

People 1st Programme have developed modules that may be used as education tools to assist in providing sexuality education programmes to people with an intellectual disability.

Below is a list and a brief explanation of the modules. For a more detailed description please contact PIP.

* Assertive Communication	Building Resilience	Choices and Consequences
Developing skills in assertive communication that involve expressing feelings and rights in a direct, respectful way.	Exploring the components needed to build resilience and aims to promote self confidence and positive self esteem.	Exploring choices and consequences and developing decision making skills.
Cyber Safety	Feelings	Healthy Relationships
Exploring risks and developing skills to increase safety when using social media and the impact of unsafe use.	Developing and recognising ones own feeling and the feelings of others.	Developing skills to create and maintain healthy, respectful relationships an recognising signs of an unhealthy relationship.
Hygiene	Masturbation	Menstruation
Developing skills to maintain good personal hygiene and exploring why its essential.	Providing appropriate information about masturbation.	Developing skills for managing menstruation.
* Protective Education	Puberty and Hygiene	* Public and Private
Exploring appropriate relationship boundaries and developing strategies for personal safety.	Exploring the physical and emotional changes that occur during puberty for males and females.	Exploring public and private concepts and identifying appropriate and inappropriate public and private behaviour and activities.
Self Esteem	Sex and Sexuality	Women and Men's Health
Building confidence and strategies to maintain high self esteem.	Developing an understanding of sex, sex and the law, consent, contraception, safer sex practices including HIV/BBV/STI's and other infections.	Exploring common sexual health issues for men and women. Gaining knowledge of screening, testing and self-examinations.
Working with People with Autism: Puberty and Hygiene	Working with People with Autism: Menstruation	Cost: \$71.50 each Includes GST
Exploring social stories and resources that teach puberty and develop good hygiene practices.	Exploring social stories and resources to develop skills to manage menstruation.	

Modules marked with * are core topics.

We recommend they be purchased together to ensure a comprehensive programme is provided.

To purchase please contact PIP: info@pip.org.au or (08) 9227 6414

www.people1stprogramme.com.au