



‘ABC Programme’

The main strand of our **ABC Project**, the **ABC Programme**, is a relationships, sex and sexual health programme for anyone age 11 and older who has a learning difficulty (LD) or autism.

The **ABC Project** is funded by a grant from the **National Lottery Community Fund**.

The **ABC Programme** is an educational and support programme which can be delivered to groups, individuals or couples.

Please turn over for more information and contact details

ABC Programme

The 'ABC Programme' is an alternative relationships and sex education programme which offers support and information to anyone with a LD or autism, in an accessible way. The programme aims to support 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 and couples. Below are some of the topics we offer 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 can be delivered on a weekly basis to cover all of the above topics or it can be tailored to meet the needs of participants.

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

The programme is available free of charge within Cambridgeshire and for a charge outside of Cambridgeshire.

For more information please contact:

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