



Sexual Education for Special Needs Students

Family Life SA is known for presenting sex education programmes to students across the state from Years 2 –10. It is less widely known that they can also adapt programmes, or provide custom made programmes, to suit students with special needs.

Historically, schools and communities have restricted access to education about sexual health from children with

- Learning about sexual intercourse, reproduction and birth
- The appropriate and inappropriate expressions of sexuality
- Safe sex practices and contraception
- The differences between “private” and “public” topics and behaviours.

The key to the success of these programmes is Family Life’s ability to present a programme suited to the needs of the students, and discussion with the school before the commencement of the programme is an important aspect of this.

Bookings for programs in 2008 have been very strong in all sectors this year, and we are now fully booked. However, bookings for 2009 are opening soon.

Alternatively, schools or individuals may choose to book in for a teacher training day, where they can learn techniques to assist them to teach sexuality education, browse and try out resources and gain ideas and strategies. Teacher Training Days are suitable for all teachers, including special needs teachers, from Years 5 to Year 12, and are often attended by Counsellor’s, Principals and School Services Officers.

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special needs. All humans are sexual beings, and will explore and express their sexuality. Some parents believe that their special needs children do not need education on this topic, or have tried but struggled to present the information in a way that is relevant to the child. Family Life educators use a range of resources, along with their broad knowledge and training, to ensure students receive appropriate information.

Without adequate sex education, those with special needs may be at an increased risk of sexual abuse, sexually transmitted infections or unplanned pregnancies. Some estimates suggest that ‘people with disabilities who experienced child sexual assault or rape/assault as adults are at 83 per cent for females and 32 per cent for males’*. Important aspects of sexual education that can be addressed in the Family Life programmes include:

- Building social skills necessary for developing and maintaining relationships of all kinds
- The physical and emotional changes of puberty and how to manage them



Whatever your needs, don’t hesitate to phone Family Life SA director, Gina Dawson, on 8177 0468 or email familylife@internode.on.net

*SHine SA, 2008 Sexual Health – Fact Sheet 14, Sexual health and relationships among disabled and chronically ill people, www.shinesa.org.au ■