

# Sexual Education for Adults with Disabilities



Tool 9

## Handbooks

### Instructional Guide – The Box



# Instructional Guide – The Box

## Introduction

You are holding the instructional guide for the tool kit that has been developed on behalf of project SEAD. The tool kit contains various resources and tools to support and prepare for teaching sexual education to people with light intellectual disabilities.

This document serves as a guide for health professionals, parents and clients as to where information and resources can be found and how they can be used. The corresponding instructions provide pointers on how to address sexuality and intimacy.

Chapter 1 contains instructions on the use of theme cards when providing sexual education to individuals with light intellectual disabilities.

In chapter 2, the available resources are described per theme. These resources include books, websites as well as visual and tangible tools.

Various questions and ‘did you know’s’ are listed on the back of the theme cards. The answers to these questions and explanations can be found in appendix 1.

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## Instructions

### **Content of The Box**

– Dice with 12 detachable theme colours and two question marks.

– 12 theme cards:

**Yellow:** Sexuality and Intimacy

**Gold:** The Human Body

**Light green:** Articulating Boundaries & Assertiveness

**Green:** Friendships and Relationships

**Turquoise:** The Internet

**Light blue:** Reproduction

**Dark blue:** Sexual Abuse

**Light pink:** Norms and Values

**Dark pink:** Talking about Feelings

**Red:** Sexual Orientation

**Purple:** Safe Sex

**Brown:** Sex and Masturbation

– Red smiley

– Green smiley

### **Instructions**

The theme cards can be used as a tool for teaching sexual education. We recommend that you read up on the themes and your client before you start giving sex education, so that you can tailor the information provided to the level of the individual. Please complete the questionnaire or hermeneutic circle to determine his or her level and situation in order to use the themes most effectively. The questionnaire and explanation of the hermeneutic circle can be found in the instructional guide. Chapter 2 (Resources) contains information on the themes and provides a list of tools and references to sources that can be consulted for more information.

The instructional guide ‘Talking about Sexuality and Intimacy with Clients’ provides advice on how to teach sexual education and address the relevant themes. More information concerning sex education and how to approach this topic can be found in the other guides.

### *How to use the dice*

The dice can be used as a support in teaching sexual education. The first five minutes of talking about sex can be awkward. The dice can make it easier to choose a topic.

This is how it works. Select a number of themes in advance that you would like to address and attach the matching colours to the dice. The dice is then thrown together with the individual. The colour that appears on top is the theme you will discuss. When you have finished talking about this theme, you can proceed to another theme or the question mark. The question mark gives the individual the opportunity to ask questions. Or you can throw again or pick another theme. This is up to you and the client.

### *Use of dice is optional*

You don’t have to use the dice. You can, of course, also determine which themes to discuss yourself or let the client choose.

### *Theme cards*

Each theme has its own colour. The front of the card has a graphic that relates to the theme. When you turn over the card, you will see:



– A list of various tools that you can use to discuss the theme.

– Questions and ‘did you know’s’ about the theme which can be useful to get the conversation started. The answers to the questions and explanations can be found in the appendix to this guide (see ‘Answers to Questions’).

– An envelope containing various theme-related topics with a brief explanation. For a more detailed explanation, please refer to the resources listed at the top of the card. See also the chapter on Resources.

### Resources

The resources and educational tools listed below can be used by educators when providing sexual education to people with intellectual disabilities. For your convenience, the resources have been listed per theme. At the end of this chapter are some links to general information that may be of use to clients who want to learn more about a certain subject. The information, resources and tools provided can, of course, also be used for discussing the themes.

#### **The Human Body**

• ‘Wat is seks?’ (What is sex?) by C. Zwiep  
In this book, sexual topics are addressed in a clear and plain way.

- Artificial penis
- Artificial vagina
- Doll

Learning to name parts of the body by matching the word with the correct picture.

• <http://www.sense.info/ontdek-je-lichaam/>  
Interactive game called ‘Ontdek je lichaam’ (Discover your body). Undress the man or women and discover parts of the body and what they do (includes a very clear explanation).

• <http://www.sense.info/meisieslichaam/>  
Information about the female body. With a quiz at the bottom of the page.

• <http://www.sense.info/jongenslichaam/>  
Information about the male body. With a quiz at the bottom of the page.

• <http://www.meerdanliefde.nl/themas/Lichaam/>  
Information about the female and male body, getting your period, tampons and sanitary napkins.

• Project SEAD has designed an app that can be downloaded to any smartphone. The app, which can be found in the Play Store under the name Project SEAD, focuses on various themes, including the theme ‘The Human Body’. It also contains a quiz to test your knowledge about the topic.

#### **Sexuality and Intimacy**

• ‘Wat is seks?’ (What is sex?) by C. Zwiep  
In this book, sexual topics are addressed in a clear and plain way.

• <http://www.meerdanliefde.nl/themas/Seksualiteit/>  
Information about many sex-related themes.

• <http://www.meerdanliefde.nl/Quiz/>  
Information about many sex-related themes.



• Project SEAD has designed an app that can be downloaded to any smartphone. The app, which can be found in the Play Store under the name Project SEAD, focuses on various themes, including the theme 'Sexuality'. It also contains a quiz to test your knowledge about the topic.

### **Friendships and Relationships**

• 'Wat is seks?' (What is sex?) by C. Zwiép  
In this book, sexual topics are addressed in a clear and plain way.

• <http://canyoufixit.sense.info/>  
Interactive videos that allow you to guide the conversation. The video 'Grappig?!' (Funny?!) deals with respecting the other.

• <http://www.sense.info/liefde-en-relatiess/>  
Information about love and relationships.

• <http://www.meerdanliefde.nl/themas/Vriendschap/>  
Information about friends and friendship.

• <http://www.meerdanliefde.nl/themas/Partner/>  
Information about partners.  
These two websites can be used to explain the difference between friendships and relationships.

• Project SEAD has designed an app that can be downloaded to any smartphone. The app, which can be found in the Play Store under the name Project SEAD, focuses on various themes, including the theme 'Relationships'. It also contains a quiz to test your knowledge about the topic.

### **Norms and Values**

• 'Wat is seks?' (What is sex?) by C. Zwiép  
In this book, sexual topics are addressed in a clear and plain way.

– <http://www.sense.info/cultuur-en-geloof/>  
Information about norms and values, culture and religious beliefs.

• <http://canyoufixit.sense.info/>  
Interactive videos that allow you to guide the conversation. The video 'Opgesloten' (Locked up) is about setting boundaries and treating each other with respect. The video 'Slaande ruzie' (Blazing row) is about respecting each other's norms and values.

### **Talking about Feelings**

• 'Wat is seks?' (What is sex?) by C. Zwiép  
In this book, sexual topics are addressed in a clear and plain way.

• <http://canyoufixit.sense.info/>  
Interactive videos that allow you to guide the conversation. The video 'Grappig?!' (Funny?) deals with respecting others.

### **Articulating Boundaries & Hardiness**

• 'Wat is seks?' (What is sex?) by C. Zwiép  
In this book, sexual topics are addressed in a clear and plain way.

• <http://canyoufixit.sense.info/>  
Interactive videos that allow you to guide the conversation.  
The video 'Dirty dancing' deals with articulating and crossing boundaries.  
The video 'Opgesloten' (Locked up) is about setting boundaries and treating each other with respect.  
The video 'Coming out' talks about social media and the risks of chatting online with someone you don't know.



- <http://weetal.nl/weetal/index.php/startpagina/weetal>  
Interactive comic strips that allow you to guide the conversation. See the impact of your behaviour on the other person.

- <http://www.sense.info/over-je-grens/>  
Information about articulating boundaries and sexual abuse.

- Project SEAD has designed an app that can be downloaded to any smartphone. The app, which can be found in the Play Store under the name Project SEAD, focuses on various themes, including the theme 'Hardiness'. It also contains a quiz to test your knowledge about the topic.

### **Sex and Masturbation**

- 'Wat is seks?' (What is sex?) by C. Zwiep  
In this book, sexual topics are addressed in a clear and plain way.
  - <http://sekswoordenboek.eu/wp-content/games/oip/>  
The game 'Ontdek gevoelige plekje's op je lichaam' (Discover your body's sensitive areas)
  - <http://www.sense.info/ontdek-iezelf/>  
Information about body awareness.
  - <http://www.sense.info/vriien/>  
Information about having sex.

### **Safe Sex**

- 'Wat is seks?' (What is sex?) by C. Zwiep  
In this book, sexual topics are addressed in a clear and plain way.
  - Artificial penis  
This model can be used to demonstrate the proper use of condoms, among other things.
  - Artificial vagina
  - Contraceptives (condom, pill, contraceptive injection)

The video 'Te laat' (Too late) talks about contraception.

- <http://canyoufixit.sense.info/>  
Interactive videos that allow you to guide the conversation. The video 'Te laat' (Too late) talks about contraception.

- <http://www.sense.info/vriien/veilig-vriien/>  
Information about safe sex.

- <http://www.sense.info/voorbehoedmiddelen/>  
Information about various contraceptives.

- <http://www.sense.info/soas/>  
Information about Sexually Transmitted Diseases (STDs).

### **Sexual Orientation**

- 'Wat is seks?' (What is sex?) by C. Zwiep  
In this book, sexual topics are addressed in a clear and plain way.
  - <http://www.sense.info/ontdek-iezelf/homo-lesbisch-bi-hetero/>  
Information about sexual orientation and coming out.
  - <http://www.sense.info/ontdek-iezelf/transgender/>  
Information about transgender issues.

### **Reproduction**

- 'Wat is seks?' (What is sex?) by C. Zwiep  
In this book, sexual topics are addressed in a clear and plain way.
  - <http://www.sense.info/zwanger/>  
Information about pregnancy.
  - <http://www.youtube.com/watch?v=GNp6ovSz6V4>  
Video about pregnancy and childbirth.

## The Internet

• The book: 'Wat is seks?' (What is sex?) by C. Zwiép  
In this book, sexual topics are addressed in a clear and plain way.

• <http://canvoufixit.sense.info/>

Interactive videos that allow you to guide the conversation.

The video 'Ik haat je' (I hate you) talks about social media and the risks of chatting online with someone you don't know.

The video 'Coming out' is also about social media and the risks of chatting online with strangers.

## Sexual Abuse

• 'Wat is seks?' (What is sex?) by C. Zwiép

In this book, sexual topics are addressed in a clear and plain way.

• <http://canyoufixit.sense.info/>

Interactive videos that allow you to guide the conversation.

The video 'Coming out' is about social media and the risks of chatting online with someone you don't know.

• <http://www.sense.info/over-je-grens/>

Information about sexual abuse and articulating boundaries.

## Books

Zwiép. *Wat is seks?: Vragen van jonge kinderen over lichamelijkeheid en seksualiteit (What is sex? Answering young children's questions about sexuality and the body)*

Harris & Emberly. *Seks enzo (Sex Etcetera)*

Muller. *Oh zit dat zo! Over liefde, seks, voorbehoedmiddelen en andere belangrijke dingen (Is that how it works? About love, sex, contraceptives and other important things)*

Piquermal and Witek. *Seks, hoe zit dat? De complete gids van A tot Z, open, eerlijk en zonder taboes! (Sex, how does it work? The complete guide from A to Z. Open, honest and without taboos!)*

## The Internet

• [www.sense.info](http://www.sense.info)

• [www.sekswoordenboek.eu](http://www.sekswoordenboek.eu)

• [www.seksweetjes.nl](http://www.seksweetjes.nl)

• <http://weetal.nl/weetal/index.php/startpagina/weetal>  
Make a comic strip yourself. Terms with explanations and gestures.

• <http://www.rutgerswfp.nl/>

Website of Rutgers WPF, the Dutch centre of expertise on sexual and reproductive health and rights. The centre's mission, vision and other relevant information can be found under the heading 'About Rutgers WPF'.

The website offers information on current sex-related topics that have featured in the media, tips on how to deal with sexuality, and a calendar of upcoming symposiums, conferences and congresses.

Under 'Research' you can read about what type of research has been done on sexuality and intimacy.

The website also features a web shop where you can buy books and teaching material designed to be used as a support for educators of sexual health.

• <http://www.seksuelelevorming.be/>

Flemish website for sex education in the broadest sense of the word, offering a wide range of training material for teachers and health professionals. This website provides a great source of information and practical tools for sex education classes or sessions.

- [www.bloembij.nl](http://www.bloembij.nl)

The BloemBij website addresses sexual education in a modern format. BloemBij is led by a health-science researcher specialised in sexual health promotion. BloemBij is hired on a regular basis to provide information and education in various settings. Other BloemBij initiatives include:

- [www.zoenenenzo.nl](http://www.zoenenenzo.nl)

Website for young people and adults with disabilities. Its sister website, [www.zoenenenzovoort.nl](http://www.zoenenenzovoort.nl), is specifically aimed at parents of and health professionals working with this group. Both websites have been initiated by Rutgers WPF.

- [www.seksualiteit.nl](http://www.seksualiteit.nl)

Website that deals with sexuality issues from every perspective, both positive and negative. It also features activities related to sexual health and intimacy.

### Appendix: Answers to Questions

*The back of the theme cards features questions and 'did you know's'. This appendix contains the answers to these questions and facts.*

## The Human Body

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

**Answer:** Yes.

**Question:** Do you know the difference between a boy and a girl?

**Answer:** A girl's body is different from a boy's body. Girls have a vagina, boys have a penis.

## Sexuality and Intimacy

**Question:** Do you know what 'having sex' is?

**Answer:** Having sex is when a man puts his penis inside a woman's vagina. Sex involves body contact, being naked and kissing and cuddling. But you can also think about sex. Everyone has sex in their own way.

**Question:** Do you know what 'sexy' is? What do you find sexy?

**Answer:** Sexy means different things to different people. Sexy is what you find beautiful and attractive in another person. Round buttocks in tight pants. Or a see-through blouse.

## Friendships and Relationships

**Question:** Have you ever been in love? How did that feel?

**Answer:** Yes or no. Examples of feelings: butterflies in your stomach, wanting to be near someone, giving kisses, thinking about that person constantly.

## Norms and Values

**Question:** Is it allowed to walk around naked everywhere?

**Answer:** No. Sometimes it is okay to take your clothes off. For example, if you want to take a bath. You can make agreements about when it is appropriate to be naked. For example, in your own room.

## Articulating Boundaries & Assertiveness

**Question:** Do you know how to say 'no'?

**Answer:** This is how you say 'no!' It starts with a feeling. Your body doesn't lie. It tells you what feels right for you and what doesn't.

You should first think about whether you want something or not. When in doubt, just say that you need time to think.

If you don't want to do something, say 'no' right from the start. Then explain why. This is how you make it absolutely clear that you don't want something to happen.

Don't forget to explain your reasons why. But remember, you don't have to apologise for not wanting to do something.

You can also say what you do want. For example, intercourse no, but fingering is okay.

Are you afraid of disappointing the other person or hurting his or her feelings? Don't be. What is hurtful is when you say 'yes' when you actually mean 'no'.

Have you said 'yes' too soon? Don't worry, you can always change your mind.

**Question:** How do you know when someone wants or does not want something?

**Answer:** You can probably tell if someone feels or doesn't feel like doing something. Just pay attention to the signs.

*'Yes' signs:*

- The other person is making eye contact and flirting with you.
- The other person enjoys touching you.
- The other person is taking the initiative to have sex with you, is trying to seduce you.
- The other person is clearly enjoying having sex (is moaning, starts breathing more heavily, gets aroused: girls get wet, boys get an erection).

*'No' signs:*

- The other person does not kiss you back.
- The other person turns away, avoids contact.
- The other person comes up with different excuses for not having sex with you.
- You always take the initiative, the other person hardly ever or never.
- When you have sex, the other person does not seem to enjoy him or herself (is very quiet, no heavy breathing, she doesn't get wet or he doesn't get an erection).

## Sex and Masturbation

**Question:** What is an erection?

**Answer:** Penises come in all shapes and sizes. Sometimes a penis will stop being floppy and dangly and will instead get stiff and stand up. This is called an erection or hard-on. It is easier to have intercourse with an erection.

**Question:** What is an orgasm?

**Answer:** An orgasm happens when you reach the peak of sexual arousal. An orgasm is also called a climax. When a man has an orgasm, fluid comes out of his penis. This fluid is called semen and contains sperm cells. When a woman has an orgasm, her vagina often becomes very wet. For many people, having an orgasm is the final stage of the sexual act.

## Safe Sex

**Question:** Do you know how to use a condom?

**Answer:** This is where the penis model comes in. Take the model and a condom. Let the individual practise with the condom. If he or she cannot get the condom on the model, try doing it together.

## Sexual Orientation

**Question:** Can a gay or lesbian couple have children?

**Answer:** You need male sperm cells and female egg cells to make a baby. Two men only have sperm cells. And two women only have egg cells. So gay and lesbian people cannot have children with their partner. Some couples, however, do have children. They can adopt a child. Adoption means that you become the parent of someone else's child. Women can also go to a hospital and get sperm cells. The doctor injects these sperm cells into the vagina. This is how the woman gets pregnant.

## Reproduction

**Question:** Do you know how a woman gets pregnant?

**Answer:** To make a baby, a sperm cell and an egg cell join together. When a couple wants to have a baby they cuddle very close. So close that the man's penis goes into the woman's vagina. This is called sexual intercourse. The sperm cells leave the penis and go to the woman's egg in her belly. Not everyone gets pregnant right away. Sometimes, men and women have sex several times before the woman becomes pregnant.

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

**Answer:** Nine months.

## The Internet

**Question:** Have you ever chatted online?

**Answer:** This answer may vary per individual. Below are some tips that may be useful. You can also use the resources listed in chapter 2 (see section 'The Internet').

### *Tips*

- Do not accept 'friend requests' from strangers on Facebook.
- Make sure your profile information is completely hidden from strangers. Go to your privacy settings to do so.
- Never give your address or phone number to strangers.
- If you think someone is acting suspiciously online and suspect this person is not who they say they are, remove this person from your contact list and talk about it with someone you trust.

## Sexual Abuse

*For more information on how to address sexual abuse, please refer to the guide for health professionals and parents.*

Did you know that: A loverboy is a boy who wants to be a girl's boyfriend because he wants her to earn money by prostituting herself. That is why loverboys are also called 'pimps'. A loverboy pretends to be in love with a girl and seduces her. Meanwhile, he is thinking up a plan to take advantage of her. Actually, the term 'lover boy' is a misnomer. Being a loverboy has nothing to do with love.

## Disclaimer

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