

## JUST ASK

Just Ask is a unique Relationships and Sexuality Education programme working specifically with people with a learning disability/difficulty or ASD, their families and carers. Just Ask offers parents and carers the opportunity to discuss topics in a safer environment. All programmes are delivered at a participant appropriate level and programme content is flexible.

Our extensive knowledge and experience with the Just Ask project has shown that a holistic approach is vital in the development of self-esteem, confidence, resilience and independence.

ICNI believe Relationships and Sexuality Education programmes should be part of life regardless of ability. The focus of this programme is to help parents with difficult topics, raise awareness and build their confidence when dealing with these issues. This will enable them to support their family member during and after participation on the Just Ask programme.

Just Ask can also provide a specific programme for teachers and classroom assistants to ensure consistency.

## WHAT JUST ASK CAN DELIVER

- Understanding your family member's RSE needs
- Fears and concerns
- Personal space and boundaries
- Permission, consent and choices
- Appropriate language
- Relationships
- Body changes and language
- Sexual health and wellbeing
- Sexuality
- STIs
- Contraception

Sessions are usually a one off but can be extended to the needs of the group or individual.



## Parent and Carer Programme

# JUST ASK



## Contact details

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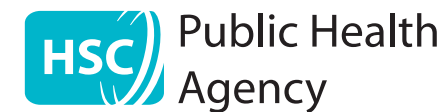
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