



You and Me: A guide to sex and sexuality after a traumatic brain injury (2nd Edition)

This 40-page booklet is written as an **information resource for consumers** on sexuality issues that arise after a TBI.

It contains

- Consumer stories
- Information
- Strategies/tips
- Cartoons

The booklet addresses issues at all times after the injury, from the acute stages of rehabilitation through to long-term adaptation.

Topics include:

- An overview of changes to sexuality after TBI
- When sexual relations can be resumed after the injury
- Sexual rights and responsibilities
- Getting a right perspective on sexuality
- people in established relationships
- Sexual problems
- Self-pleasuring
- Safer sex
- Contraception
- Pregnancy
- What to do if sexually assaulted

Notes:

1. This booklet is designed as a companion booklet for people doing the **You and Me** sex education programme.
2. An evaluation of the first edition of the sex education program and information booklet has been published:

Simpson GK, Long E. (2004). An evaluation of sex education and information resources and their provision to adults with traumatic brain injury. *Journal of Head Trauma Rehabilitation*, 19, 413-427.