdraw from sex education at secondary until the pupil is three terms before their 16th birthday when they can decide themselves
- A child having a learning disability is not a reason for withdrawal but a reason may relate in some way to their disability



LIGHTLEY CONSULTING
SEX, RELATIONSHIPS AND DISABILITY TRAINING

Why it is
important to
use the
correct
terms

Disclosure using correct terminology is more likely to be understood

Kenny, Thakkar-Kolen, Ryan, Runyon, & Capri, 2008

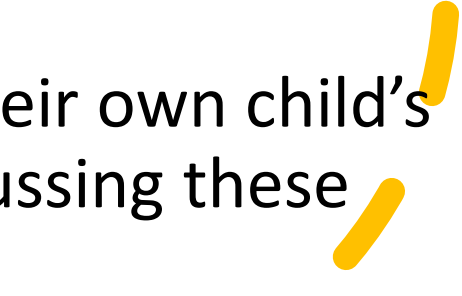
The correct terms for private body parts give children “naming power” just as they have the power to name other things in their environment (i.e., toys, books, and characters). This knowledge also provides the necessary foundation for subsequent sex education.
Honig 2000

Children who lack sexual knowledge may be more vulnerable to sexual abuse. Some sexual offenders avoid children who know the correct names for their genitals because this suggests these children have been educated about body safety and sexuality

Elliot, Browne, & Kilcoyne, 2015

The NSPCC logo is a large orange circle on the left side of the slide, with the letters 'NSPCC' written in white inside it.

NSPCC

- Ensuring children have the confidence to speak out over abuse and inappropriate touching is vital to protecting them
 - The PANTS campaign is designed to help children understand their body belongs to them and any contact which makes them uncomfortable should be reported to a parent or trusted adult
 - We recommend using correct terms for body parts because we want primary aged children to understand these are the correct terms for their body parts
 - We encourage parents to gauge their own child's readiness and maturity when discussing these issues at home
- 
- Three yellow, curved, brush-stroke-like lines are located in the bottom right corner of the slide.

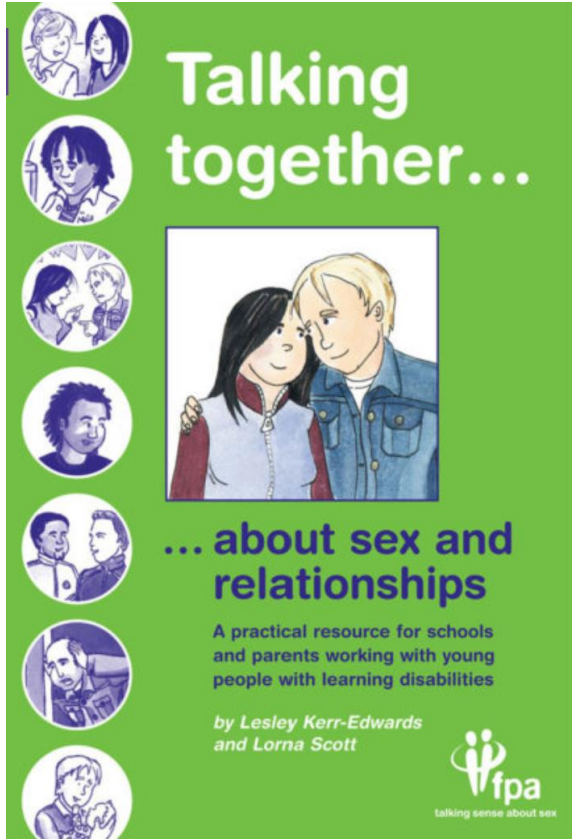
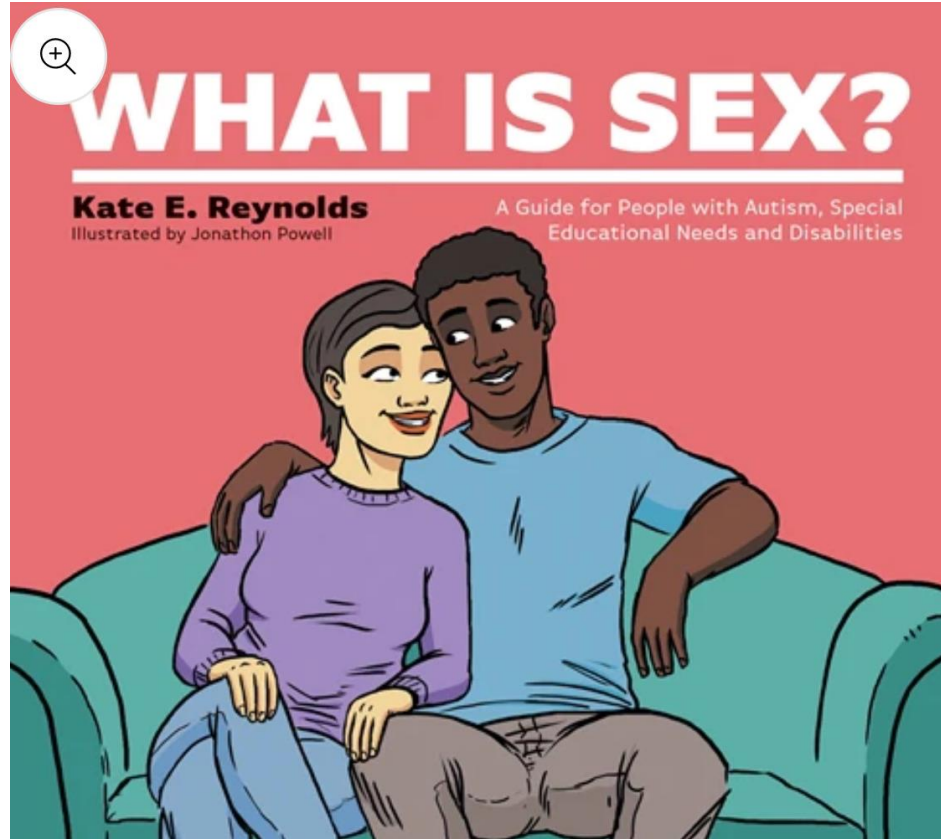


The “birds and the bees”

Talking at home

- Try and have everyday conversations about things
 - if you see a pregnant woman on TV, that is a chance to say 'babies are made when 2 people have sex'
 - seeing sanitary towels/tampons in the chemist/supermarket is an opportunity to talk about periods
 - when your child is learning how to share their toys/food, you can talk about consent – i.e. asking permission or being asked if someone can touch your toy / food
 - when getting dressed ask the names of the body parts the clothes cover, using the proper words for anything in pants / knickers / vests / bras etc
- Be aware of what your child may know from outside the home – other family members, friends, the internet etc
- Answer questions truthfully when you are asked

Resources to help us talk about sex and consent



Puberty

- The female body produces the hormones progesterone and estrogen, which start the changes of puberty.
- Sexual development can start anywhere between the ages of 8–14.
- The male body produces the hormone testosterone, which starts off the changes of puberty.
- Sexual development can happen at any time between 10 and 18, but usually happens around 13 or 14.


What happens during puberty for boys

- Testicles grow larger and fuller.
- Penis grows longer and wider.
- Pubic hair grows around the base of the penis.
- Testicles start to produce sperm which mixes with fluid to make semen which boys ejaculate.
- Spontaneous erections and wet dreams begin.
- Scrotum sac becomes darker in colour.
- More hair grows on the body which may become darker on the arms and legs.
- Growth spurt including arms, legs and feet.
- Body shape changes as boys develop broader shoulders and chest and become more muscular.
- Face shape changes and becomes less childlike.
- Voice box grows which makes the Adam's apple look bigger, and the voice breaks and becomes deeper.
- Hair and skin become more oily, which may lead to spots and acne.
- Body sweats more.
- Growth of facial hair.
- Hormonal changes can lead to mood swings including irritability, tearfulness, overwhelming happiness and confusion.
- May feel intense emotions of love, low self-esteem, frustration and apathy.
- May become argumentative and bad tempered, and challenge authority.
- May be physically attracted to others (male or female).
- Begin to want more independence from parents.

What happens during puberty for girls

- Breasts grow.
- Nipples become larger and fuller and they may become darker in colour.
- Face shape changes and becomes less childlike.
- Voice becomes slightly deeper, although not as noticeable as with boys.
- Body shape changes as hips widen.
- Growth spurt which includes lengthening of arms and legs.
- Weight gain.
- Hands and feet grow bigger.
- Hair grows under arms and on legs.
- Hair on arms and legs may become darker.
- Pubic hair grows on vulva.
- Vagina discharges a clear or slightly milky discharge – this is normal and helps to keep the vagina healthy.
- Ovaries release an egg which, if not fertilised by sperm, is broken down and shed with the lining of the womb. (This is known as menstruation or a period.)
- Hair and skin become more oily, which may lead to spots and acne.
- Hormonal changes can lead to girls' mood swings including irritability, tearfulness, overwhelming happiness and confusion.
- May feel intense emotions of love, low self-esteem, frustration and apathy.
- May become argumentative and bad tempered, and challenge authority.
- May be physically attracted to others (male or female).
- Begin to want more independence from parents.

Puberty and young people with learning disabilities – sensory issues

- Management of periods – pain, blood, mood swings
 - Growth of pubic / underarm hair
 - Voice changes
 - Body changes – aches and pains
 - Sexual feelings – boys and girls
 - Changes in feelings towards others, sometimes staff members
 - Erections
 - Masturbation – from sensory to sexual?
- 

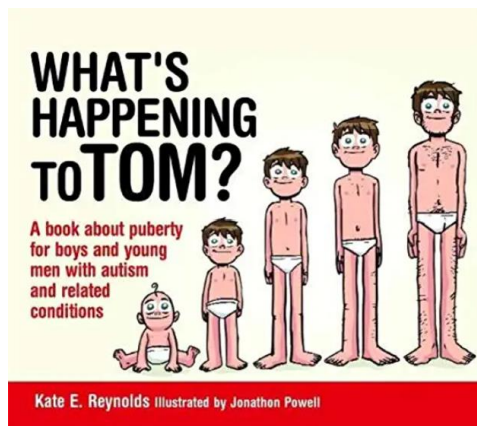
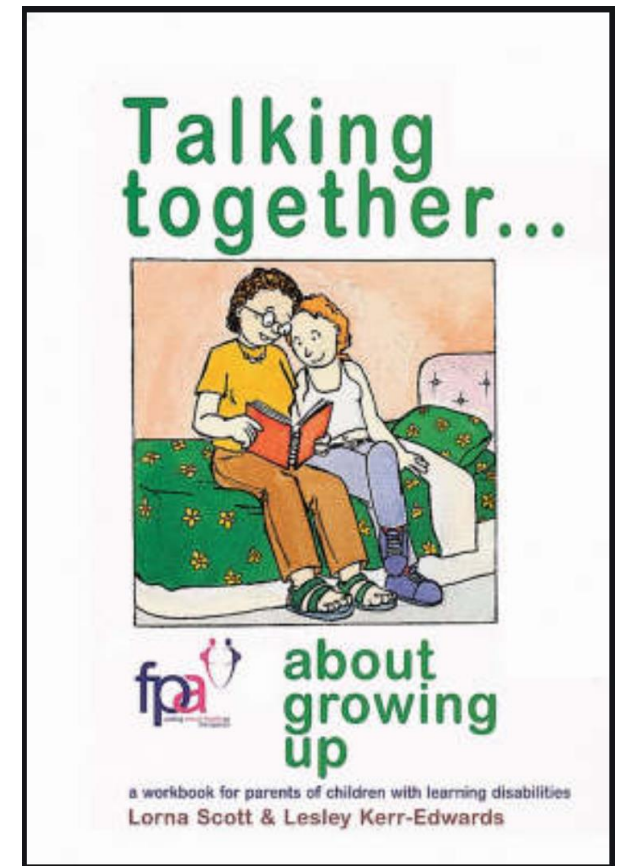
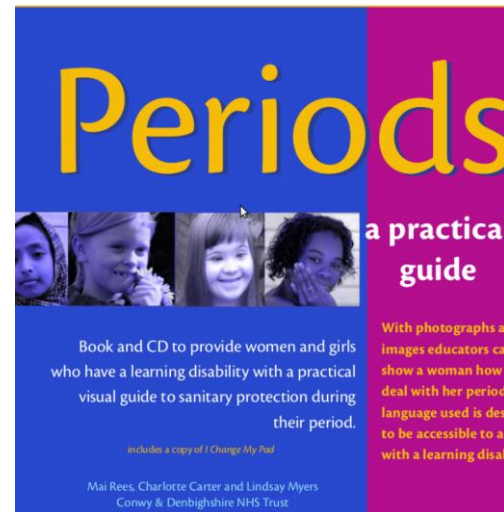
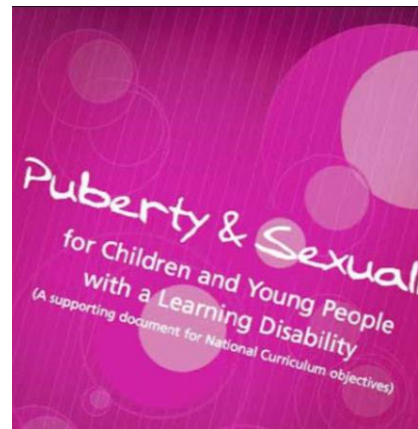
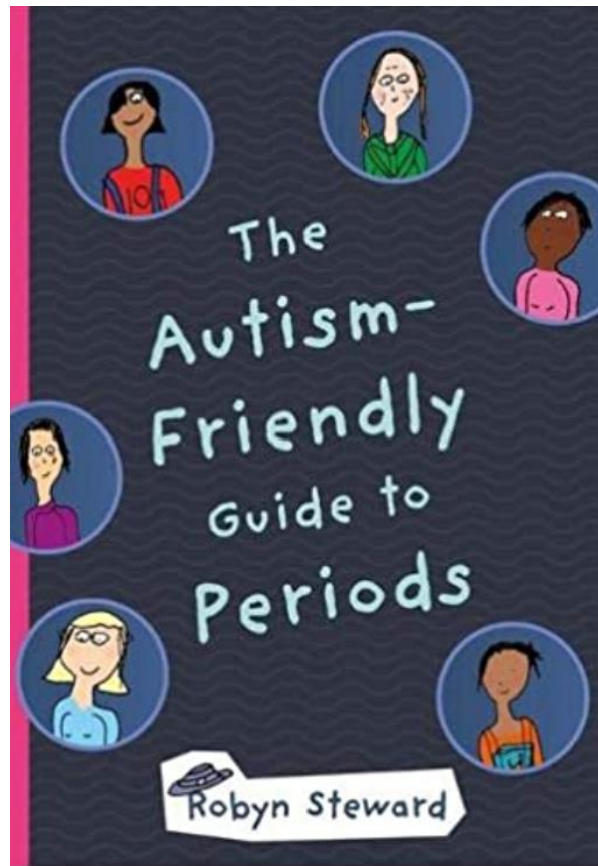
Puberty box





Period management





Periods and Puberty

What is masturbation?

- Masturbation is the sexual stimulation of one's own genitals for sexual arousal or other sexual pleasure, usually to the point of orgasm
- Wikipedia
- Stimulation of the genitals with the hand for sexual pleasure.
- Oxford dictionary
- When a person touches themselves on their fun parts to create an amazing sensation similar to sex.
- Urban Dictionary

Benefits of masturbation

- Learn about own body
- Take ownership of own sexual experience
- Gives pleasure
- It is a sensory experience
- Reduces sexual frustration
- Can decrease period cramping pain
- Helps sleep
- Relieves stress
- Knowing own body can mean that illness, e.g. testicular lump, can get noticed and reported early
- It is safe sex
- Can help maintain a healthy sex drive
- Helps you concentrate afterwards
- Can reduce risk of prostate cancer

Harms of masturbation

- If you masturbate in public places you are at risk of prosecution
- You may upset or offend someone if they see you
- Can cause trauma and/or infection to genitals or to other body parts
- It can be unhygienic if basic hygiene routines are not followed
- It can interrupt daily life
- It can flag you up as a vulnerable person with poor understanding of social norms and therefore make you at increased risk of abuse

Masturbation – working together with school

- Provide a photo of your child's bedroom
- Ensure they have private time available to them when at home
- If they share a room ensure they have some time without sibling in room
- Talk to them about private places



Talking about public / private



What are private parts?

ink saving Eco

What are Private Parts? Social Situation

This worksheet is divided into several sections. The top section is titled "What are private parts?" and includes illustrations of children and adults in various social contexts. Below this, there are two columns of text with small illustrations. The bottom section features a large illustration of a boy and a girl holding hands, with a "NO" sign and a green arrow pointing to a "YES" sign. The text at the bottom reads "What are Private Parts? Social Situation".

Downs Syndrome Association

Downs Syndrome Association

Can you circle the body parts which are private?

Privacy and Boundaries – Behaviour

Privacy and Boundaries Workbook

Private Places Activity

Let's Talk About Relationships and Sex – Teenage Resources

This block contains several educational resources from the Downs Syndrome Association. It includes a worksheet titled "Can you circle the body parts which are private?" with a human figure illustration. Another worksheet is titled "Privacy and Boundaries – Behaviour" and includes three scenarios: "High five?", "Talking about private body parts?", and "Shaking hands?". There is also a "Privacy and Boundaries Workbook" and a "Private Places Activity" worksheet. The resources are presented in a grid-like layout with the organization's logo at the top.

Learn and Thrive



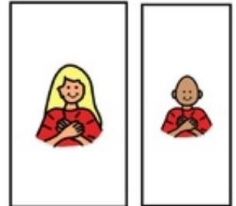
I Have My Period



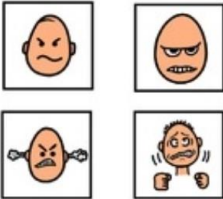
I Can Keep My Hands To Myself



I CAN KEEP MY BODY CALM!



I FEEL FRUSTRATED!



Personal Space Is Good



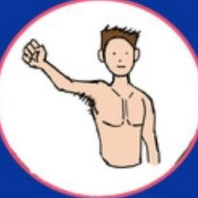
When Can I Touch Myself?



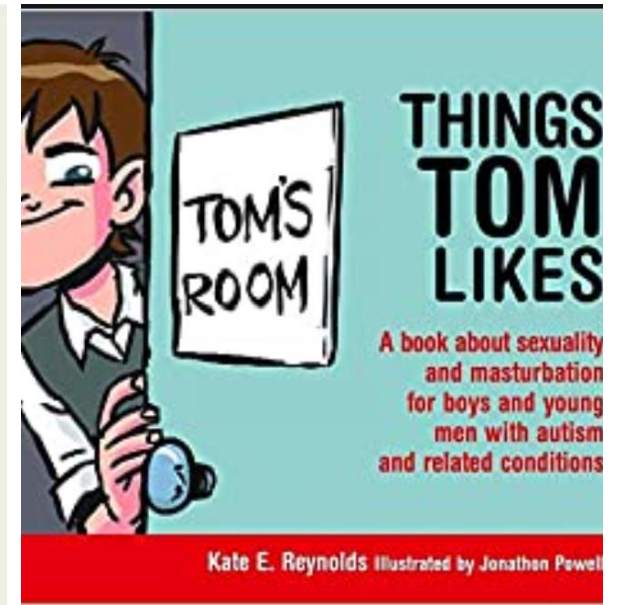
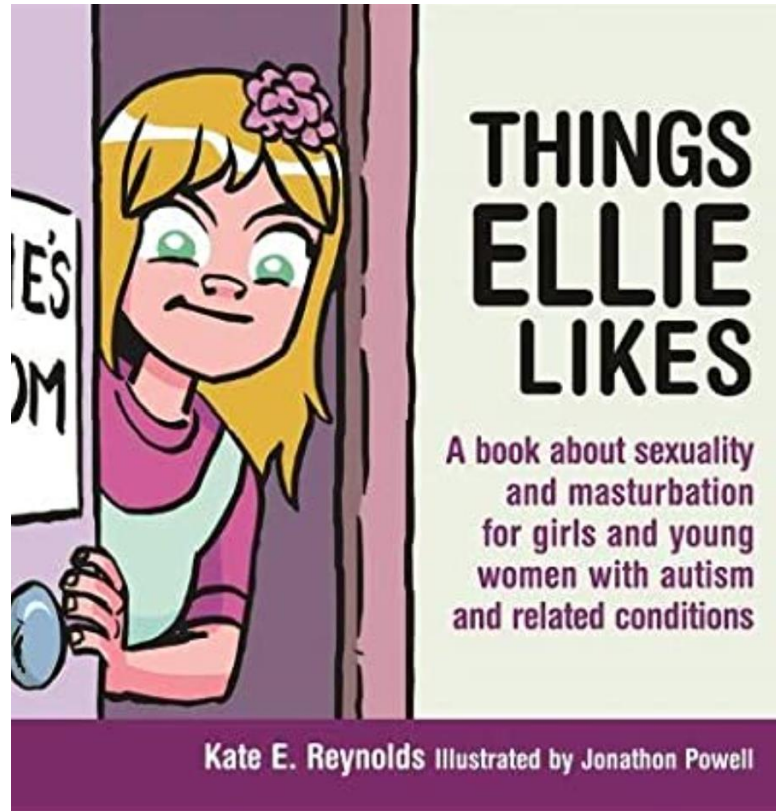
When Can I Masturbate?



What Is Puberty?



Resources - masturbation



Jason's Private World

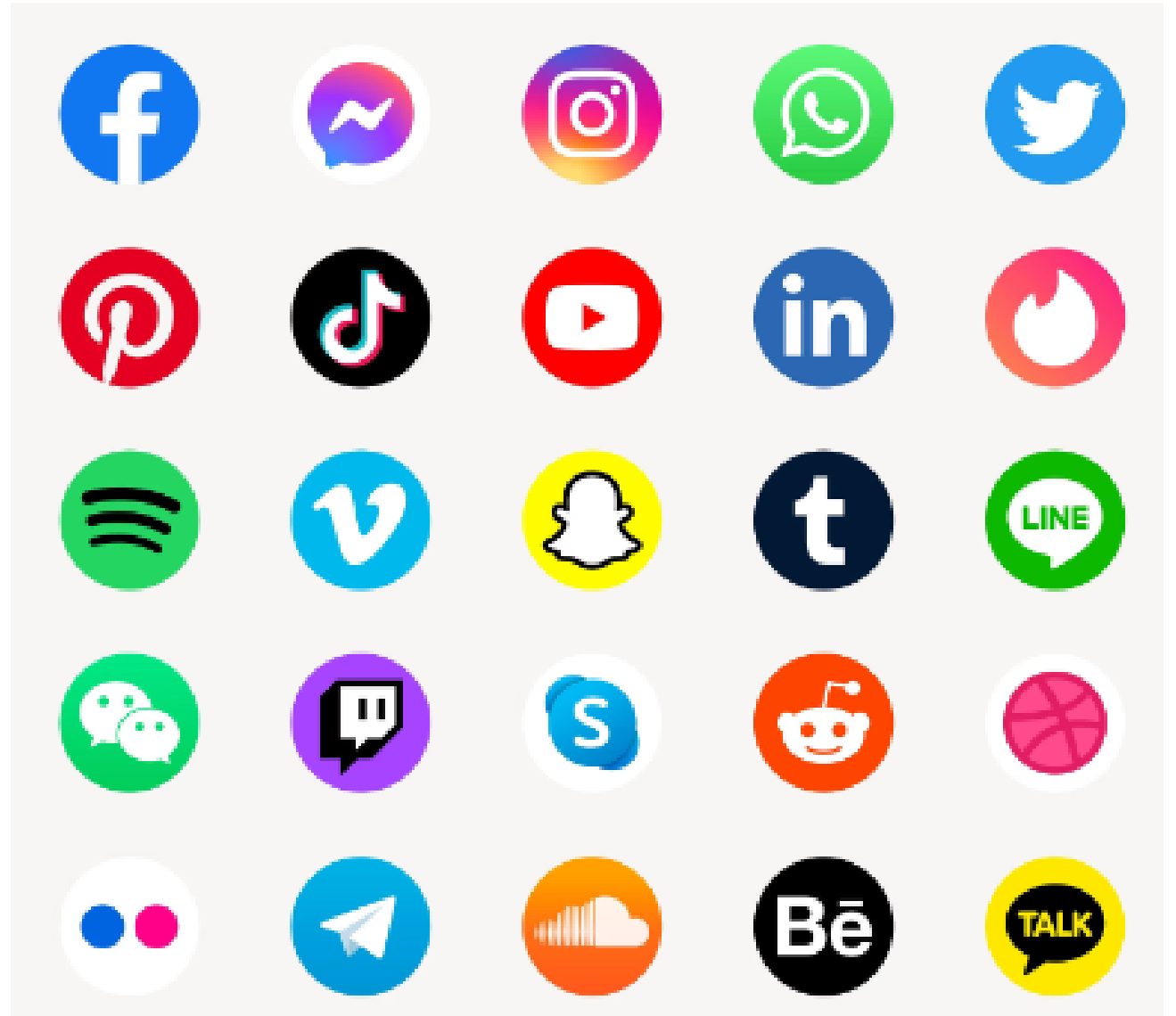


a sex education DVD

Life Support
productions

Social Media

- Age limits on apps
- With many apps there are private messaging areas
- Online bullying is a huge issue on social media
- Some genuine friendships can be made online



Gaming

- Some 18 games are very sexualised – you can have simulated sex with characters in them – they are 18 for a reason
- In most games there are public chat areas and private chat areas where explicit materials can be shared
- Sextortion is where others (usually adults) ask for sexual images of children and if they share, they use these images to blackmail them
- On most games you can select filters, turn off private chat areas, restrict certain aspects of games – look up the specifics for each game
- Common Sense Media is really useful

Sending explicit images

An explicit image is a photograph of a private body part – breasts, vulva, penis or anus

It is illegal to send anyone under 18 these images whatever age you are

It is illegal to take these images to send of your own body parts if you are under 18

It is illegal to coerce a child (under 18) to send these images

Childline has ways of removing explicit images from the internet

Pornography

It is illegal for anyone under 18 to view pornography - this is very difficult to police

Pornography is legal as long as there are no children, animals, extreme violence or dead people involved

There are no relationships portrayed in porn

Acted Sex / no safer sex

Porn says women are always up for sex

Women are not treated well in porn – language

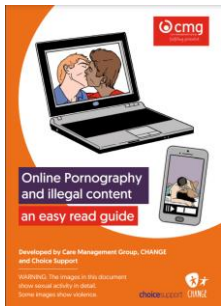
Body image



amaze

MORE INFO. LESS WEIRD.

Resources



 common sense media®



Any
questions?



LIGHTLEY CONSULTING
SEX, RELATIONSHIPS AND DISABILITY TRAINING

