



**COMPOSITE REGIONAL CENTRE FOR SKILL DEVELOPMENT  
REHABILITATION & EMPOWERMENT OF  
PERSONS WITH DISABILITIES (CRC-KOZHICODE)  
Under NIEPMD ,Chennai ,DEPwD (Divyangjan),  
Ministry of Social Justice & Empowerment, Govt. of India  
IMHANS Campus, Medical College PO, Kozhikode – 673 008**

**SEX EDUCATION -  
WHAT, WHY & HOW**



DEPARTMENT OF SPECIAL EDUCATION

# WHAT is Sex Education?

- Becoming **AWARE** about one's body parts and functions.
- Helping to **RESPECT** one's own and other's body
- Teaching to **PROTECT** one self from abuse



# WHY Sex Education?

- Children have the **right to learn about their sexuality.**
- Children with special needs are **highly vulnerable** to get abused due to lack of social, communication and cognitive skills.







- Individuals with special needs are observed to **engage in inappropriate sexual behaviors.**
- Provide them **correct information, skills and motivation** to care for self and others.





# HOW to teach your child?

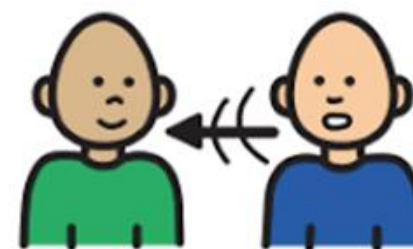
- Sexuality Education is interlinked with learning of **Self-Help, Socialization, and Communication** skills.
- Children must learn **PERSONAL HYGIENE** and how to keep oneself clean, especially their private parts during bathing or after a bowel movement.





- Children need to **socialize appropriately** with adults, and other children.
- Children should learn to **express effectively** if someone has caused any harm.

## Personal Space



I will tell if someone tries to touch or see my private parts



- Do not wait for children reach puberty to learn about sexuality. Teach **when they are young** and continue that conversation as they get older.



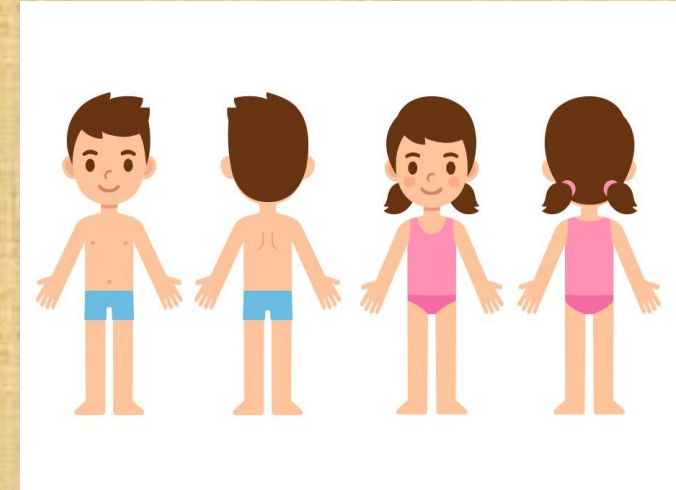
- Introduce the concept in a natural way using various teaching tools such as dolls, photos, pictures, social stories and videos.





- Children should be taught **correct scientific names of different parts of the body**, including external genitals

*(Avoid using childish words like peepee or poopoo etc.)*



- Bathing or dressing or undressing time can be an occasion to teach body parts, especially private parts.







- Teach them **SENSE OF PRIVACY** when they are young.



Door of my  
room is  
closed when  
I dress or  
undress!

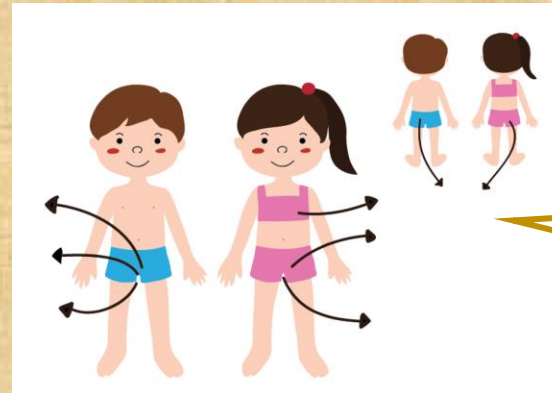


Door is  
closed when  
I have a  
shower!



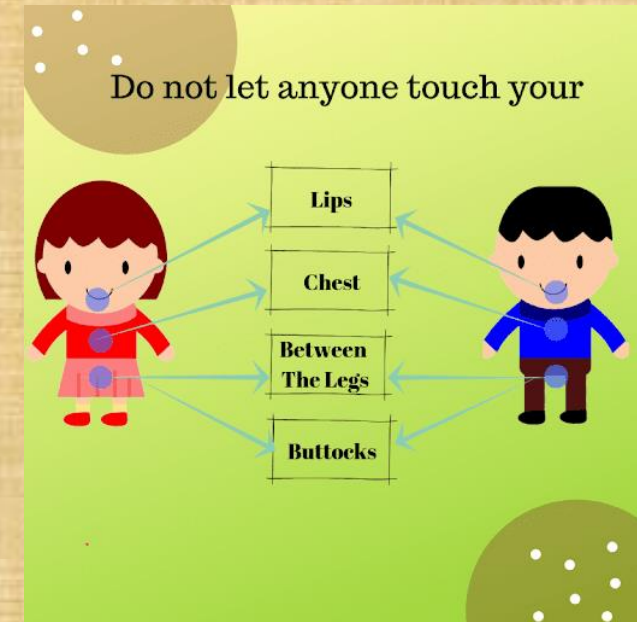
Door is  
closed  
when I  
use toilet!

- Let them understand what are '**PRIVATE PARTS**'

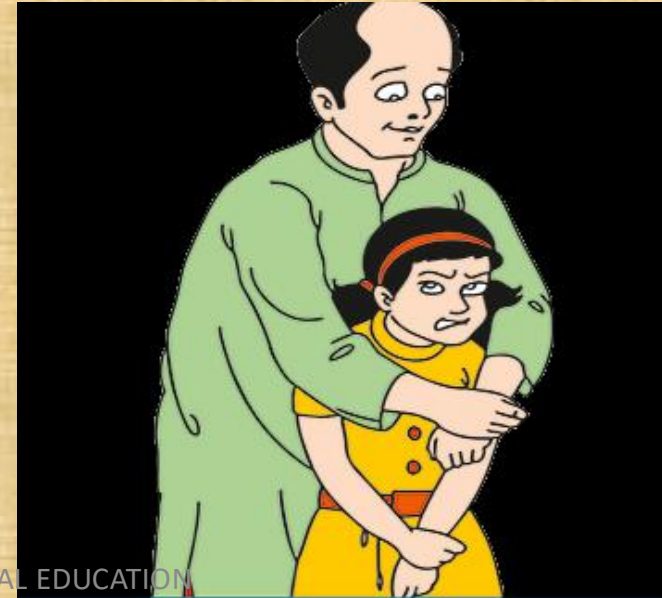


Private parts  
are those  
covered by the  
underwear and  
our mouths.

- Introduce **GOOD AND BAD TOUCHES**



Good touch  
makes me  
feel **HAPPY!**

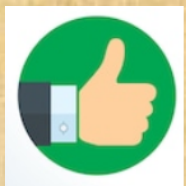


Bad touch  
makes me  
feel **UPSET!**

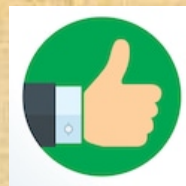




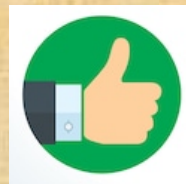
Teach children **WHAT TO DO** when someone gives a bad touch



**Tell loudly 'Do not Touch or NO'**



**Shout for 'HELP'**



**Tell your dad, mom, grandparents or other adults**

