



‘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 disability (LD) or autism.

The programme is funded by a grant from the **National Lottery Community Fund** and it's free to people living in Cambridgeshire or Peterborough. It can be delivered outside of these areas for a charge.

The ABC Programme is a short term educational, age and ability appropriate programme for anyone aged 11 upwards who has a LD or autism and would like support around sexual health, sexual and intimate relationships, online safety, and potential risky sexual behaviours.

Please turn over for more information and contact details

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sexual health matters

ABC Programme

ABC stands for **Awareness, Balance, and Choice.**

The programme aims to give participants the information they need to be able to make their own informed choices and decisions, keep themselves and other safe and happy in their relationships and to understand more about sexual health.

The programme covers a range of topics which are delivered in an accessible, informal and interactive way, usually over 6 sessions. It is designed to be delivered to small groups or on a 1-1 basis.

We can work with a group within a single provision, but we also offer open groups which people from different provisions can join. The open groups are usually delivered online, and participants are placed in the most appropriate group, considering availability, age, ability, behaviours, and other information provided in the referral. Groups generally work well for people who enjoy being around other people and having the opportunity to talk about things with their peers.

1-1 sessions are generally better for people who find it difficult being around a lot of other people, want some privacy to discuss their situation or are unable to make a group. 1-1 sessions can be face to face in a provision, community venue or at our office in Cambridge or they can be virtual.

The programme covers:

- **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**

For more information please contact:

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