



The ABC Programme

For anyone with a learning disability or difficulty

ABC is a sex, relationships and keeping safe programme designed specifically for people with a learning disability or difficulty.

Like most people in society, many adults and young people with a learning disability or difficulty (LDD) want and need to form personal and sexual relationships; relationships are as important to them as they are to anyone. They have a right to form such relationships, make choices and have the information to help them do this. Many people think that people with a LDD remain child-like throughout their life and therefore any form of sexual expression is not appropriate. This is not the case; we should assume that adults with LDD have the capacity to make decisions about personal and sexual relationships unless deemed otherwise under the Mental Capacity Act 2005. ABC will work with people with a LDD and their carers/parents to make this happen.

It is legal for anyone aged 16 years and over to engage in consensual sexual activity with partners of the same or opposite sex. This applies to anyone with a LDD provided the person has the capacity to consent to sexual activity.

DHIVERSE provides bespoke training and 1-2-1 support to anyone with a LDD and to parents, carers, professionals and to anyone supporting someone with a LDD.

To enable people with a learning disability or difficulty to make informed choices in life it is essential that they are given the opportunity to learn about

relationships and sexual health. Through our **'ABC' programme** DHIVERSE offers training which is tailored to meet the needs of the individual and is delivered in a meaningful and accessible way.

Our 'ABC' programme helps participants to develop skills around Awareness, Balance and making Choices concerning relationships, sex, sexual health and keeping safe. The programme covers:

- Appropriate behaviour
- How to be assertive in difficult situations
- How to communicate better
- What makes a healthy, balanced relationship
- Keeping safe online
- Sexual health
- The rights of people with a learning disability or difficulty

The programme is designed to be delivered to groups of up to 10 participants, for couples and on a one to one basis. The programme can be delivered either in house and for smaller groups or one to one sessions the programme can be delivered at our centre in Cambridge. The programme can also be tailored to meet the needs of individuals and groups and topics can be picked and mixed. We can offer training sessions on a one-to-one basis and work with couples who are in a relationship but need support.

TO FIND OUT MORE OR MAKE A BOOKING PLEASE CONTACT:

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Please note: Workshops are FREE but cancellation charges may apply.

Please check at the time of booking.