

# HOW TO USE OUR TOOLS

**L'ANONYME**

## THE CHART OF INTIMATE ACTIONS

The action chart is a visual tool to help young people reflect on their attitude regarding their sexuality. The action steps are ideas for activities related to sexuality and intimacy that young people may be interested in exploring. However, even though they are presented in a list format, the goal is not to create a hierarchy among these actions (for example: someone might want to touch someone's body under their clothes but never want to kiss them on the mouth).

\*This is not a tool to persuade young people to engage in sexual behaviours. Rather, it is meant to help your child with their questions and to facilitate a conversation with them.

## CONTINUUM OF SENSATIONS

The purpose of the continuum is to initiate a discussion with young people about the stimuli present during intimate and sexual activities. The aim is also to help your teenager realize whether they are hypo or hypersensitive to sexual sensations. The important thing is to support them in a safe and pleasurable sexual experience, if they so desire.

## RESSOURCES

<b>Tel-Jeunes Ligne-Parents</b>	<a href="http://Teljeunes.com/en/parents">Teljeunes.com/en/parents</a>
<b>Interligne</b>	<a href="http://Interligne.co">Interligne.co</a>
<b>AlterHéros</b>	<a href="http://Alterheros.com">Alterheros.com</a>
<b>Marie-Vincent Foundation</b>	<a href="http://Marie-vincent.org">Marie-vincent.org</a>
<b>SIECCAN</b>	<a href="http://sieccan.org/ady-autisticityouth-infosheets">sieccan.org/ady-autisticityouth-infosheets</a>

**As with other areas of learning, concepts related to sexuality need to be repeated several times before they are fully understood.**

# HOW CAN WE SUPPORT OUR KIDS IN THEIR SEXUAL EXPLORATION ?

## SEXUALITY IS...

All that is experienced in the form of:

- **thoughts,**
- **fantasies,**
- **desires,**
- **beliefs,**
- **attitudes,**
- **values,**
- **behaviours,**
- **roles,**
- **relationships.**

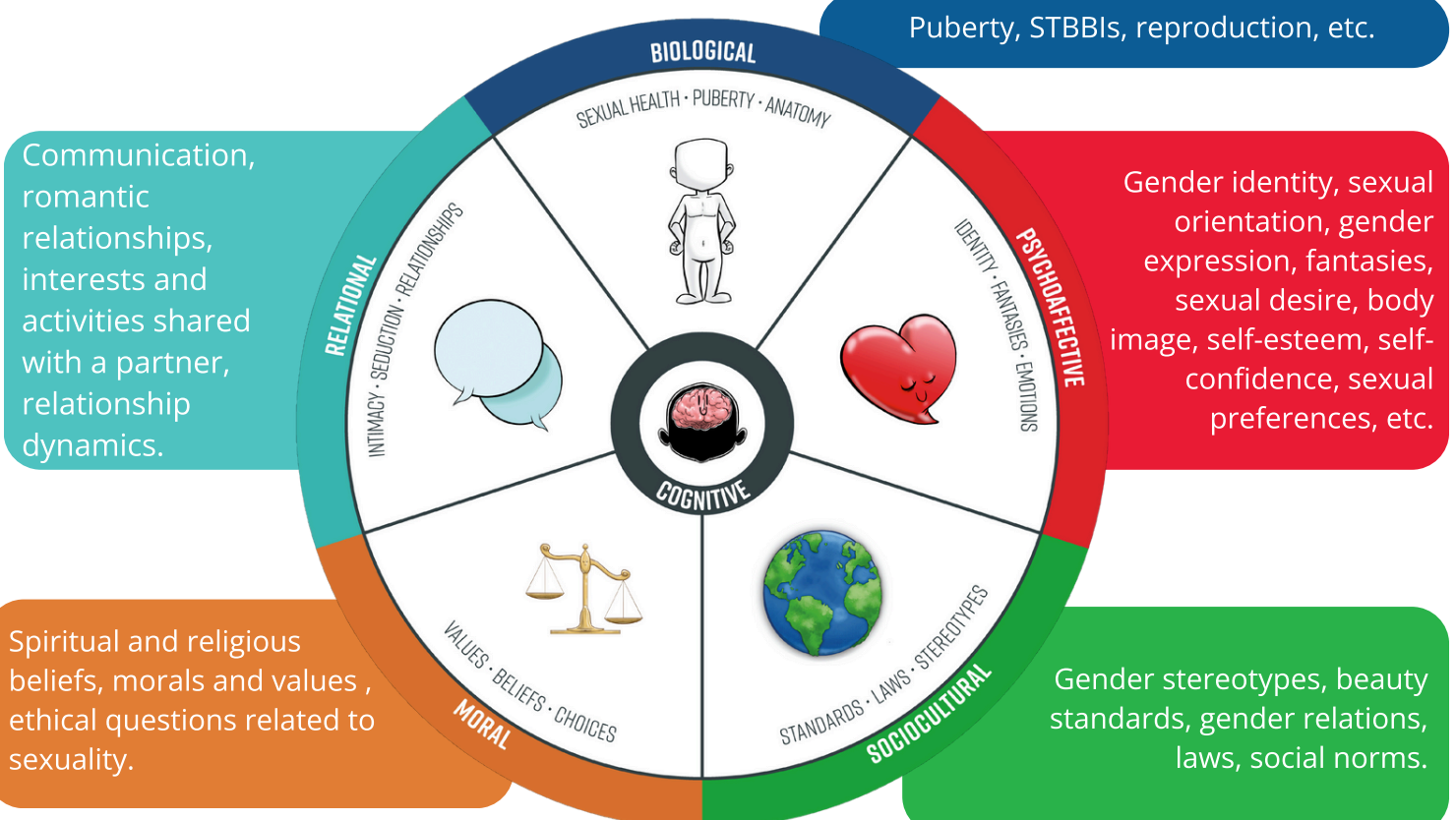


## INTIMACY IS...

**The right to personal space and privacy.**

For neurodivergent youth, this means having a place where they can feel safe and comfortable. At home, it's important to create personal spaces for everyone, and to respect these zones. Discuss privacy rules, such as asking permission before entering a room. Use visual cues to indicate when someone needs a moment alone. By leading by example and respecting everyone, you will foster an environment where every member of the family or household feels valued and listened to.

## THE 5 DIMENSIONS OF SEXUALITY



# HOW CAN WE SUPPORT OUR KIDS IN THEIR SEXUAL EXPLORATION ?



## DATING AND SEXUAL SAFETY RULES

- 1 Choose an activity in a public place.
- 2 Agree on a date, time and place.
- 3 Warn the adult responsible of the teen.
- 4 Be accompanied by a person responsible of the teen.

### Protection and testing

If your teen needs condoms, make sure they haven't expired and that they know how to use them.

If your teen is having sex with a partner, make it easy to get tested for STBBIs; inform your teen about the steps to follow, where to go and the importance of getting tested.

## MASTURBATION

### Benefits

- ➔ Can give great physical satisfaction.
- ➔ Allows you to explore your desires and limits, to distinguish between pleasant and less pleasant experiences.

### To monitor

Can become compulsive if your teenager has no other activities/leisures or ways to keep busy, or has a low level of satisfaction with these activities.

**\*Establishing a routine of intimacy and private time alone will allow your child to masturbate in a private place and control their impulses at unsuitable times and places.**

### Optimize self-determination and reduce risks:

Make sure your teen knows about hygiene and has access to tissues, a wet washcloth, lubricant, etc.

## QUESTIONS ON WELL-BEING AND SAFETY IN LOVE

- ➔ How do you feel about your partner, or how are things going with them? Do you feel happy when you see them?
- ➔ Do you feel listened to and understood in your relationship?
- ➔ How is your communication when you disagree with each other?
- ➔ Do you feel like your partner supports your passions and interests ?



## CONVERSATION STARTERS

- ➔ Do you have questions about your body, your private parts or about love?
- ➔ Would you like to be in a romantic relationship?
- ➔ How can you tell if you are in love with someone?
- ➔ Do you sometimes find it hard to understand what others feel or want in a relationship?