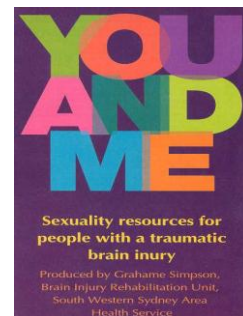


You and Me: An educational programme about sex and sexuality after a traumatic brain injury (2nd Edition)

This resource comprises a **15-module education program** that staff can use to run sex education programs for clients and families.

What Does the Programme Contain?

- 15 Modules providing comprehensive coverage of the sexuality issues faced by people with traumatic brain injury.
- Over 100 worksheets and information sheets for participants.
- A variety of consumer stories and experiences.
- An extensive introduction for facilitators outlining how to run a sex education programme, how to tailor make a programme to meet the specific needs and interests of participants and a programme planning questionnaire.
- Section by section instructions for facilitators and a range of different learning activities.
- Information for facilitators about other relevant sex education resources and references to key articles.
- Sexuality resources list of relevant agencies and websites for Australia and Canada



What Issues do the 15 Modules Address?

- An overview of sexuality after traumatic brain injury
- How to talk about sexuality
- No sex
- Sexual rights
- Self pleasuring
- Meeting people
- Protective behaviours
- Sexuality in established relationships
- Changes in Sexual Functioning
- Sexuality and physical disabilities
- Sex workers
- Sexual responsibility
- Safer Sex
- Contraception and pregnancy

Each module contains facilitator's notes for suggested learning activities, resources, information sheets and worksheets.

Who is the Target Group for this Programme?

The primary target group for this programme is men and women who sustained a traumatic brain injury after the age of 16 years.

The programme has material relevant to people at all times post-injury, from the initial months of recovery through to many years post-injury

Some sections of the programme are also relevant for partners and family members

Who Can Run the Programme?

Multi-disciplinary staff, experienced in working with people who have had traumatic brain injury who are located in:

- Rehabilitation Services
- Counselling Services
- Private Practice
- Respite Services
- Community Brain Injury Programmes
- Accommodation Support Services
- Employment Agencies

Notes:

1. The **You and Me** 40-page booklet is designed as a companion booklet for people doing the 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.