

Sexual Education for Adults with Disabilities



Tool 5

Paomi Models





Operating instructions for PAOMI - Models of male and female genitals

The PAOMI Models of male and female genitals are made to help sexual body education easier and more in order to learn with all senses.

In “the Box” there is a very simple male Model with foreskin which does not have the inner sex-organs shown. These you can order separately at PAOMI. It is also possible to order circumcised penises and for the female Model there is also a bladder available.

The female Model in “The box” comes with a uterus and ovaries as well as 3 possible models of the hymen.

The Models enable to explain the parts and names of genitals

Man:

- Penis
- Glans
- Foreskin
- Shaft
- Urinary meatus
- Testicle
- Scrotum
- anus

Woman:

- Vagina
- Labia majora
- Labia minora
- Clitoris
- Clitoral hood
- Urinary meatus
- Vaginal Opening
- Vagina
- Uterus
- Mouth of the uterus
- Ovaries
- Fallopian Tube

It makes sense to work with more than only the Models. It is suggested to work with additional pictures and drawings.

Together with the BOSCH picture map and the small booklets from Change one has a good combination of materials.





Themes can be very different.

1) Language: explain the models, and ask the clients which common names they know.

- a. Write them all down; encourage them to name ALL they know, even the ones that are “not decent”.
- b. Then talk about the names you want to use together with the clients
- c. If they can, give them a picture on paper and let them write the names on it

2) Function: explain the functions, measures of the different parts.

3) Function of arousal on body parts: what changes when you have sexual feelings?

- a. Man: stimulation, erection of the penis, orgasm and ejaculation,
- b. Woman: stimulation of clitoris, vaginal lubrication and orgasm

4) Function: function of the menstrual cycle, menstruation and possibilities of menstrual products

5) Pregnancy and birth

6) Importance of Hygiene:

- a. Men: how and when one should wash his genitals. Especially under the foreskin of men hygiene is important.
- b. Circumcision of man and the reasons for and against it.
- c. Woman: For woman it is important to know that only water should be used between the Labia. Soap or other hygienically products may have negative consequences on the natural cleaning possibilities of the vulva.

7) Female genital mutilation

8) Possible diseases: it may be important to give information about prevention of cancer (Scrotum for men and uterus for woman).

9) Aids and other sexual transmitted diseases.

10) Information about contraceptive possibilities and sterilization

11) And many other themes

The PAOMI Models are very popular with the clients but they must be very taken care of; they can easily be ripped apart!

They are handmade and can be washed by hand! A good way of protection is a simple square Tupperware box.

The PAOMI- Models can be used in group- or in single counselling setting.

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