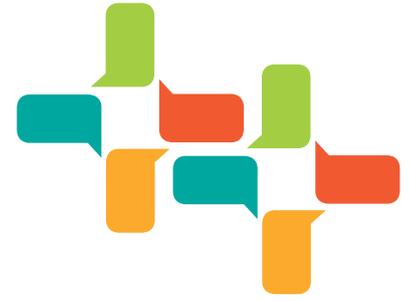


Fact Sheet

Introduction to *All About Sex*



All About Sex is to help people with intellectual disability to learn about sexuality and relationships. People reading these fact sheets will learn about:

- Their bodies and how to look after themselves
- Their feelings
- Different types of relationships
- What sex is all about
- Changes to their bodies as they get older
- Sexual assault
- Where to get help

Why is sexuality and relationships education important?

People with disability have the same rights as other people. This includes the right to education about sexuality and relationships. Learning about sexuality and relationships will help people with intellectual disability to:

- Enjoy sexual relationships
- Make healthy choices about their bodies
- Keep themselves safe
- Look after and respect others
- Decide whether to have children or not
- Feel good about themselves
- Know where to go for help

How to use *All About Sex*

Some people may be able to read these fact sheets on their own. Other people may not understand all of the words and pictures. A person can get support from a family member, teacher, support worker or advocate to help them read *All About Sex*.

The pictures in *All About Sex* make it easier for people to understand the words. Some of the pictures show:

- People with no clothes on
- A woman's private body parts
- A man's private body parts
- People doing sexy touching
- Two people having sex

What you need to know

At the end of each fact sheet there is a section called 'What you need to know'. This section repeats information in the fact sheet. It is written in easy English to make it easier for people with intellectual disability to understand the words.

Where to go for more information

There is a fact sheet called 'Where to go for help or advice'. It has contact details for a range of health and disability services in NSW and Australia. These services can provide additional information and support to people with intellectual disability and their families and carers.

We hope you enjoy reading *All About Sex* and find it useful.





What you need to know:

- It is important for you to learn about your body, sex and relationships
- You can learn how to look after your health and stay safe by reading *All About Sex*
- If you need help to read these fact sheets you can get support from a family member, teacher, support worker or advocate
- Some of the pictures in these fact sheets show people with no clothes on and people having sex
- You can get more information from the services listed in the fact sheet called 'Where to go for help or advice'

www.fpnsw.org.au | [talkline 1300 658 886](tel:1300658886) | [bookshop](#)

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The information in this Fact Sheet has been provided for educational purposes only. Family Planning NSW has taken every care to ensure that the information is accurate and up-to-date at the time of publication. Individuals concerned about any personal reproductive or sexual health issue are encouraged to seek advice and assistance from their health care provider or visit a Family Planning Clinic.
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