

Informed & Empowered Workshop Series

Disability



Sex, Love & Dating



Workshop Resources



At *Action*, we've whipped up a treasure trove of goodies like guides, services, quizzes, workbooks, and more to be your trusty sidekick on your sex, love and dating journey!



ACTION

FOR PEOPLE WITH DISABILITY

What Is It? (please click the title to see the resource)	Summary	Author	Is this an Easy Read Resource?
<u>Sex Industry Facts</u>	<p>Everything you wanted to know about the Sex Industry, but were afraid to ask. A general client resource from the Sex Workers Outreach Project SWOP.</p>	<p>Touching Base</p>	<p>No</p>
<u>About Sexual Abuse</u>	<p>This guide by People with Disability Australia covers sexual abuse, safety, and support, explaining what it is, its effects, and where to get help, stressing privacy, seeking support, and prioritising well-being.</p>	<p>People with Disability Australia</p>	<p>Yes</p>
<u>Friendships, Dating & Relationships</u>	<p>A guide to support people with disability when talking about friendship, dating and relationships.</p>	<p>Liz Dore</p>	<p>Yes</p>
<u>What is Consent?</u>	<p>This resource explains consent clearly, emphasising respecting boundaries and recognising signs of discomfort.</p>	<p>WWILD</p>	<p>Yes</p>

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<u>Sexual Education Service</u> <i>Check & Chat</i>	<p>Check and Chat offers psychoeducation on consent, sexuality, and related topics for youth, adults with disabilities, and their supporters, covering areas like consent training, sex education, online safety, and emotional well-being.</p>	<p>Check and Chat</p>	<p>NA</p>
<u>Safe & Fun Sex</u>	<p>An easy to read guide on the difference between 'good sex' and 'bad sex' in regards to 'consent'</p>	<p>Family Planning NSW</p>	<p>Yes</p>
<u>Sexuality, Relationships and Your Rights</u>	<p>A free book about sexuality and the law for people of all abilities.</p>	<p>SECCA</p>	<p>No</p>
<u>Online Dating</u>	<p>This brochure provides a guide on how to have conversations about online dating. It provides teaching tips and things to consider before, during and after exploring online dating.</p>	<p>SECCA</p>	<p>Yes</p>

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<u>Wanted & Unwanted Touching</u>	<p>This brochure teaches about what the difference is between wanted and unwanted touching. It provides examples of what yes or no may sound or look like and what consent is.</p>	<p>SECCA</p>	<p>Yes</p>
<u>Toys, Tools and Sexual Assistive Technology and Disability Workshop</u>	<p>Join Candice Care-Unger, a Specialist Social Worker and Psychosexual Therapist, for a 2.5-hour workshop. Gain insights to support clients' sexual well-being needs, covering topics like defining sexuality, understanding functional difficulties, exploring available tools, and more!</p>	<p>Hosted by Care Rehab</p>	<p>NA</p>
<u>Dating and Scamming</u>	<p>The PDF cautions against online scammers impersonating others for money or information. It advises against sharing personal details or sending money to unverified individuals.</p>	<p>Net Safe</p>	<p>Yes</p>

What Is It? (please click the title to see the resource)	Summary	Author	Is this an Easy Read Resource?
<u>Safer Sex & STI's</u>	<p>The brochure explains condom usage, including preparation, application, and disposal, as well as barrier methods for oral sex. It discusses the importance of condom use, understanding STIs, HIV/AIDS, susceptibility, and transmission routes.</p>	SECCA	Yes
<u>Sexting</u>	<p>This brochure uses illustrations to show what the law says about sexting on your phone or the internet. It explains what sexting is, and offers ways to stay safe when online.</p>	SECCA	Yes
<u>What is The Cervical Screening Test</u>	<p>The guide addresses what the cervical screening test checks for, its frequency, the appropriate starting time, and when to discontinue it.</p>	Family Planning NSW	No
<u>How to Use a Condom</u>	<p>An easy to read guide on how to use a condom</p>	Family Planning NSW	Yes

<p>What Is It? (please click the title to see the resource)</p>	<p>Summary</p>	<p>Author</p>	<p>Is this an Easy Read Resource?</p>
<p><u>What is The HPV Vaccination</u></p>	<p>HPV: What it is, how it spreads, its prevalence, prevention methods, vaccine effectiveness, cervical screening implications, vaccination recommendations, and options for those who missed the school program.</p>	<p>Family Planning NSW</p>	<p>No</p>
<p><u>A Guide to Sexual Health & Relationships</u></p>	<p>Relationships are crucial for support and joy, from family to intimacy. Close connections may lead to sexual intimacy, needing communication and empathy. Sexual health awareness is vital for healthy relationships.</p>	<p>Family Planning NSW</p>	<p>No</p>
<p><u>Being Safe Online</u></p>	<p>The "Being Safe Online" guide highlights key internet safety practices: protecting personal information, addressing cyberbullying, being cautious with online friendships, using trusted websites, and reporting concerns promptly.</p>	<p>eSafety Commissioner</p>	<p>Yes</p>

What Is It? (please click the title to see the resource)	Summary	Author	Is this an Easy Read Resource?
<u>What is Masturbation</u>	<p>This is a guide on what masturbation is, how it is done, and the importance of privacy and comfort. Furthermore, this guide discusses the choice couples may make to masturbate together under consent as well as the importance of hygiene</p>	<p>Family Planning NSW</p>	<p>No</p>
<u>What is Sexual Assault</u>	<p>Sexual assault is coercing someone into unwanted sexual acts, causing fear and distress. Victims should seek help and remember it's never their fault. Non-consensual sexual behavior is illegal and should be reported.</p>	<p>Family Planning NSW</p>	<p>No</p>
<u>Safe & Fun Sex - Support Persons Guide</u>	<p>A teaching guide for teaching safe sex messages to people with intellectual disabilities, to be used with the Sex, Safe and Fun booklet, condom pack, and support person's video demo.</p>	<p>Family Planning NSW</p>	<p>No</p>