

# living safer sexual lives: respectful relationships

Plain English Evaluation



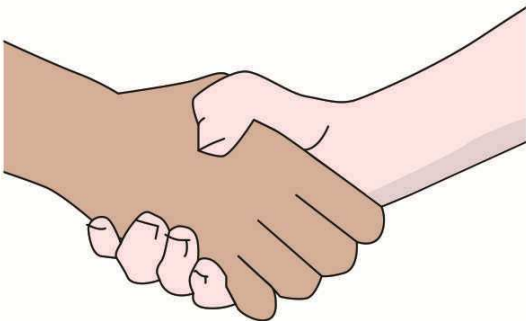
## What is Living Safer Sexual Lives: Respectful Relationships?



Living Safer Sexual Lives: Respectful Relationships is a program for people with disabilities, where people can talk and learn about rights, relationships and sex



The program came from some researchers at La Trobe University

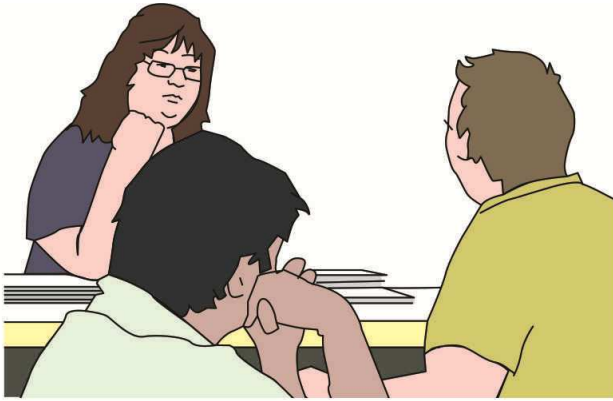


cohealth and some local councils got together to plan the program for the western suburbs



cohealth and the councils worked with 5 people with a disability to teach the program

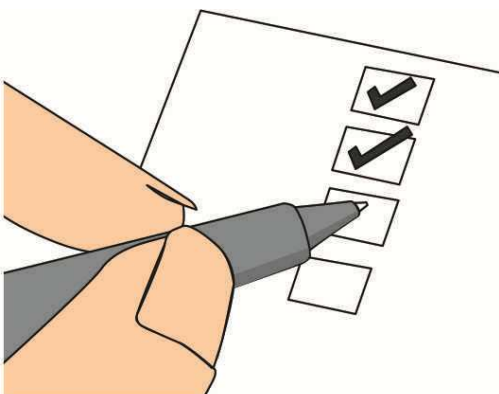
## What is Living Safer Sexual Lives: Respectful Relationships?



People with a disability who taught the program are called peer educators



Workers from cohealth, the councils and the Western Centre Against Sexual Assault (CASA) helped teach the program. They are called co-facilitators



Peer educators and co-facilitators had 4 days training to learn how to run the program

## What is this report about?



This report was done to decide how to do the program in the future and see if any changes need to be made



Peer educators and co-facilitators did this report together

## How did we do this report?



Together we interviewed some people who came to the program

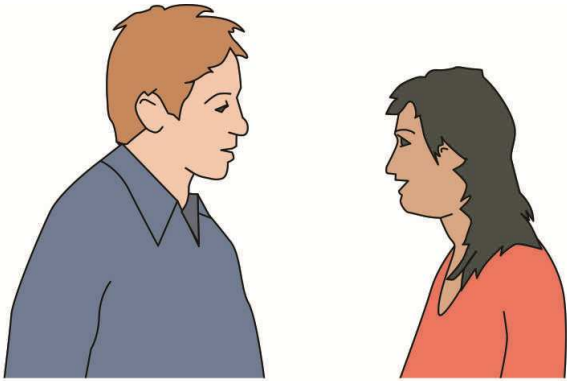


All people who worked on the program answered questions about how it could be improved and what they got out of it



We all got together to talk about everything people had said and to decide what to do next

## What did people get out of the program?



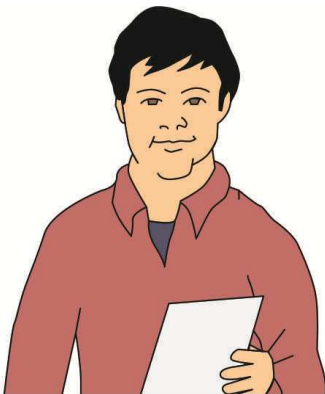
People who came to the program learnt lots about relationships and a little bit about rights and sexual health



Some people who came to the program started to talk more with important people in their lives and this made their relationships stronger



Peer educators learnt a lot themselves and got a lot out of helping others learn



Some peer educators said that working on the program made them feel strong and confident in their lives



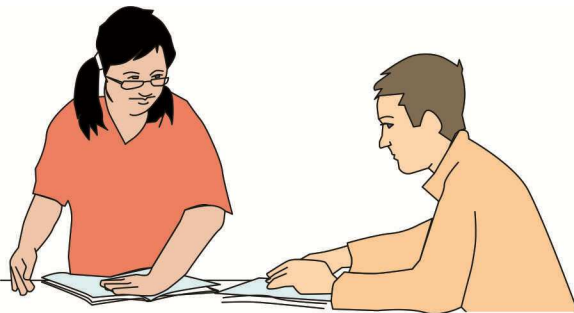
## What did people get out of the program?



Co-facilitators got new skills, knowledge and confidence from working on the program



Co-facilitators now understand more how to work with people with disability

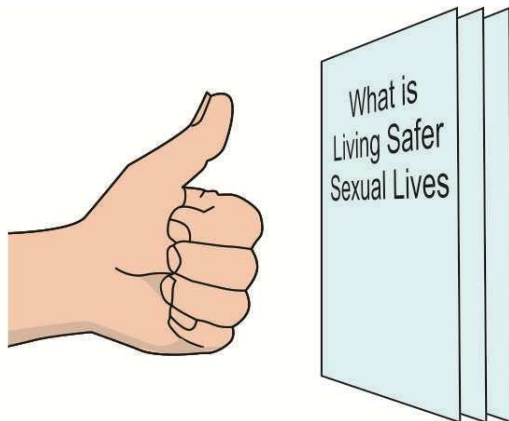


Some co-facilitators are more committed to working together with people with disability



Some organisations that worked on the program changed things to include people with a disability better, but some didn't

## What did people get out of the program?



Everyone agrees that the program is needed and that more work needs to be done to help get information about sex and relationships.

## What we learnt about how to run the program



Peer educators and co-facilitators supported each other to deliver the program



People said it is important to give families and workers information so they can support people with a disability



## What we learnt about how to run the program



The program is best for people who are ready to talk about sex and relationships



Sometimes the stories were sad. Peer educators and co-facilitators got support from each other but they could also talk with a counsellor if they wanted to



Some people who came to the program talked about how they had been sexually assaulted. The worker from CASA helped these people.



Other peer educators and co-facilitators needed more training and more information to support these people better.

## What happens next?



Everyone said the program should happen again in the future



Peer educators and co-facilitators will get together to plan the next program

For more information about the Living Safer Sexual Lives: Respectful Relationships program, please contact:

cohealth prevention manager: 8398 4100

## Thank you for your help with the report

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## Thank you for your help with the project



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BAY CITY  
COUNCIL**

