



Ability  
Relationships  
Sexuality

# Improving Sexual Health Outcomes for People with Disabilities

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Workshops



Resources



Library



App



Open Day

Sexuality  
Education  
Counselling  
Consultancy  
Agency

# Case Study #1 - presentation

Referral: Young man living in a group home caught having unprotected anal sex in the bushes with a male co-resident

Getting the story:

- Some knowledge of condom use
- No access to condoms - weren't supplied in the home, no money, no-one he can ask
- Knows he shouldn't have sex in public but no alternative – no privacy in group home, constantly supervised
- Staff discomfort has prevented him accessing support

## Case Study #2 - presentation

Referral: Teenaged girl was exposing herself and having oral sex with male classmates at school

Getting the story:

- Sex in exchange for promised friendship/relationship
- Unaware of safer sex practices or contraception

# Barriers to Sexual Health

- Physical barriers
- Communication barriers
- Lack of privacy
- Poor self-esteem/self-worth
- Assumptions that people with disabilities are asexual
- Belief that sexual expression is wrong for people with disabilities
- Assumptions that all people with disabilities are heterosexual
- Lack of autonomy
- Paternalistic attitudes about protection

# Case Study #1 - interventions

## Education for the individual

- Condom use, STIs and safer sex practises
- Consent
- Public and private
- Legal issues around public sex
- Sexual diversity and same sex/gender relationships

# Case Study #1 - interventions

## Education for the staff

- Sexuality & Disability workshop to highlight sexuality rights of the clients and address the impact of values and attitudes

## Support for the organisation

- Assisted to develop a sexuality policy that includes guidelines around relationships between residents, providing condoms and sexual health checks, and sexuality education for the residents

# Case Study #1 - interventions

Referrals and further support for the individual

- Referred to a sexual health clinic for STI testing
- Referred to QLife counselling for LGBTI support



# Case Study #2 - interventions

## Education for the individual

- Healthy friendships
- Appropriate relationship development
- Consent
- Protective behaviours
- STIs and safer sex
- Contraception

## Case Study #2 - interventions

### Work with the family

- Reinforcing messages about healthy friendships
- Providing appropriate social opportunities to make friends
- Exploring future contraceptive options for their daughter

### Further support for the individual

- Exploring personal values around sexuality
- Work on her self-esteem
- Practice social skills to make friends

# Conclusions

- People with disabilities may have different and broader educational needs
- Education for the individual is necessary but not sufficient
- Important to involve and educate families, schools, support workers, and organisations to reduce structural barriers to sexual health

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