

Puberty and Sexuality for Children with Learning Disabilities and Autism

Information Session



How do you teach your child about sex, relationships and growing up when they have language processing difficulties and may not understand appropriate behaviour during times of heightened emotion and confusing changes?

What can you do and say to a child as a parent, a carer or another responsible adult to help them make sense of these complex and difficult issues so they know how to keep themselves and others safe?

In this session we'll be looking at:

- How to talk to young people about puberty and sexuality
- Why puberty is a difficult time for young people
- Understanding anger and learning how to manage it in relation to puberty
- Practical approaches to deal with inappropriate sexualised behaviour
- How it's never too early to start planning for puberty



Dr Mark Brown, founder of **Special Help 4 Special Needs** is delivering this session. Mark has a lifetime of experience working with people with learning difficulties and has created a sex education programme specifically for children with Autism / Asperger's Syndrome and other neurodiverse issues.

Thursday 22nd April 2021

7pm-9pm

**The session will take place online via
Microsoft Teams**

For more information or to register your interest please email:

parentingserviceadmin@ealing.gov.uk

Call the Family Information Service if you have an enquiry on:

020 8825 5588