## Looking after me

Individualised support for young people and adults with disability

*Looking after me* packages are expertly crafted to meet the needs of young people and adults with disability. Sessions are 1 hour each and available at weekly or fortnightly intervals. All packages include an initial meeting with parents/carers or a service provider*.

### STANDARD

Builds resilience through promotion of body ownership and personal safety strategies

- 3 sessions
- $695

Basic information helps develop a broad understanding of:

- feelings and those of others
- public and private body parts, behaviours and places
- personal safety

### CUSTOMISED

A complete package that reinforces understanding of the body, healthy relationships and sexual behaviours

- 5 sessions
- $990

A more detailed exploration of the topics covered in the Standard Package as well as the choice between popular topics such as puberty or sexual relationships and safer sex.

Package supports understanding of:

- self esteem and individual strengths
- feelings and those of others
- public and private body parts, behaviours and places
- different relationships and types of touch that are ok in each
- what to do if someone touches your body in a way that makes you feel scared, angry, sad or confused

plus a choice of either:

- puberty
- or
- sexual activity, sexual relationships and consent, safer sex

### PERSONALISED

Addresses specific sexual behaviours that may be challenging or require a lengthier education process

- 7 sessions
- $1500

Provides the most flexible and comprehensive approach available: you will receive the Customised Package as well as 2 personally tailored sessions.

Topic areas of the 2 sessions are negotiated at the initial meeting and may include the following:

- healthy masturbation
- sexual health checks
- sexual identity and same sex relationships
- managing periods
- managing menopause
- fertilisation and pregnancy
- decisions about parenting
- sex and the law
- staying safe online

### All Looking after me packages include activities and visual resources to enable you to keep talking about these topics at home.

* All packages include an initial meeting with parents/carers or service providers to determine suitability and individual support needs.

A non-refundable deposit of $170 is payable at time of booking.

### Looking after me

Available in Toowoomba, Brisbane and on the Sunshine Coast and Gold Coast.

Find out more.

Phone: 07 3250 0240 or book online: www.fpq.com.au