

# Just Ask



## A Relationships and Sexuality Education Programme

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## JUST ASK

Just Ask is a unique Relationships and Sexuality Education programme working specifically with individuals with a learning disability, difficulty or autistic people.

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 develop understanding around self, boundaries, personal space, permission, consent and the choices around these topics.

Just Ask also provides a specific programme for parents and carers and also for teachers and classroom assistants in order to ensure consistency.

## JUST ASK OFFERS GROUP OR 1:1 SESSIONS FOR ANY AGE

The Just Ask programme will cover topics such as:

- What makes you, you?
- Understanding personal space and boundaries
- Permission, consent and choice
- Touch - appropriate and inappropriate
- Relationships
- Growing up, body changes and language
- Public and private spaces
- Sexual health and wellbeing
- Sexuality
- STIs
- Contraception

Each programme is tailored to meet the needs of the individual or group and can be adapted at any point to continue to meet these needs.

The programme may cover all or some of the topics listed.

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Programmes normally run over six weeks with sessions lasting approximately one hour.

This may be adapted to meet the needs of the individual or group.

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## Contact details

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