

Sexual Education for Adults with Disabilities



Tool 3

Thematic Card Game





Thematic Card Game

The Human Body

Question

Can you get pregnant if you are on your period and have sex without using a condom?

Question

Do you know the difference between a boy and a girl?

Envelopes

Puberty

Puberty is when the body physically changes from that of a child into an adult. The shape of the body changes, hair starts to grow where it didn't grow before, and girls start their periods.

These changes take place in all boys and girls but they will start at different times.

Vagina and clitoris

Vagina and clitoris are names of female sex organs.

Menstruation or period

A period is when blood leaves the womb through the vagina.

This happens once a month.

Penis and testicles

Penis and testicles are names of male sex organs. Penis and testicles come in all shapes and sizes.

Erection

An erection is when the penis becomes hard and erect

Friendships and Relationships

Question

Have you ever been in love?
How did that feel?

Did you know that...

Love is not the same thing as 'infatuation' or 'being in love'? A relationship starts with infatuation. When you're in love, you only see the good sides of a person. This changes after a while. Infatuation can turn into love. If you love someone, you want the best for them. That kind of love does not just go away. The feeling of 'being in love' may come back every now and again, but not as intensely as in the beginning.



Envelopes

Girlfriend or boyfriend (relationship)

A girlfriend or boyfriend is someone you like and who you enjoy being with. This person feels the same way about you.

Friend (relationship)

A friend is someone you enjoy spending time with.
Partner
A partner is another word for girlfriend or boyfriend.

Sexual Orientation

Question

Can homosexual couples have children?

Did you know that...

In the past, people used to think that homosexuality was a disease.

We know now that this is nonsense. However, there are people who still find gays and lesbians strange.

They even call them names.

What do you think about this?

Envelopes

Bisexual

A person who is attracted to both men and women is called bisexual.

Homosexual or lesbian

Homosexual is when you are attracted to a person of the same sex. Men are attracted to men; women are attracted to women.

Lesbian

A lesbian is a woman who is attracted to other women.

Heterosexual

Heterosexual is when you are attracted to the opposite sex. Men are attracted to women; women are attracted to men.

Transgender

A transgender is a person who cannot identify with the sex he or she was assigned to at birth. A man feels that he is a woman, and a woman feels that she is a man.

Transvestite

A transvestite is someone who dresses temporarily in clothes of the opposite sex or pretends to be someone of the other sex. In other words, a woman pretending to be a man, or a man pretending to be a woman.

Sexual Abuse

Did you know that...

Loverboys use girls to traffic drugs, take out money loans, transfer a car title to their name or commit crimes such as shoplifting?

Did you know that...

Victims of sexual abuse sometimes believe it is their fault? This is not the case! Nobody has the right to force another person to have sex. Not even if you are his girlfriend or if you said 'yes' the last time. Or if you were wearing a sexy dress or let him buy you a drink. Or if you are a guy and your friends say that you are a loser if you say 'no'.



Envelope

Consent

Consent is when you agree to something. It is important that both people agree to have sex. You don't have to agree to sex if you don't want to.

Discrimination or homophobia

Discrimination or homophobia is when someone is treated badly because of their sexual orientation. For example, when someone is picked on or hurt because he or she is gay.

Rape

Rape is when someone forces another person to have sex against their will and without their consent. Sexual abuse and rape are against the law.

Sexual abuse

Sexual abuse is when someone touches your body or private parts in a way that makes you feel uncomfortable.

When someone has you touch his or her body against your will, this is also called sexual abuse.

Loverboy or lovergrrl

A loverboy or lovergrrl is someone who seduces and then abuses you. First they treat you wonderfully and shower you with attention and beautiful or expensive gifts, such as a new mobile phone or scooter. You do fun things together (go to the movies or out to dinner). When you have been dating for a while, they force you to have sex with other people.

Some victims are forced to prostitute themselves: to have sex for money.

Sex and Masturbation

Question

What is an erection?

Question

What is an orgasm?

Envelope

Anal sex

Anal sex is when a man inserts his penis into his partner's anus. When you have anal sex, you should use a condom so that you don't get an infection or STD.

Masturbation

Masturbation is when people touch their own bodies for sexual pleasure. A man masturbates by touching his penis. As a result, his penis becomes hard. A woman masturbates by touching her breasts, vagina and clitoris. As a result, her vagina gets wet.

Oral sex

Oral sex is when you touch, lick or suck someone's penis or vagina with your mouth.

Orgasm

Orgasm is the name for the feeling of intense pleasure and excitement reached when you have sex with someone or masturbate.

It is a feeling that builds up and goes through your entire body. When a man has an orgasm, sperm comes out of his penis. Most women find they get wetter during an orgasm.

Sex

Sex is when people touch, cuddle, stroke and kiss each other's body.

A man puts his penis into the woman's vagina. This can cause a woman to get pregnant.

Talking About Feelings

Did you know that...

One out of six girls and one out of 25 boys are talked into or forced into having sex? This means many young people have had sex against their will at some point in their lives. Remember that it isn't your fault when someone crosses a boundary that you have set. Sometimes people don't listen to you at all and there is nothing you can do. But there are things you can do to reduce the chance of this happening. For example, by being very clear about what you do and don't want.

Question

Have you ever had an experience where someone crossed your boundaries?

Envelope

- *Enjoyment*
- *Regret/In love*
- *Pain*
- *Startled*
- *Angry*
- *Afraid*
- *Happy*
- *Crying*

The Internet

Did you know that...

Flirting and dating online can be fun and exciting? Although the Internet is great fun, it does have dangers. Adults can pretend to be your age and lure you into chatting with them.

Question

Have you ever chatted online?
How did you like that?

Envelope

Online dating

If you want to meet people, you can date via the Internet.
You can fall in love with someone and meet up.
Attention: always tell an adult that you are meeting someone. You can also bring someone along on your date.

Webcam sex

It is not only possible to see sex online, you can also have sex online. For example, by using a webcam or having erotic chatting sessions. Note: make sure you know who the other person is. Make clear agreements with each other.

Values and Beliefs

Question

Is it allowed to walk around naked everywhere?

Question

Everyone is entitled to their own opinion. Perhaps you think differently about certain matters than your classmates or parents. This can be difficult and confusing. What is the truth?

Tip: find out what feels right for you. Respect other people's views. Wouldn't you want to be treated in the same way?



Envelope

Giving and receiving compliments – Norms and Values

Norms and values tell us how we should and shouldn't behave. Some norms are laws, other norms are formed by the environment.

Values are what we consider to be 'right' and 'wrong'.

Values are wishes and considerations.

Values are usually determined by your environment.

What is 'right' and what is 'wrong'?

Norms and values are written down in laws, but can also be determined by your environment. Different religions have different values.

Every person has his or her own norms and values.

What behaviour is appropriate in public and what not?

There are norms and values about what is appropriate or not. For example, it is okay to eat in public but you should have sex in your room. You can make agreements about this with your care worker.

How should you treat other people?

There are also norms and values for interacting with others.

A norm is: it is not okay to make fun of people.

A value is: treat others respectfully and kindly.

Porn

Pictures or movies of naked people having sex is called porn. In a porn movie, it seems as if people feel like having sex all the time and everywhere.

They also immediately jump at the chance of having sex, in all kinds of positions.

Porn is all fantasy. And in a fantasy world anything can happen and anything goes.

This is very different from reality. In the real world, there are other norms and values.

Safe Sex

Question

Do you know how to use a condom?

Did you know that...

A penis or vagina can also get sick? This is called an STD.

Your penis or vagina can get a disease when you have unprotected sex (sex without using a condom) with someone who has an STD.

If you have an STD, you need to see a doctor.

Envelope

Condom

A condom is a rubber covering which a man wears on his penis during sexual intercourse as a contraceptive. If a condom is used properly, it protects against infections, STDs and pregnancy.



Birth control or contraception

Birth control, also known as contraception, are methods or devices used to prevent pregnancy when a man and woman have sex. There are various forms of contraception. Some contraceptives are available over the counter in shops, others require a prescription from a doctor.

Birth control pill

A birth control pill, also called 'the pill', is a medicine that a woman can take so that she doesn't get pregnant.

You have to go to the doctor to get birth control pills. And you must take them exactly as the doctor tells you.

Sexually Transmitted Diseases (STDs)

STDs are infections which are passed from one person to another through sex. If you have an infection, it may hurt when you go to the toilet. Or your vagina or penis may be sore or itchy.

Articulating Boundaries and Assertiveness

Question

Do you know how to say 'no'?

Question

How do you know when someone wants or doesn't want to do something?

Envelope

Suitable distance

If you stand too close to another person, he or she might feel uncomfortable. If you are uncomfortable yourself, you can show this by saying: 'Do you mind taking a step back?'

Assertiveness

Assertiveness is being able to stand up for yourself. When you are assertive, you know what you want and what you don't want.

Articulating boundaries

A boundary indicates what you don't want to happen or do.

Each person has his or her own boundaries. It is important that you learn how to articulate your boundaries.

Saying 'no'

It is important to say 'no' when you don't want something. This can be learned. It is also called 'articulating boundaries'.

Getting attention

There are several ways to get someone's attention. There are negative ways to get attention. For example, by hitting or yelling. You can also get attention in a positive way, for example, by tapping someone's arm or asking a question.

Sexuality and Intimacy

Question

Do you know what sex is?

Question

Do you know what 'sexy' is?
What do you find sexy?



Envelope

Sexuality

Sexuality has to do with your body and feelings. You can experience sexuality alone or with others.

Sexuality is about making love, touching and how you feel as a person.

Almost every human being has sexual feelings.

Sexuality encompasses many different aspects of our lives.

Intimacy

You can be intimate with another person. You can feel close to your parents or a good friend. Giving someone a cuddle or sharing secrets is a form of intimacy. Making love is also an intimate connection.

Reproduction

Question

Do you know how a woman gets pregnant?

Question

Do you know how long the baby grows in the mother's belly before it is born?

Envelope

Contractions/pregnancy

Contractions are cramps that start before the baby is born. Contractions are very painful, but they help push the baby out.

Childbirth

Childbirth is when a baby is born.

Baby food & bottle

Babies need to be fed frequently, both during the day and at night.

Baby

A baby fully depends on his or her parents or caregivers.

This costs a great deal of time and energy.

Pregnant

A woman can get pregnant. Being pregnant means there is a baby growing inside a woman's body.

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