



# SALED

The Southern African Association for Learning and Educational Differences

## **“Growing and Changing: meeting the sexuality needs of children and teenagers with intellectual disability”**

**Rebecca Johns**  
In Johannesburg

**This presentation is for parents, care-givers and all interested parties**

**Date:** Monday, 22<sup>nd</sup> February 2009  
**Time:** 19h00 – 20h30 (registration from 18h30 onwards)  
**Venue:** Bellavista School  
114 Wingfield Avenue, Birdhaven, Johannesburg

**Cost:** SAALED members R40.00  
Non-members R60.00

**Registration:** Please complete the attached registration form and send to the SAALED national office – fax: 011 648 5779 or e-mail to [membership@saaled.org.za](mailto:membership@saaled.org.za)

**Payment:** Please pay by electronic transfer/bank deposit to –  
**Name:** SAALED  
**Bank:** FNB  
**Branch:** Killarney  
**Code:** 256205  
**Account:** 620 726 252 32

**Contact:** Jean  
**Telephone:** 011 648 5779  
**e-mail:** [membership@saaled.org.za](mailto:membership@saaled.org.za)

## **About the presentation:**

### **Growing and Changing: meeting the sexuality education needs of children and teenagers with intellectual disability**

Children and teenagers with intellectual disability need information about sexuality just as any young person does. They need guidance about the emotional and physical changes of puberty, about recognising healthy and unhealthy sexual relationships, about respecting and protecting their own bodies and others' bodies, about HIV and AIDS, and finding their values and identity as a young adult. Yet many young people with intellectual disability will need extra help to understand aspects of sexuality that many people take for granted. How can we as parents and teachers meet this need? How can we communicate about complex or sensitive concepts in a way that our son or daughter will understand? How can we feel more comfortable to speak about sexuality with our son or daughter?

Rebecca Johns will share her experience of teaching sexuality education to children and teenagers with intellectual disability in LSEN schools focusing on the needs of children with intellectual disability as they grow and change.

## **About Rebecca Johns**

Rebecca trained in drama and theatre in education. From 1991, she trained and works with Image in Action in the United Kingdom. Image in Action uses drama and group work to teach sexuality education to learners with intellectual disabilities.

Since moving to South Africa in 1998, Rebecca has worked in various special schools in the Western Cape helping to train teachers to deliver sexuality and life skills education to learners with intellectual disability.

She completed a Masters in Education (Inclusive Education and Support Services) from the University of the Western Cape (2004) (Cum Laude) and her dissertation examined the process of sexuality education for young people with intellectual disability: 'Rights or Risk: Balancing Perspectives in a sexuality education programme with learners with moderate intellectual disability'. Rebecca contributed to *Sexuality Education for Senior Phase (Grade 7-9) Teachers* (Vergani, Frank, and Johns, 2006, Heinemann). She is the author of two sexuality education facilitation manuals for the Western Cape Forum for Intellectual disability: *All About Me, A life skills, sexuality and HIV/AIDS education programme for learners with intellectual disability* (2007) and *Step-by-Step: A sexuality and HIV/AIDS education programme for young adults with intellectual disability* (2005).

She has written the information booklet '*I'm Growing Up: Relationship and sexuality education for young people with Autism Spectrum Disorders*' for Autism South Africa which is available on their website [www.autismsouthafrica.org](http://www.autismsouthafrica.org).

Rebecca is currently studying counselling at the South African College of Applied Psychology.