# Puberty, Sexual Wellbeing & Relationship Training



These courses are for parents to develop their understanding and confidence relating to puberty, sexual wellbeing and relationships and how they may impact on children on the autistic spectrum. To offer parents the opportunity to participate in activities that they could use to explore puberty, sexual wellbeing and relationships with their children at home. This course is for parents who accessed the cygnet, NAS Early Bird or Early Bird Plus programmes.

# Puberty Sexual Wellbeing What is puberty? • What is sex about? Understanding • focus of arousal our body Masturbation looking after our • Sex and the law body • Touch and personal when and where space to display body **Relationships** Types of relationships • Building a relationship • Feelings and emotions keeping safe

The training will take place at Action for ASD's Autism Resource Centre in Burnley. Suite 7 & 8 Kings Mill, Queen Street, Burnley BB10 2HX

### Course 1:-Fri 1<sup>st</sup> Feb 5-7.30pm Puberty Fri 8<sup>th</sup> Feb 5-7.30pm Sexual wellbeing Fri 22<sup>nd</sup> Feb 5-7.30pm Relationships

#### Course 3:-

Friday 6<sup>th</sup> Sept (6-8) Puberty Friday 13<sup>th</sup> Sept (6-8) Sexual Wellbeing Friday 27<sup>th</sup> Sept (6-8) Relationships

## Course 2:-

Wed 3<sup>rd</sup> July 10.30-1pm Puberty Wed 10<sup>th</sup> July 10.30-1pm Sexual wellbeing Wed 17<sup>th</sup> July 10.30-1pm Relationships

## Course 4:-

Fri 8<sup>th</sup> Nov 10.30-1pm Puberty Fri 22<sup>nd</sup> Nov 10.30-1pm Sexual Wellbeing Fri 6<sup>th</sup> Dec 10.30-1pm Relationships

# Topics covered by the sessions are as follows: