



SMARTS

# SMARTS

Supporting Me About Rights To Sexuality

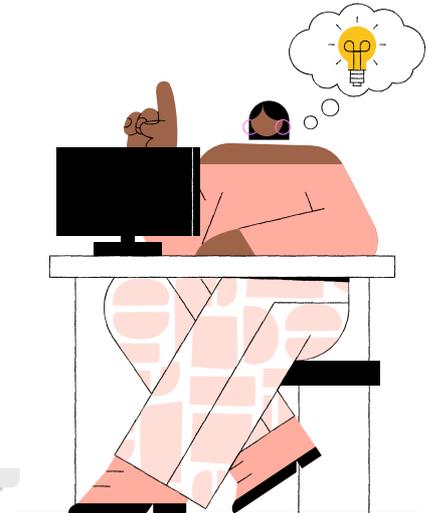
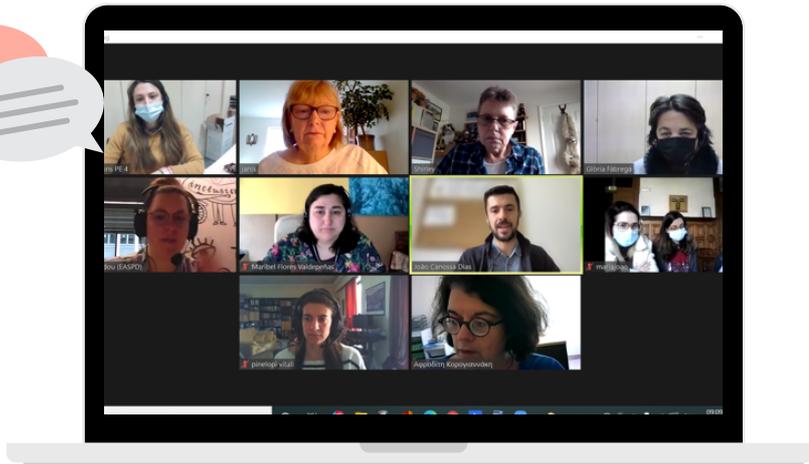
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3rd Newsletter



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## SECOND TRAINING EVENT - SDM & SEXUALITY

In March and April, SCT delivered a second set of training sessions on supported decision making and sexuality of persons with intellectual disabilities and/or mental health issues to senior support professionals from ASTRES, ARCIL and THEOTOKOS. These sessions, held as part of the second Learning, Teaching and Training (LTT) set of activities, had to take place online because of COVID-19.

While the previous training activities presented and focused on supported decision making; these training sessions brought about the topic of sexuality. Some sessions were, for instance, focused on sexual abuse and safeguarding, or aimed at breaking down the common myths and misconceptions with regards to persons with disabilities and their sexuality.

Training sessions also had a practical insight which enabled participants to share presentations and exercises that they had prepared. This allowed them to showcase how they considered to plan and promote supported decision making about sexuality in their services and organisations.

### Responding to a disclosure

**“Remember that your role is not to conduct an investigation, or act as the judge or jury. You are there to support the person in front of you and for the time being it is important to give him/her 'the benefit of the doubt'.”**

## Talking About Sex The 6 R's:

Relax

Reveal

Research

Remember

Reach  
Deeper

Reflect

The overall feedback from both participants and trainers was positive. While participants found it interesting to deconstruct their prejudices, they also understood the crucial importance to personalise the support they offer to persons with disabilities, thus stressing on the fact that it's the right of persons with disabilities to decide on important issues such as sexuality.

The trainers were very happy with the high commitment of the participants, though they recognised the challenges to hosting this training online. Sexuality in itself is a challenging topic to approach, which can make some support professionals uncomfortable to discuss, especially online.

## WHAT'S NEXT?

Now the second training activities have been completed, participants will go back to their services and deliver this training to colleagues and other staff members in their countries. Local training activities are due to take place until later in the summer.

At the same time, the partnership is working on finalising the guidelines on supported decision making and sexuality. They have also started developing a basis for an awareness toolkit that will be accessible for persons with intellectual disabilities and/or mental health conditions.

Stay tuned for future updates from the partnership!



## THE PARTNERSHIP

The consortium is made up of several partners: Service providers: **Fundació Astres** (Spain), the coordinator, **ARCIL** (Portugal) and **Theotokos** (Greece). **SCT** (UK) who producing staff training, and **EASPD** (Belgium) who represent service providers.

Click on each partner's name to find out more about them.

For more information, you can contact the project coordinator, **Fundació Astres** at [idea@plataformaeducativa.org](mailto:idea@plataformaeducativa.org)



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