



Thursday 04 April 2019

To Parents/Carers of Class 13 K3KT Students

Dear Parent/Carer,

ABC Relationships and Sexual Health Sessions

We have arranged for an organisation called Diverse, to come into school and deliver a programme to students, over six separate sessions, to look at the importance of sexual health. The programme, entitled "ABC" (Awareness, Balance, Choice) offers support and information on relationships, sexual health and keeping safe and has been designed specifically for students with autism and/or learning disabilities.

Diverse, based in Cambridge, are a registered charity in England and Wales and have the aim of providing high quality sexual health education and information for all. Attached is a leaflet giving a little more information about the aims and content of the sessions they will be delivering.

We are looking forward to some informative sessions with Diverse, who will be coming into school on the following dates: 29th April, 13th May, 20th May, 3rd June, 10th June and 24th June 2019.

On each of the above dates they will deliver two sessions, each lasting an hour, one for the boys and another for the girls. In the lead up to the first session we will be looking at changing bodies and personal hygiene in class.

If there are any particular topics, or areas of concern, that you would like to be covered in these sessions, please indicate on the slip below. In the sessions themselves, students will also be given the same opportunity to raise any topics they would like more information on.

Yours sincerely,

Mrs T Ydlibi
Executive Principal

ABC Relationships and Sexual Health Sessions

Please return this slip to Miss Thulbourn by Wednesday 24th April 2019.

Topics or concerns I would like to be covered:

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Student Name.....Signed Parent/Carer

*Medeshamstede Academy is part of the Greenwood Dale Foundation Trust
Group of Academies*





ABC Relationships and Sexual Health Project

'ABC' is a programme that offers support and information on relationships, sex, sexual health and keeping safe for anyone with a learning disability. It has been designed to give information to someone with LD and/or autism in an accessible way to help participants to:

- Keep themselves and others safe and happy
- Understand more about sexual health
- Make informed choices about their relationships

We can work with groups of up to twelve people, individuals on a 1-1 basis and couples. Below are some of the topics we cover in the programme:

- Relationships and how to interact appropriately
- The difference between a friendship and a relationship.
- How to communicate effectively and anger management
- What makes a balanced relationship and how to recognise abusive behaviour in a partner or themselves
- Problems that can happen in a relationship and what to do
- How to stay safe on social media and in the community
- Sexuality, consent and staying safe in a sexual relationship

The programme is free but Diverse always welcomes donations.

We can deliver the programme within organisations, at a service user's home or they could visit us at the Diverse office.

For more information please contact:

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