

Sexual Education for Adults with Disabilities



Tool 2

Bosch Photo Folder





“From Head till toe”: folder of 96 pictures for sexual education

Purpose of the pictures is, to give staff, parents, teachers and special educators of people with learning disabilities very concrete and direct material in hand which enables to give good sexual education.

The pictures are made according to scientific standards and are tested in several designs before being finalised in the actual form. Ellen Suykerbuyk and Erik Bosch from the Netherlands are sexual educators since more than 25 years and developed this folder as a result of their experience. They also wrote many books about their work which are translated also in German.

At first sight, the dark background and the mixture of real photos embedded in computer animated pictures may appear a bit strange. But the result in the practical context of sexual education with clients with learning disabilities is that the pictures are well understood and show exactly what it should: themes are direct and without abstractions.

This material is a good basis to explain sexuality, often together with other educational materials as body- models (as the PAOMI- genital models included in “The Box”), easy-to-read booklets and other educational material. Most sexual educators have a pool of materials where one can choose out of, fitting to the actual theme of education and the applicable target group.

Having good material is one side of good education, the professional education of the person who educates is the other side. It is important that a person who does sexual education is especially skilled for it, and the knowledge about sexual themes have to be both correct and up to date! Please reflect your skills and get yourself actual training if you want to do a good job!

Next to professional knowledge and Materials it is important to have a pool of learning methods. Having a variety of methods means the education will always stay interesting for clients (and yourself) no matter if you do 2 or 20 units. In “The Box” you will find a variety of methods.

Last but not least a professional attitude means to hold back with your own standards and values and see which attitude the client brings. An exception is of course when someone’s attitude is harmful to him/herself or others.



Topics in the map.

- Development of man and women from Baby till adults
- Having sex with yourself
- Having sex, making love
- Homosexuality
- Using a condom and other contraceptive methods
- Hygiene
- Intimacy
- Private atmosphere
- Social behavior with each other
- Pornography
- Having a baby/ wishing a baby
- Sexual abuse
- Technique and emotions

And all these different topics come back to four main topics in sexual education work:

- View on male and female body – who are you? Do you know differences of female and male body?
- Standards and values in society – what is okay, what is not - how to behave and to speak on an appropriate way in our society.
- Having relationship – what does it mean to have a relationship? How can you take care of each other, are you sensible for the wishes and limitations of each other? How to speak with each other?
- Self-awareness and self-confidence – am I able to protect myself against sexual abuse, and am I able to get myself support when it has happened? Sexual education is extremely important as prevention of sexual abuse!

Ideal frame of sexual education

- A room which is big enough with a nice ambiance and windows where nobody can look inside.
- Be sensible if other staff, parents or teachers wants to take part of a sex education setting; the clients and you decide if that is OK!
- Make clear that the persons who stay outside the session can only be informed on the topics, not about private questions or statements!
- A clear definition of what time the education starts and ends.
- Private atmosphere: everything which we talk about stays between us, no matter if we are in a group setting or in a personal counseling setting. We respect and take each other serious!
- Clearing group and behavior rules. We decide about them together!
- Respect your own limits and those of other persons. Tell others if you don't want to speak about something. Never force someone to say things the person does not want to!
- Respect other opinions, everybody can tell his own opinion.
- We laugh with each other, but not about someone else.
- Take care of an open, joyful atmosphere, with much laughter and happiness.



- A sex educator asks a lot of questions, and helps finding the right answers. Praise the clients for finding the answers a lot. This way they learn to be curious and to ask more questions.

- If clients have decided what the topics of interest are, the educator can prepare one of theses and select the fitting pictures out of the folder. Also one can select the methods and other/accompanying materials he or she wants to use. This way the educator is well prepared!

Topics/Issues of the pictures and numbers:

- 01-01 until 01-10: development from man and woman from baby to adulthood.

- 02-01 until 02-06: male erection in different situations

- 02-07 until 02-09: female change of body as child and young woman + the period

- 03-01 until 03-09: female body and masturbation

- 03-10 until 03-15: male body, masturbation, ejaculation

- 04-01 until 04-11: heterosexual sexuality and sexual intercourse and positions

- 05-01 until 05-06: lesbian couple and sexuality

- 05-07 until 05-12: homosexual couple and sexuality

- 06-01 until 06-03: use of condoms and other contraceptives

- 07-01 until 07-05: hygiene

- 08-01 until 08-05: spending time together – heterosexual couple

- 09-01 until 09-06: people touching on a nice way

- 09-07 until 09-15: sexual abuse, talking about it, emotions

- 10-01 until 10-04: pornography

- 11-01 until 11-07: having a baby

A sexual educator can mix the pictures from the different chapters!

Much pleasure using this map!

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