



Sexual Lives and Respectful Relationships Program Report

October 2018

cohealth



Easy English



Hard words

This book has some hard words.

The first time we write a hard word

- the word is in **blue**
- we write what the hard word means.

You can get help with this book



You can get someone to help you

- read this book
- know what this book is about



- find more information.

About this book



This book is written by cohealth.



This is a report about a program called **Sexual Lives and Respectful Relationships**.

Sexual Lives and Respectful Relationships is a program for people with disability to help them



- share ways to have safe sexual lives
- have respectful relationships.
- talk about their **rights**.



Rights are things everyone should

- have
- get
- do.



A team of people at Deakin University made the program.



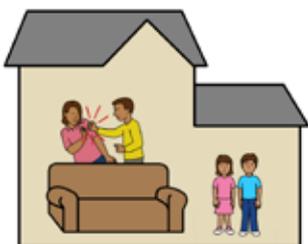
People with disability run the program. We call them **peer educators**.

Program partners support the peer educators to run the program.



Program partners are people who work in places that help people know more about

- sexual health
- sexual assault
- domestic violence
- family violence
- disability support.



What we did

2017 - 2018						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

We ran 5 programs in 2017 and 2018.

We ran programs in north and west Melbourne.

There were 52 people who were part of the programs.



There were

- 34 men

and



- 18 women.



We want to know how we can make the program better for everyone.

We asked what people thought about the program.

Ideas for a better program

We asked people to tell us



- what worked well



- what did **not** work well



- what people learned

- what we should do in the future.

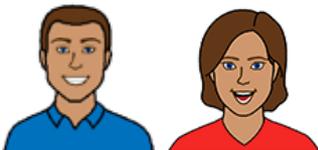


We asked

- peer educators



- program partners



- people who did the program.

What people who did the program told us



People who did the program told us they liked

- the program
- the peer educators
- the games, activities and videos
- that they met new people.



People who did the program told us they did **not** like



- some parts of the program that were boring



- that there was too much information

- the stories about what **not** to do.

For example, they want to know about what to do to have a good relationship instead.



Some people told us the information in the program was different to their religious beliefs.

People who did the program told us that they learned

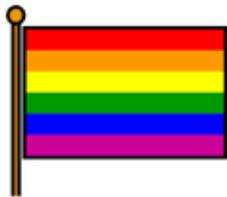


- how to say **no** if they did **not** like to do something



- how to have safe sex

- how to say what they think



- about gay and lesbian relationships.



Some people who did the program told us they did **not** remember where to get help.

Some people who did the program told us they did **not** remember much about the program.

What peer educators told us



Peer educators told us good things about the program were that

- the program made them confident.
For example, they could talk about sex in front of other people now.



- they liked to help others



- they learned about relationships and sex



- they learned about
 - gay and lesbian relationships
 - **transgender** people.



Transgender means a person does **not** feel like the **gender** they were given at birth.

Gender means a man or a woman.

Some people do not want to choose between the 2.

Peer educators told us the things that helped the program go well were



- the training from Deakin University
- the new videos and activities
- that it was easier when they got to run more than 1 program.

Peer educators told us some hard things about the program were



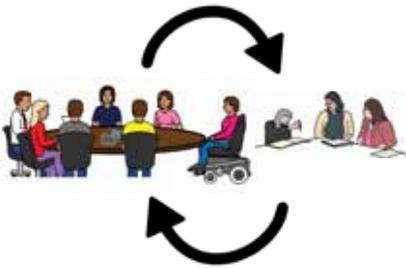
- the information was easy for some people but hard for others
- not everyone liked to talk about sex
- sometimes people were told **not** to go to the sessions by their family or carer



- sometimes program partners talk over people



- people did **not** know each other.



Peer educators and program partners are part of a group. We call it a network.



Peer educators told us good things about the network were that they

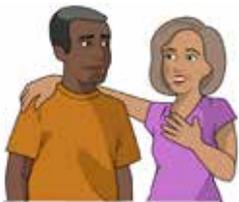
- got paid
- were part of social activities
- were treated the same as everyone else



- could choose to be a **volunteer**

A volunteer is someone who

- works to help people
- is **not** paid money.

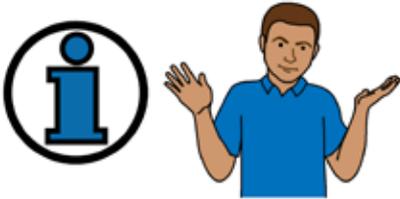


- made new friends



- got to speak at conferences.

Peer educators told us hard things about the network were that



- some information was hard to understand

- they did **not** know who some program partners were or what they did



- sometimes they did **not** like to talk in front of other people

- they had to choose between the program and their studies or work



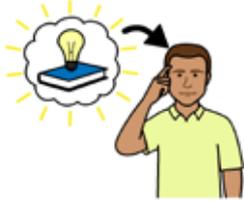
- some people did **not** get the same work chances from Deakin University



- they want more information and support.

What program partners told us

Program partners told us good things about the program were that they



- learned new things



- spoke to people about violence that happens to women with disability



- met people from other organisations.

Program partners told us they learned



- violence happens a lot to women with disability



- how to stop violence that happens to women with disability



- ways to talk to people about sex.

Program partners told us things that helped them do the program were



- new videos and activities

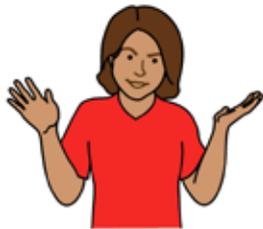


- support from disability services



- that it was easier when they got to do the program more than once.

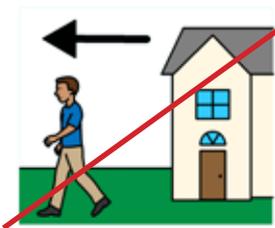
Program partners told us hard things about the program were that some people



- did **not** understand the program



- did **not** like to talk about sex



- did **not** come to the sessions because family did **not** let them.

What we found out about the network



We found out good things about the network.

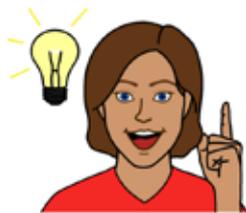


For example

- people liked each other.



- everyone knew what they had to do.



- people had different
 - skills
 - ideas.



- people worked well together.

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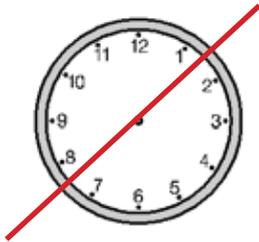
- cohealth made everything go well.

We found out hard things about the network.



For example

- some people did **not** get support from their organisation.



- some people did **not** have enough time to be part of the network.



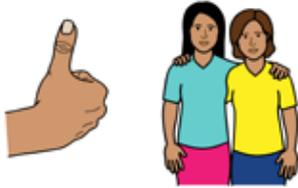
- people had a lot of different opinions.

- sometimes decisions were hard to make.



- people would like more support from Deakin University about how to run the network.

What we can do better



To make the program better we can

- tell people about good relationships

- tell people about relationships and technology.

For example



- **sexting**. This means to send a message on a phone about sex.



- when you find a person you like on the internet.



- make more time in the program to talk about more things



- help people get to know each other



- have different groups for men and women.



To make the program better we can also meet with people to

- ask if they are ready to talk about sex
- ask if the program is too hard for them



- make sure they know what the program is about

- make sure they want to be in the program.



We can also

- tell parents and carers more about the program



- support people to learn more with their
 - parents

- carers



- friends.

We can do more work with the places who are part of the program.



We can work with more groups who help to stop violence happen to women with disability.



To make the network better we can

- help people be part of social events
- have information in ways everyone can understand. For example, Easy English.



- make sure people know everyone



- make sure we tell people good things about the program.



More information

For more information contact someone at cohealth.



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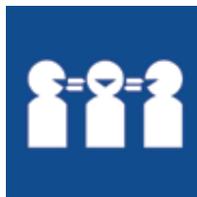


Website www.cohealth.org.au



National Relay Service

TTY 133 677



Telephone Interpreter Service

13 14 50

Our program partners

A R A L U E N

Araluen



Brimbank City Council



City of Darebin



Deakin University



Hobsons Bay City Council



Maribyrnong City Council



Melbourne Polytechnic



City of Moonee Valley



Northern Centre Against Sexual Assault



Western Region Centre Against Sexual Assault



City of Yarra

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Scope's Communication and Inclusion Resource Centre wrote the Easy English in September 2018. www.scopeaust.org.au
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