

KYLIE'S PRIVATE WORLD



Life Support
productions



Life Support Productions
PO Box 2127 London NW1 6RZ
www.lifesupportproductions.co.uk

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This DVD is for use by females with learning disabilities in support of general sex-education.

The topics covered are:

- (1) introduction to Kylie
- (2) growing up and body changes
- (3) menstruation, first periods, sanitary towels, tampons, privacy, living with periods, being organised, disposal of sanitary towels and tampons, premenstrual syndrome (PMS)
- (4) consent and trust, how to deal with unwanted sexual advances
- (5) keeping clean, bathing and privacy
- (6) self examination and privacy
- (7) consent and trust, how to deal with unwanted sexual advances
- (8) masturbation and privacy
- (9) sex, relationships, love and affection
- (10) introduction to Jason (Kylie's boyfriend)
- (11) being alone and loneliness
- (12) when Jason meet Kylie, consent, love and affection in relationships
- (13) sex and consent, safer sex and condoms
- (14) consent and how to use condoms, disposal of condoms
- (15) love and affection in relationships
- (16) where to get condoms and advice
- (17) sex and people's attitudes, privacy and consent

Introduction

This is a sex education DVD for use by women with learning disabilities. Please see Jason's Private World for sex education for men (available from Life Support Productions) The DVD has strong emphasis on consent and how to say "no". Also emphasised is the use of condoms for safer sex. Carers may wish to pause the DVD after each of the topics for discussion by those viewing. The accompanying illustrations are from the sequence referred to.

(1) Introduction to Kylie

Kylie introduces us to herself and the video. She emphasises the value of privacy and explains what we are going to see in the video.



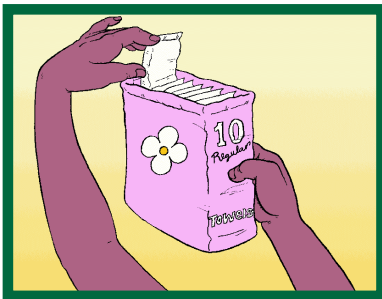
(2) Growing up and the body changes from childhood to adulthood (shown on clothed & then naked bodies).

Viewers may wish to compare the changes from childhood to adulthood. Carers may find childhood photographs of themselves and members of the viewing group useful.



(3) Menstruation, first periods, sanitary towels, tampons, privacy, living with periods, being organised, disposal of sanitary towels and tampons, privacy, premenstrual tension

(PMT) ~ this section begins with Kylie taking us back to when she had her first period.

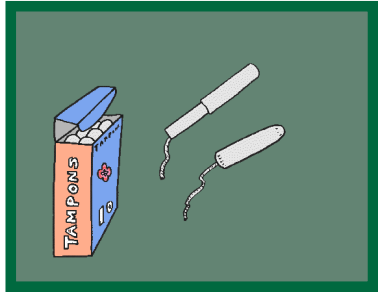


Kylie explains about sanitary towels.

Kylie emphasises the importance of being private. First periods can often be a traumatic time for young women, carers may wish to offer extra support and make use of other agencies during this time.



Kylie then brings us back to the present day and explains about tampons and shows us how to use them.

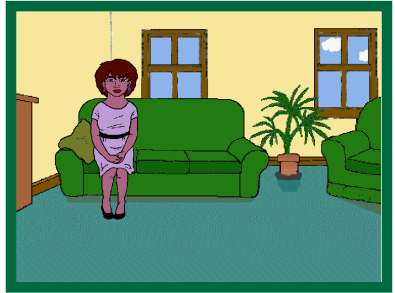


Kylie then explains the value of being organised and shows us how she keeps track of her periods by marking a calendar. She emphasises the importance of seeking advice if there are any causes for concern.

Kylie then shows us the hygienic way to dispose of sanitary towels and tampons. She concludes this section by explaining about premenstrual tension and again emphasises the importance of seeking advice if there are any worries.



(4) Consent and trust, how to deal with unwanted sexual advances ~ Kylie explains about consent, she emphasises the importance of saying "no" and of trust within a relationship.

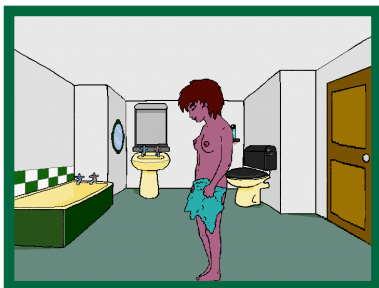


We then see Kylie being approached by a stranger on a train and saying "no".

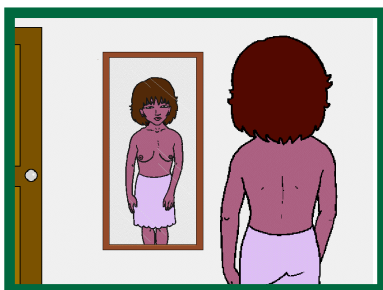
Any discussion about consent and how to deal with unwanted sexual advances may cause individual viewers

to bring up situations they themselves have been in. Carers should make sure they are ready to provide any necessary counselling and are ready to use the services of other agencies if needed. Group discussion of how to say "no" is useful in reinforcing this message of the video.

(5) Keeping clean, bathing & privacy ~ Kylie shows us how to keep clean, the importance of privacy and about taking care of our bodies. She then emphasises taking care not to let any soap up inside her vagina. Kylie concludes by explaining the need to rinse all the soap off of her vagina and the importance of drying properly.



(6) Self examination & privacy ~ Kylie explains that she likes to take care of her body and looks at herself to make sure she is healthy. She then shows us how she examines and compares her breasts. Kylie then explains that if she thinks there is anything wrong, she tells a carer, doctor or social worker.



(7) Consent and trust, how to deal with unwanted sexual advances ~ Kylie explains about consent, she emphasises the importance of saying "no" and of trust within a relationship.

We then see a woman being approached by a stranger in a cafe and saying "no".



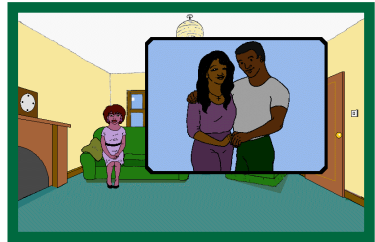
Any discussion about consent and how to deal with unwanted sexual advances may cause individual viewers to bring up situations they themselves have been in. Carers should make sure they are ready to provide any necessary counselling and are ready to use the services of other agencies if needed. Group discussion of how to say "no" is useful in reinforcing this message of the video.

(8) Masturbation & privacy ~ This subject can cause some embarrassment and carers may find it easiest to initiate discussion on a one to one basis or in single sex groups.

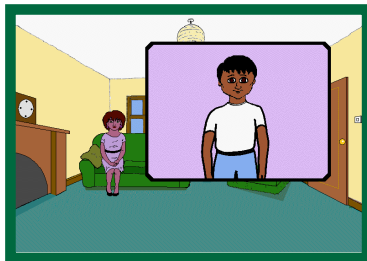
Kylie explains about sexual pleasure and masturbation, she shows us how she takes care to be private by going to her bedroom. She explains how to masturbate, emphasising the need to be gentle and for privacy. Finally, Kylie reassures the viewer about whether they are able to "come" or not and about getting advice.



(9) Sex, relationships, love and affection ~ Kylie explains about sex between people, that it is very important and that we take care to choose the person we want to have sex with. She then introduces three couples (straight, lesbian and gay) who are her friends.



(10) Introduction to Jason (Kylie's boyfriend) ~ Kylie introduces Jason and explains that they have been together for two years.



(11) Being alone and loneliness ~ Kylie explains how she felt lonely and that talking to a carer helped her.



(12) When Jason meet Kylie, consent, love and affection in relationships ~ Kylie explains how she meet Jason and that they waited until they trusted each other and both wanted to before having sex.



(13) Sex and consent within relationships, safer sex and condoms, privacy ~ Kylie explains how she and Jason only have sex when they both want to (he asks Kylie and she says "yes") and that they are careful to be "safe".



Emphasis is put on being private and having sex in a private place.

(14) Consent and how to use condoms, disposal of condoms ~ Kylie and Jason first make sure they have some condoms and are then shown pleasuring each others bodies. Kylie then shows how to put a condom on and explains why they are so important.

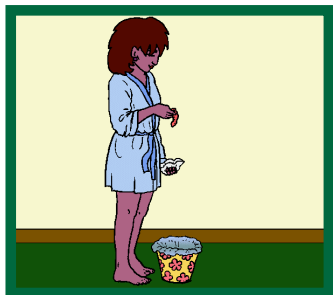
Kylie and Jason are then shown having sex and emphasis is put on holding condoms on when withdrawing.



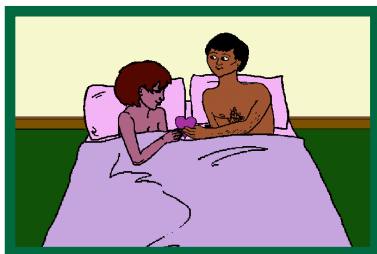
Sexual practice is a topic where intimate discussion can cause embarrassment. It is useful to discuss consent within relationships and the viewing group should be aware that they have a right to say “no” regardless of who is asking for sex.

Safer sex is one of the main themes of the video and carers may find it useful to have sample condoms available for the viewing group to see and handle. Practical exercises involving unrolling

condoms over a common object such as a courgette can be useful and the humour of the situation can help diffuse any awkwardness or embarrassment by members of the viewing group.



(15) Love and affection in relationships ~ viewers may wish to discuss how people behave towards each other when in a romantic relationship. A useful question to raise is “how do Kylie and Jason feel about each other”. Additionally carers may wish to initiate discussion about the benefits of sex occurring within a loving relationship.



(16) Where to get condoms and advice ~ Kylie explains that there are many places to get condoms and advice from. She suggests contacting a special clinic and is shown looking in the Yellow Pages to find the nearest one. These clinics can help with all types of contraception, including condoms.

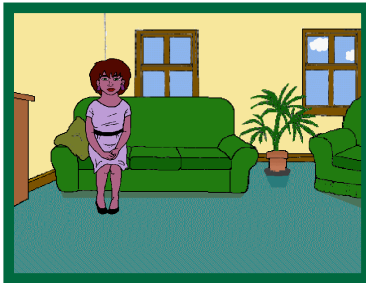


Kylie then explains that condoms can be bought from chemists shops before emphasising the need to use a condom everytime she has sex.

(17) Sex and people's attitudes, privacy and consent ~

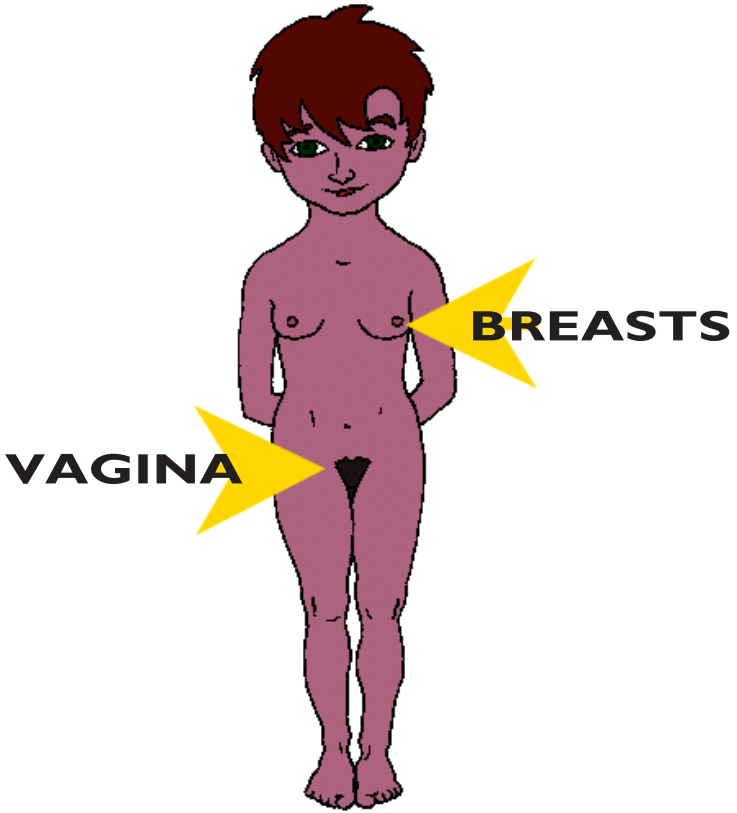
Kylie explains about other peoples attitudes towards sex and emphasises again about privacy.

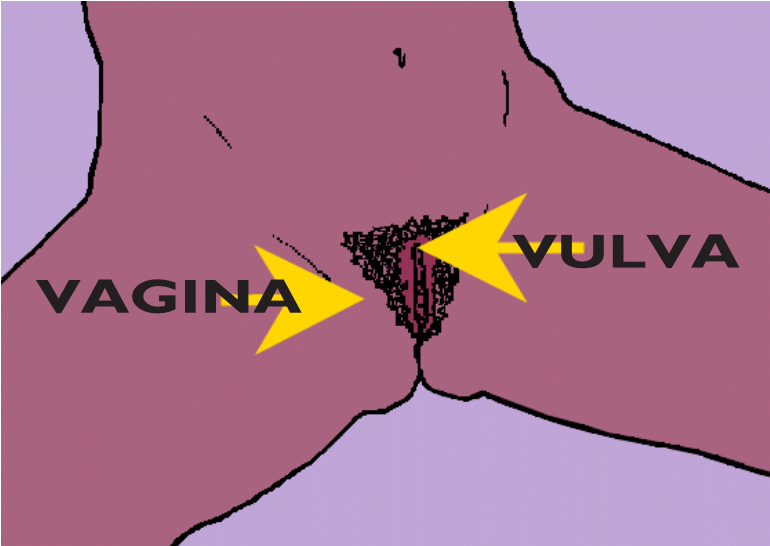
Kylie explains again about consent and emphasises that viewers should tell a carer, doctor or social worker if anyone is forcing them to have sex or keeps asking them.

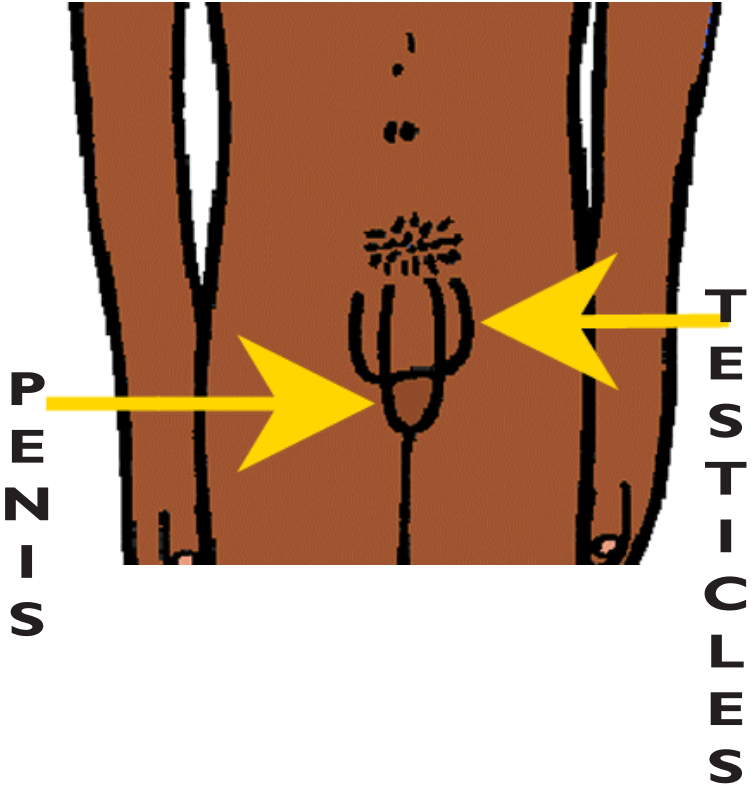


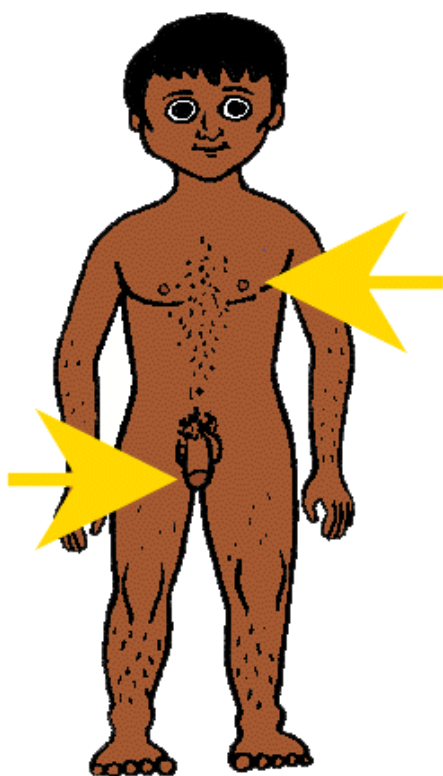
Pictures of Kylie's and Jason's bodies

These diagrams are to help viewers learn about their bodies and understand the video.









List of useful contacts

More contacts and details at www.lifesupportproductions.co.uk

ChildLine call free – 0800 11 11

158/160 Balgreen Road

Edinburgh

EH11 3AU

tel 0131 313 4225 fax 0131 313 4285

info@dsscotland.org.uk

www.dsscotland.org.uk

Respond – 0808 808 0700

www.respond.org.uk

Respond works with children and adults with learning disabilities who have experienced abuse or trauma, as well as those who have abused others.

Down's Syndrome Scotland

158/160 Balgreen Road

Edinburgh

EH11 3AU

tel 0131 313 4225 fax 0131 313 4285

info@dsscotland.org.uk

www.dsscotland.org.uk

MENCAP

123 Golden Lane

London EC1Y 0RT

020 7454 0454

www.mencap.org.uk

Women's Health Concern – 0845 123 2319

www.womens-health-concern.org

Women's Health Concern provides an independent service to advise, reassure and educate women about their health concerns including a helpline 0845 123 2319 and email advice. A good source for useful advice about periods.

Bullying UK – 0808 800 2222

www.bullying.co.uk

Part of Family Lives a charity with over three decades of experience helping parents to deal with the changes that are a constant part of family life. Bullying UK offers advice and a helpline for children and young people.

Sex Education Forum

National Children's Bureau

8 Wakeley Street

London EC1V 7QE

020 7843 6000

sexedforum@ncb.org.uk

www.sexeducationforum.org.uk

Family Planning Association (FPA)

50 Featherstone Street

London EC1Y 8QU

Helpline Northern Ireland 0845 122 8687

www.fpa.org.uk

Pregnancy Advisory Service (PAS)

20 Timothys Bridge Road
Stratford Enterprise Park
Stratford-upon-Avon
Warwickshire CV37 9BF
08457 304030
www.bpa.org

British Institute of Learning Disability

Birmingham Research Park
97 Vincent Drive
Edgbaston
Birmingham B15 2SQ
tel 0121 415 6960 www.bild.org.uk

Brook – www.brook.org.uk

Brook Advisory Centres – commonly known just as Brook provides free and confidential sexual health advice and services specifically for young people under 25.

NSPCC 0808 800 5000 helpline

www.nspcc.org.uk

The NSPCC Helpline is a confidential and free service open 24 hours a day, seven days a week. If you're worried about a child's safety or welfare or if you need help or advice, ring our helpline on **0808 800 5000**.

NSPCC 0808 800 5000 helpline

www.nspcc.org.uk

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Terrence Higgins Trust

314-320 Gray's Inn Road

London WC1X 8DP

tel 0808 802 1221

www.tht.org.uk

info@tht.org.uk

Provides leaflets, posters video cassettes about HIV and AIDS. Also runs courses and supplies speakers.

Rape Crisis

Rape Crisis Centres provide a confidential helpline service for women and girls who have experienced any form of sexual violence at any time in their lives, as well as a range of other specialist support services.

freephone **0808 802 99 99**

www.rapecrisis.org.uk

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