

People 1st Programme have developed modules that may be used as education tools to assist in providing sexuality education programmes to people with an intellectual disability.

**Below is a list and a brief explanation of the modules. For a more detailed description please contact PIP.**

<b>* Assertive Communication</b>	<b>Building Resilience</b>	<b>Choices and Consequences</b>
Developing skills in assertive communication that involve expressing feelings and rights in a direct, respectful way.	Exploring the components needed to build resilience and aims to promote self confidence and positive self esteem.	Exploring choices and consequences and developing decision making skills.
<b>Cyber Safety</b>	<b>Feelings</b>	<b>Healthy Relationships</b>
Exploring risks and developing skills to increase safety when using social media and the impact of unsafe use.	Developing and recognising ones own feelings and the feelings of others.	Developing skills to create and maintain healthy, respectful relationships and recognising signs of an unhealthy relationship.
<b>Hygiene</b>	<b>Masturbation</b>	<b>Menstruation</b>
Developing skills to maintain good personal hygiene and exploring why its essential.	Providing appropriate information about masturbation.	Developing skills for managing menstruation.
<b>* Protective Education</b>	<b>Puberty and Hygiene</b>	<b>* Public and Private</b>
Exploring appropriate relationship boundaries and developing strategies for personal safety.	Exploring the physical and emotional changes that occur during puberty for males and females.	Exploring public and private concepts and identifying appropriate and inappropriate public and private behaviour and activities.
<b>Self Esteem</b>	<b>Sex and Sexuality</b>	<b>Women and Men's Health</b>
Building confidence and strategies to maintain high self esteem.	Developing an understanding of sex, sex and the law, consent, contraception and safer sex practices <b>including HIV/BBV/STIs</b> and other infections.	Exploring common sexual health issues for men and women. Gaining knowledge of screening, testing and self-examinations.
<b>Working with People with Autism: Puberty and Hygiene</b>	<b>Working with People with Autism: Menstruation</b>	<b>Cost: \$71.50 each Includes GST</b>
Exploring social stories and resources that teach puberty and develop good hygiene practices.	Exploring social stories and resources to develop skills to manage menstruation.	

**Modules marked with \* are core topics.**

**We recommend they be purchased together to ensure a comprehensive programme is provided.**

**To purchase please contact PIP: [info@pip.org.au](mailto:info@pip.org.au) or (08) 9227 6414**

**[www.people1stprogramme.com.au](http://www.people1stprogramme.com.au)**