

Sexual Education for Adults with Disabilities



Tool 8

Competence Cards





Competence Profile

Project SEAD is an international project that focuses on the lack of knowledge in the field of sex education for people with intellectual disabilities. SEAD is an initiative of the European Union and is founded with a goal to draw attention about the importance of sex education.

The goal of Project SEAD is to improve sexual education for people. In addition, Project SEAD tries to increase the dissemination of knowledge within these European countries.

Project SEAD has done research and it has emerged that different kind of competences are needed for you as a professional to master in order to respond to sexual issues of people with intellectual disabilities, their parents, and their caregivers appropriately.

Through various studies SEAD has detected the needs of the clients, their parents and upcoming professionals in the field of sex education. In addition, the competences a professional should know how to answer sexual related questions have been looked at in the research as well.

In order to respond to sexual issues of people with intellectual disabilities, their parents and their caregivers, it is important that you as professionals have mastered different competencies.

In the competence profile, these different competencies are described. These competencies are linked to four focus areas. These four focus areas emerged out of research of Project SEAD and describes the requirements sexual education has to meet.

Focus area 1

Knowledge about the sexual development of people with intellectual disabilities.

Focus area 2

Knowledge of suitable materials that can be used to answer sexual questions from people with intellectual disabilities.

Focus area 3

Skills to identify sexual issues of people intellectual disabilities and respond to them.

Focus area 4

Awareness of your own values towards sexuality and sexuality of people with intellectual disabilities.



How can the competence profile be applied?

As a professional you can see which competence you have already mastered by looking at what is described in the competence profile. There will be a visualisation of the competences you have and can develop. This gives a nice and clear picture of a 'professional' status.

To develop these lacking competences you can use the toolkit developed within Project SEAD. This toolkit is set up as a website.

On the website, each focus area is displayed and presents how a professional can find information to increase their knowledge in all competences, in order to respond to sexual issues of people with intellectual disabilities, their parents and caregivers in an adequate way.

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