

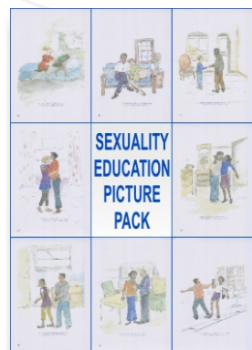
**Look ahead: providing sexuality education for your son or daughter with intellectual disability [English]**

This book supports parents and caregivers to be informed about the sexual development of children and young adults with intellectual disability. Provides guidelines and techniques to talk about sexual abuse; public and private behaviour; menstruation; masturbation; and relationships with children and adolescents with mild to moderate intellectual disability.



**Resource pack for life skills and HIV/AIDS education**

A set of laminated cut out figures and pictures of places for story work in sexuality education. Includes large laminated body outlines and cut out body parts to teach about body parts and sexual development. Compiled by a specialist in life skills and sexuality work, this resource pack facilitates concrete and interactive learning.



**Sexuality education picture pack**

A set of 57 laminated A4 pages to support your sexuality education programme. Includes pictures to support communication about appropriate behaviour; sexual development; and consenting and non consenting touch.



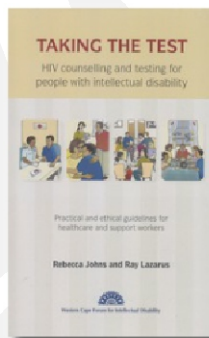
**'The HIV test' and 'Living with HIV' [English]**

A set of two picture books to support communication about HIV testing; treatment; disclosure; safer sex; and living with HIV for people with intellectual disability. Developed in collaboration with Books Beyond Words UK.



**'Living with HIV' and 'The HIV test' [English]**

A set of two picture books to support communication about HIV testing; treatment; disclosure; safer sex; and living with HIV for people with intellectual disability. Developed in collaboration with Books Beyond Words UK.



**Taking the test: HIV counselling and testing for people with intellectual disability [English]**

A practical guide for HIV risk assessment; HIV education; and pre and post-test counselling and support. Includes information on the legal and ethical context for HIV testing and people with intellectual disability.

**Connect to [www.wcfid.co.za](http://www.wcfid.co.za) for e-resources and online training**



**COMMUNITY ENGAGEMENT**

**NETWORKING AND SUPPORT**



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Visit the National Lotteries Commission website to find out about other projects supported by the NLC  
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**Western Cape Forum for Intellectual Disability**

WESKAAP FORUM VIR INTELEKTUELE GESTREMDEHEID — IQUMRHU LE NTSHONA KOLONI LOKHUBAZEKO NGENGOQONDO

ADDING SKILLS • ADDING KNOWLEDGE • ADVANCING RIGHTS

**RESOURCE GUIDE**

Intellectual disability is one of the most overlooked disabilities in South Africa. The Western Cape Forum for Intellectual Disability, a membership-based organisation, has played a pivotal role in the development of skills, knowledge and the advancement of rights within the intellectual disability community



**ADDING SKILLS**

**TRAINING**



**ADDING KNOWLEDGE**

**RESOURCE DEVELOPMENT**

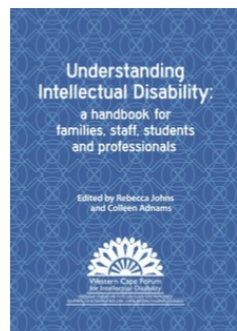


**ADVANCING RIGHTS**

**ADVOCACY**

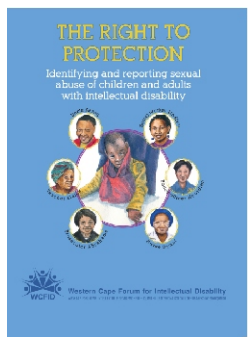
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## Understanding intellectual disability: a handbook for families, staff, students and professionals [English]

This handbook brings together the expertise of over 20 practitioners. It supports best practice related to the rights of people with intellectual disability. Topics include: development and the child with intellectual disability; advocacy; inclusive education; employment; living options; sexuality; mental health; behaviour that challenges; and autism spectrum disorder.



## The right to protection: identifying and reporting sexual abuse of children and adults with intellectual disability [Booklet] [English, Afrikaans, isiXhosa]

A plain language guide to identifying and reporting sexual abuse in children and adults with intellectual disability and highlights their equal right to protection and justice. The booklet and poster/pamphlet [available separately] gives an overview of what happens once sexual abuse is reported, and suggests how to support the adult or child survivor.



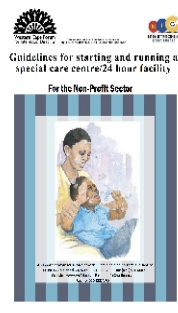
## Report it! - sexual abuse in children and adults with intellectual disability [English, Afrikaans, isiXhosa]

This poster/pamphlet helps care workers, teachers and family members identify and report sexual abuse in children and adults with intellectual disability. For more information about sexual abuse of the child or adult with intellectual disability, please refer to 'The Right to Protection' booklet.



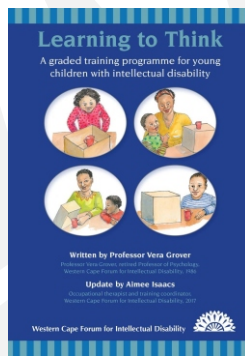
## How to start and run a group home for the Non-Profit Sector [English]

This guide focuses on the smaller group home and provides important information for board members, management, support staff (housemothers and carers) and clinical staff. Includes information on registration; licensing; obtaining property; selection of residents; good governance; and programmes.



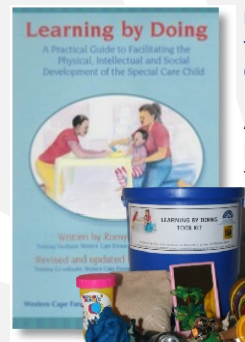
## Guidelines for starting and running a special care centre/24 hour facility for the NPO sector [English]

These guidelines include background information on intellectual disability; registration with the NPO directorate; licensing; obtaining property for use by the special care centre; selection of learners; compliance and good governance programmes among other critical considerations.



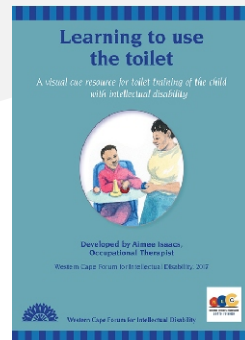
## Learning to Think [English]

A structured 12-step programme which will help the child with intellectual disability to recognise and understand objects and their use in their daily environments.



## Learning by Doing: a practical guide to facilitating the physical, intellectual and social development of the special care child [English]

An activity based manual and toolkit [containing play materials], to assist caregivers to promote the development of children with severe or profound intellectual disability and understand key principles to support their emotional, physical and social needs. Provides guidelines on how to set goals and plan practical step-by-step classroom-based activities that improve the quality of life of all.



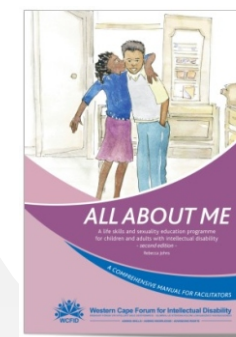
## Learning to use the toilet [English]

A visual cue resource for toilet training the child with intellectual disability. A guide for teaching the child with intellectual disability about the steps of using the toilet. This resource is a selection of pictures providing the child with the visual cues to move through the steps of toileting.



## Thinking ahead: the sexual development and sexual health of children and young adults with severe or profound intellectual disability [English]

This book supports parents and caregivers to consider how to respond to the sexual development of a child or young adult with severe or profound intellectual disability. Includes guidance about communication of care; the right to privacy; sexual development; masturbation; and menstruation. Includes an example of a sexuality and personal care policy for special care education centres.



## All About Me: a life skills, sexuality and HIV/AIDS education programme for learners with intellectual disability. A facilitator's manual [English, Afrikaans]

A module - based sexuality education programme suitable for learners from the foundation to senior phase. Contains practical activities to increase learners' understanding of concepts such as assertiveness; privacy; sexual development; and relationships. Supported by two multi-lingual DVDs [available separately]



## All About Me: a life skills, sexuality and HIV/AIDS education programme for learners with intellectual disability [English, Afrikaans, isiXhosa]

A DVD showing two different age groups experiencing the All About Me life skills, sexuality and HIV/AIDS education programme for learners with intellectual disability.



## Step-by-Step: a life skills, sexuality and HIV/AIDS education programme for young adults with intellectual disability [English, Afrikaans, isiXhosa]

A DVD showing a group experiencing the Step-by-Step life skills, sexuality and HIV/AIDS education programme for young adults with intellectual disability. Please refer to the Step-by-Step facilitator's manual.