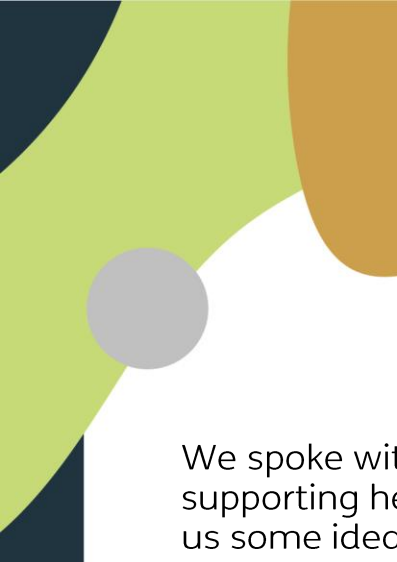




Parental insight into teaching sex education

We spoke with an autistic parent to understand her experiences of supporting her autistic daughter with this crucial subject. She shared with us some ideas that worked well for her family.

Please remember that every person is unique and therefore what works for one person may not work for another.

- When discussing things related to this subject, use the proper names for things (e.g., breasts) and be matter of fact.
- Take time to explore with your child the different names other people may use for things (e.g., boobies). This will help your child stay informed when peers use alternative words in the playground.
- Use natural opportunities in the environment, for example animals mating at the farm. Don't ignore the action but use appropriate language to comment.
- Don't hide items such as sanitary products, these products can provide opportunities to introduce and discuss the subject of periods.
- Use informal natural opportunities rather than a precise serious chat. Maybe use times that you spend together like walking the dog or travelling in the car.
- Liaise with school staff to discuss what sex education would be covered in school. Consider whether or not this is appropriate or will create further confusion.
- It is important to remember that everyone has a right to understand what is happening to their bodies regardless of disability.
- Periods can be a sensory nightmare for many autistic girls. Some girls may want to look at ways to reduce or stop their periods.

