

## **Puberty, Relationships and Sexuality Education for Students with Autism**

This course will provide participants with information regarding how autism may impact on the experience of puberty, relationships and sexuality for students. In addition, participants will also be provided with strategies to support students during this period of their development

### **Anticipated Outcomes**

Participants will:

- Gain an understanding as to how autism may impact on an individual's experience of puberty, relationships and sexuality
- Gain an understanding of the difference between sexual and sexualised behaviours
- Know how to improve relationships between parents, teachers and professionals to create resources for teenagers with autism
- Have an awareness of how values and beliefs may affect delivery of relationship and sexuality education
- Gain an understanding of how to support individuals during instances of sexually inappropriate behaviour (reactive strategies), as well as strategies to assist young people before sexually inappropriate behaviours are displayed (proactive strategies)
- Gain an understanding of how young people with autism may be vulnerable to abuse, particularly when they are online
- Discuss how to develop an autism specific sexuality and relationships education for their organisation

### **Course Outline and Content**

This course will emphasize that the physical and sexual development of young people with autism tends to be similar to the development of their typically developing peers; nevertheless, young people with autism may lack the social know-how in relation to managing their personal needs. Consequently, young people with autism may be particularly vulnerable to abuse or may display sexually inappropriate behaviours. Participants will be supported to consider the difficulties faced by young people with autism during this developmental stage and will be provided with a range of proactive and reactive strategies to aid young people in developing greater independence in managing their behaviour.

## Information for Applicants

Participants will require permission from the Board of Management to attend. Substitution will be provided for class teachers if it is deemed necessary by the Principal. Refreshments and lunch will be provided.

## Booking details

Booking is essential as places are limited to one teacher per school unless the event is not fully booked. An application for must be submitted for each teacher. In the event of more than one booking being made from a school, the principal must indicate the name to which the first place will be allocated. Places will then be allocated to other teachers if the event is not fully booked. Successful applicants will be notified by email.

Please ensure that application forms are completed fully including Teaching Council and mobile telephone numbers. Incomplete application forms will be returned.

Registration: 8.45 AM

Start: 9.15 AM

Finish: 3.15 PM

Puberty, Relationships, Sexuality & ASD - Application Form

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