



‘Understanding ABC’

A strand of our **ABC Project**, ‘Understanding ABC’ is a free workshop for parents, carers and professionals within Cambridgeshire.

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

The project aims to provide support and information around relationships, sex, sexual health and keeping safe, to anyone age 11 and above, who has a learning disability (LD) or autism, and their parents, carers and professionals.

Please turn over for more information and contact details

The ABC Project has three strands:

The **'ABC Programme'** is the main strand. The programme supports anyone with a LD or autism around relationships, sex, sexual health and keeping safe.

'Understanding ABC' a workshop for parents, carers and professionals

The **'ABC Project Development Group'**. Anyone who has participated in either of the above or who has a keen interest in ensuring that the rights of people with a LD or autism are met in respect of relationships and sex, can join this group.

Understanding ABC

If you are supporting someone with a learning disability and would like to feel more confident about discussing sex and relationships with them you may be interested in attending the 'Understanding ABC' workshop.

The workshop includes:

- A brief look at what the law says with regard to human rights and consensual sexual activity. What having the ability to consent means with regard to sex.
- The impact not having education around relationships and sex can have on the lives of people with LD/Autism and how this can change, with examples and case studies.
- Information about the ABC project and how it is delivered.
- Scenarios for participants to work through during the workshop
- An opportunity throughout to ask questions and gain tips for talking about sex with someone who has LD.

Participants will also have the opportunity to raise and discuss any issues they would like support with.

Information given in an accessible way can help someone with LD to:

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

For more information please contact:

Liz MacKenzie, ABC Project Manager

E: elizabeth@dhiverse.org.uk M: 07985 447846

