

# Healthy Sexuality, Healthy Relationships

An interactive, discussion based session around sexual development, needs and expression of sexuality in young people with special needs. The explored areas include sexual expression and its importance for young people, what carers need to be aware of, how sexual expression can be supported and concerns relating to inappropriate or risky sexual behaviour. It will provide the opportunity for parent carers to air some of their concerns and share hopes and views about the future.

**This is what parents who have attended this workshop had to say:**

'So informative and open discussions – feel empowered now'

'I found the course very informative and empowering'

'Brilliant workshop, very informative – especially using different strategies'