## Information sessions for parents and carers

Practical tips to teach sexuality and relationships education in the home or care environment.

### Topics can include:

- Public and private bodies and behaviours
- Talking about puberty
- Strategies to support positive sexual behaviours
- Staying safe
- Healthy relationships
- Safe sex and sexual relationships

### $225/hour per group (minimum 2 hours)

## Group education for young people and adults with a disability

FPQ provides classroom and small group education. FPQ will work with school communities and organisations to support professionals to be actively involved in the planning and facilitation of the program.

### Topics can include:

- Body parts and functions
- Being private
- Rules about touch
- Relationships
- STIs and safer sex
- Personal safety
- Puberty
- Pregnancy
- Menstruation
- Sexual relationships and behaviours

### $225/hour per group (maximum 10 participants)

## Professional training

### Option 1: Nationally recognised training

Courses aim to meet the needs of professionals who work in the education sector; residential and respite services; program and case management and other areas of the disability sector. More information on the range of nationally recognised training available at [www.fpq.com.au](http://www.fpq.com.au)

### Option 2: Customised training

Tailored training for schools and organisations to assist staff in building confidence to support healthy sexuality and relationships of students or clients. Content can include:

- Values and attitudes in relation to sexuality and disability
- Responding to sexual behaviours positively
- Teaching strategies for specific topics (ie puberty)
- Social learning and disability
- Case study examples to facilitate learning
- Policy and procedure development

## Consultancy

FPQ provides a professional consultation service to schools and organisations. FPQ can attend organised meetings and case conferences to facilitate discussion about strategies to support specific sexual behaviours positively. The outcomes include that parents, carers and professionals are resourced to respond to the sexuality and relationships education needs of the person they are supporting. Consultations run for 1.5 to 2 hours.

### $300

## For information, bookings or to discuss other services

Phone: Brisbane 07 3250 0240
or contact your nearest FPQ education office
Email: education@fpq.com.au