

Sexual Education for Adults with Disabilities



Tool 9

Handbooks

To start with...





To start with...

Foreward

The Box has been developed by Project SEAD (Sexual Education for Adults with Disabilities). Approved by the European Commission, this project has been created with input from various countries, including Lithuania, Finland, Germany, Belgium, Hungary, the United Kingdom and the Netherlands.

Even today, many people refuse to acknowledge that all people have sexual feelings, needs and desires, regardless of their physical and/or intellectual abilities. As a result, many people with an intellectual or learning disability do not receive sexual education. That often leads to open questions for everyone involved, confusion, unintended situations or even to sexual abuse of or by people with disabilities.

SEAD believes that sexuality and intimacy is part of everyone's life and does not view disability as being the 'problem' of the individual. With the right resources and tools, education and support, anyone can have a fulfilling and intimate sex life. This product draws upon studies, designs and reports from all partner countries and aims to contribute to the quality and accessibility of sexual education materials for people with intellectual and/or learning disabilities.

Our pledge at the start of Project SEAD:

- We will work together with disabled people, based on trust and respect.
- We will value the expertise of disabled people.
- We will share knowledge and experiences in empowering and accessible ways.
(SEAD, 2012)

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Introduction

The instructional guide to The Box is aimed at sexual health educators both in a professional care setting and at home. We recommend reading the guide beforehand to gain an understanding of what tips and tools there are and what information is relevant for teaching sexual education in your situation.

The guide consists of various booklets, each featuring a different theme. Each time, you can select a theme and use the information and tips provided in the booklet as the basis for your sessions.

The guide to The Box also contains relevant expert knowledge, tips, resources and tools for providing sexual education using this tool kit. We have also included additional tips and tools for talking about sexual health topics with clients, colleagues and experts.

Suitability of The Box

Before you get started, it is important to determine whether The Box is suitable as an educational tool for you. To determine if it is suitable for your situation, you can ask yourself the following questions:

- What elements make up The Box?
- Does The Box contain everything you would like to discuss?
- Is there sufficient information on how to use The Box and accompanying tools and resources, so that you feel skilled and confident in your role as educator?

Do the tools and resources offer added value to the individual you are trying to teach?
(Schaafsma, 2013)

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