

# Embracing the future:

Puberty, sexuality and relationship support for children  
and young people with intellectual disability and  
autism spectrum disorders

# FPNSW Puberty, Sexuality and Relationship workshops

- Building the capacity of parents & informal carers to provide support
- Funding from nib foundation was used to run 6 free workshops across NSW
- Pre, post and follow-up evaluation to determine longer term impact



## What we want to know:

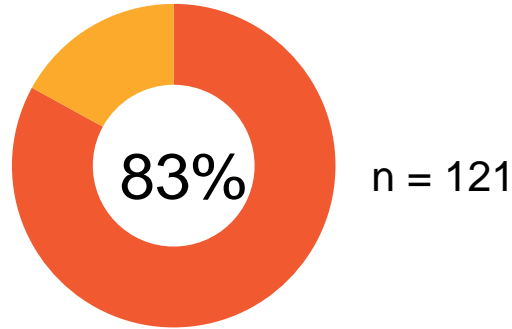
- Is there an increase in knowledge and confidence?
- Do the strategies and resources make an impact?

## How we will find out:

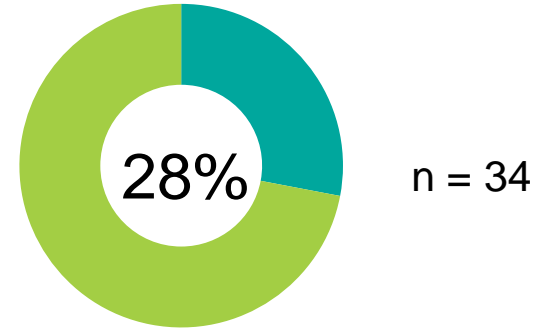
- Community consultation
- Workshop delivery
- Pre/post survey and 3 month follow-up



## Pre/Post workshop evaluation completed



## 3 month follow-up completed

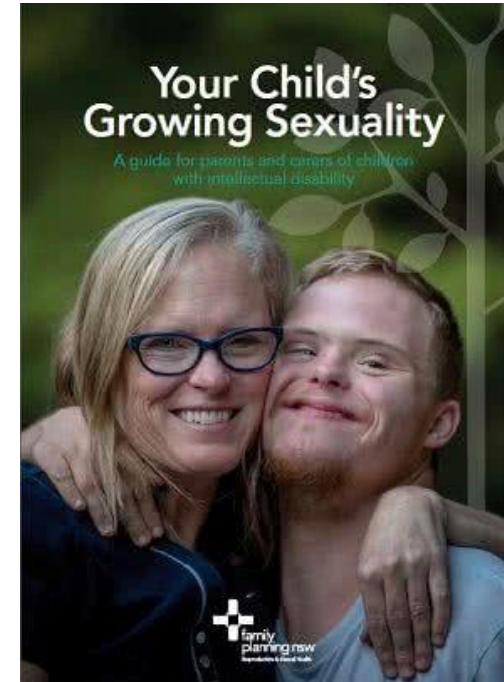


Significant improvement in reported knowledge and confidence levels between:

- pre/post workshop survey ( $p < 0.0001$ )
- pre-workshop and three month follow-up survey ( $p < 0.05$ )

# 82.6% reported positive changes in approach:

- Removal of “open door policy”
- Introduction of private time
- Use of books and resources
- Improved public/private education, particularly in home setting
- Improved response to sexual behaviours in public areas



# Barriers to providing sexuality support

- Lack of time
- Perceived lack of need for preventative strategies
- Minimal formal supports or information in regional areas
- Lack of information/assistance with adapting strategies to higher support needs



# Future work

- Live support
  - Webinars
  - Online forums/support groups
- Information for higher support needs
- Improved support in regional areas
- Reproductive health beyond puberty
- Culturally appropriate information



*“This workshop changed our family life from that very day. Things are much easier now and our daughter is so much happier.”*

*“I felt you gave me permission to talk about these things in a way I hadn't been able to before, sex positive and no shame or embarrassment”*