

It's My Life - Making it Our Reality



Best practice guidelines for health, social care and education. They cover relationships and sexual education programmes for children and young adults with intellectual disabilities.



RESIDE

RELATIONSHIPS AND SEXUALITY IN
INTELLECTUAL DISABILITY EDUCATION



THE ISSUES

Children and young people with disabilities sometimes have problems understanding relationships and their sexuality.

Some projects are here to help but no one knows what special schools teach and how useful these courses are.

Such programmes need to be checked to make sure they are useful and address parents worries.

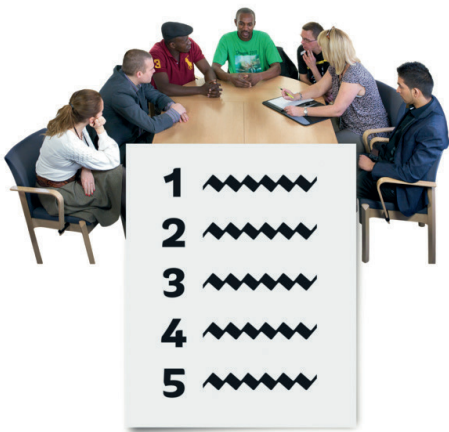


WHAT WE DID

- Looked at 8 special schools
- Talked to a number of groups who have an interest in the programme
- Talked to 37 pupils
- Talked to 11 parents
- Held two meetings with professionals

From this we were able to make guidelines for professionals to help them.





WHAT WE FOUND

- Children and young people with learning disabilities want the correct information
- Parents know that their children need information which is right for their needs
- A range of people help to give the correct information



WHAT NEEDS TO HAPPEN

- The guidelines should be used to help children and young people with learning disabilities
- All programmes should have a purpose
- Reviews should be undertaken



The study report
It's My Life - Making it Our Reality
can be accessed here:

[https://www.qub.ac.uk/schools/
SchoolofNursingandMidwifery/Research/
research-themes/education-practice/Projects/
RESIDE-RelationshipsandSexualityinIntellectual
DisabilityEducation/](https://www.qub.ac.uk/schools/SchoolofNursingandMidwifery/Research/research-themes/education-practice/Projects/RESIDE-RelationshipsandSexualityinIntellectualDisabilityEducation/)



RESIDE

RELATIONSHIPS AND SEXUALITY IN
INTELLECTUAL DISABILITY EDUCATION



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