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: