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Mrs. Buelah Susan. K, has a Master's in Psychology and M.Ed in Special Education. She is presently working as a Empanelled Lecturer in Department of Special Education, National Institute for the Empowerment of Persons with Intellectual Disabilities, Secunderabad. She has started her career as a general educator and later worked as special educator from 2010. She is a RCI registered special educator and has more than 10 years of teaching experience in the field of Special Education. She is actively involved in parent training programs. She is very keen on teaching children with learning difficulties in inclusive classrooms and remedial instruction. She also supervises the undergraduate students in the teaching practice, internships and clinical placements.

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SEXUALITY EDUCATION

A Pictorial Guide

SEXUALITY EDUCATION



A Pictorial Guide - For Teaching Adolescents & Adults with Intellectual Disabilities



**NATIONAL INSTITUTE FOR THE EMPOWERMENT OF
PERSONS WITH INTELLECTUAL DISABILITIES (DIVYANGJAN)**

Department of Empowerment of Persons with Disabilities (Divyangjan)
Ministry of Social Justice & Empowerment, Government of India
Manovikasnagar, Secunderabad - 500 009. Telangana, INDIA



SEXUALITY EDUCATION

A Pictorial Guide - For Teaching Adolescents & Adults with Intellectual Disabilities

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Important Notice

This pictorial guide is prepared by the Department of Special Education, NIEPID as part of the research project “Sexuality Education Package for Persons with Intellectual Disabilities”. This can be used by parents, educators and instructors for imparting basic sexuality education to adolescents and young adults with intellectual disabilities. As it is a delicate and culture sensitive topic, some of the concepts discussed may not be relevant and appropriate to your student/child. Please use your own discretion to select culture specific activities if need be. Assessment checklist & Instructional guide for parents & teachers and persons with intellectual disabilities is also developed as part of this project. It is recommended to use all the three books for imparting basic sexuality education to people with ID. Some of the images are coloured and drawn by people with intellectual disabilities which we have used in all three series. In order to protect their privacy the names are not disclosed. Some pictures used are downloaded from clipart/pinrest and google images and belong to their rightful owners. All inquiries and feedback regarding this checklist and manual should be addressed to dseniepid@gmail.com The content can be modified and used for educational training purpose but not for any commercial gain.

Artists : K. Naveena Das, Sonal Shah, K. Madhuri

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ABOUT THE GUIDE

This pictorial guide is developed with a purpose of imparting sexuality education to adolescents and adults with intellectual disabilities. The concepts in which these students are to be trained for appropriate and acceptable living are many. Some of the important concepts discussed are Gender Identification, Public vs Private behaviours, Names of the private body parts, Cleanliness of Genitals, Menstrual Hygiene Management. Good touch vs Bad touch, Stranger Danger, Protecting from Sexual Abuse, Saying , 'No' to touch, Marriage and fertilisation. This pictorial guide provides instructions and pictures in a step by step manner which is very useful for teaching PWIDs. Simple language and appropriate illustrations are used so that parents, teachers and other trainers can easily follow the steps. While using this guide, we encourage you to initiate conversations and build up dialogues' as per the cognitive ability of your Son/Daughter/Student with ID. We hope that the trainers find this guide useful in imparting sexuality education.

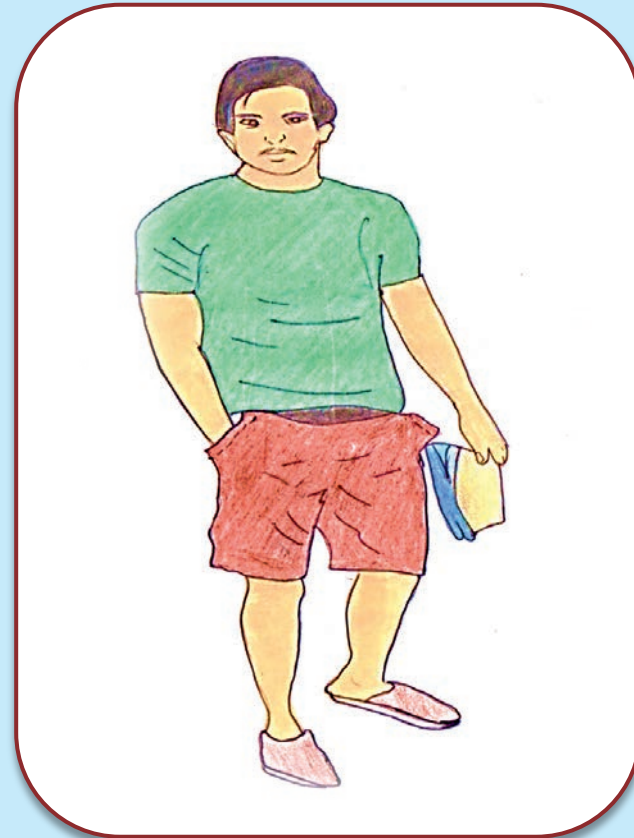
List of Topics

- Gender Identification 1
- Naming Private body parts of a man 17
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Let us Learn About

***Gender
Identification***

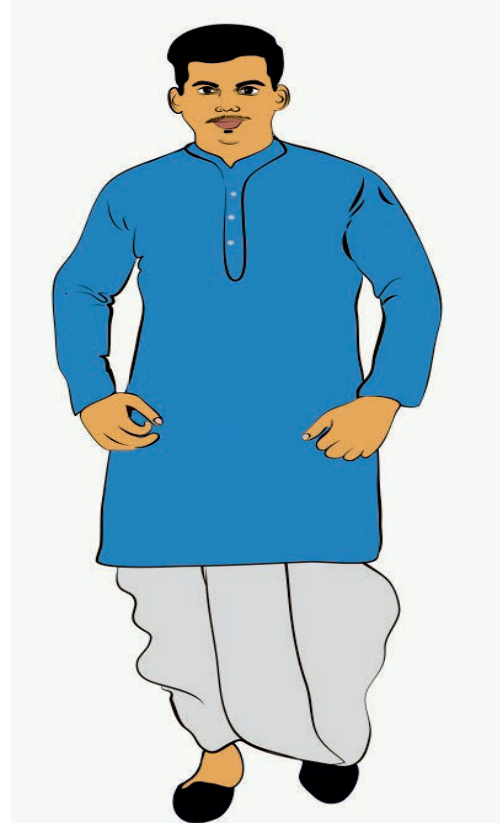
Boys wear T-shirts, shirts, jeans, pants, shorts etc.,



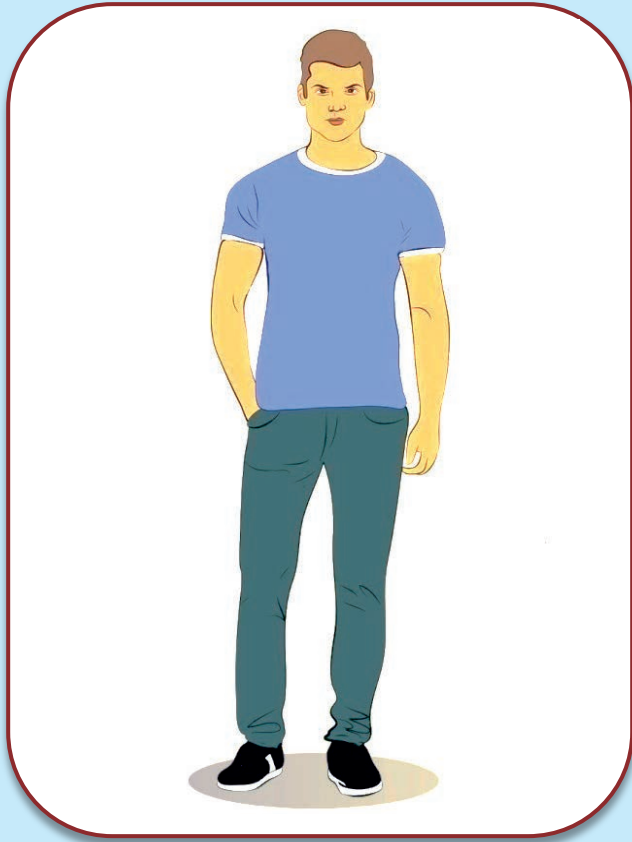
Boys wear kurta, pajamas, shirts, pants etc.,



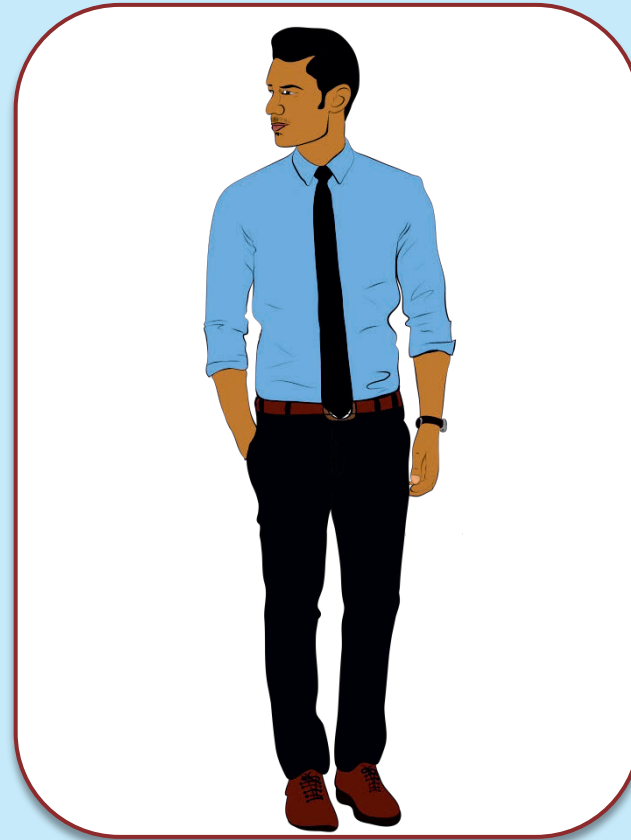
Man wears shirt, pant, jeans, kurta, dothi etc.,



Man wears T-shirt, shirt, pant, jeans, belt, shoes etc.,



Man wears kurta, pajama, shirt, pant, tie, belt, shoes, etc.



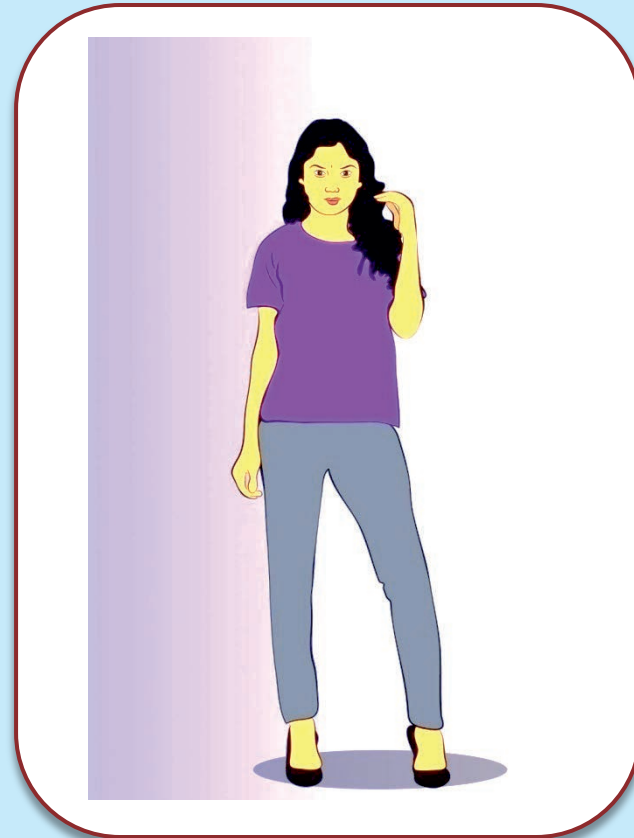
Girls wear frock, salwar kameez, etc.



**Girls wear skirts, jeans skirt.
They wear accessories like earrings, hair bands, chains, etc.**



Women wear salwar suit, T-shirts, jeans.



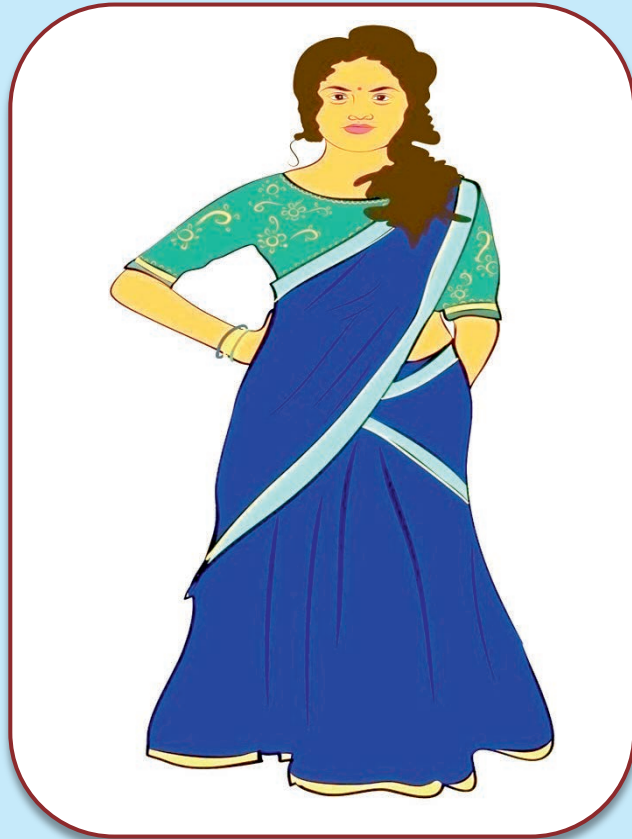
**Women wear half sarees, sarees.
They wear accessories like earrings, bindi, bangles,
anklets, chains, necklace etc.,**



**Women wear half saree.
They plait, wear bangles, earrings etc.,**



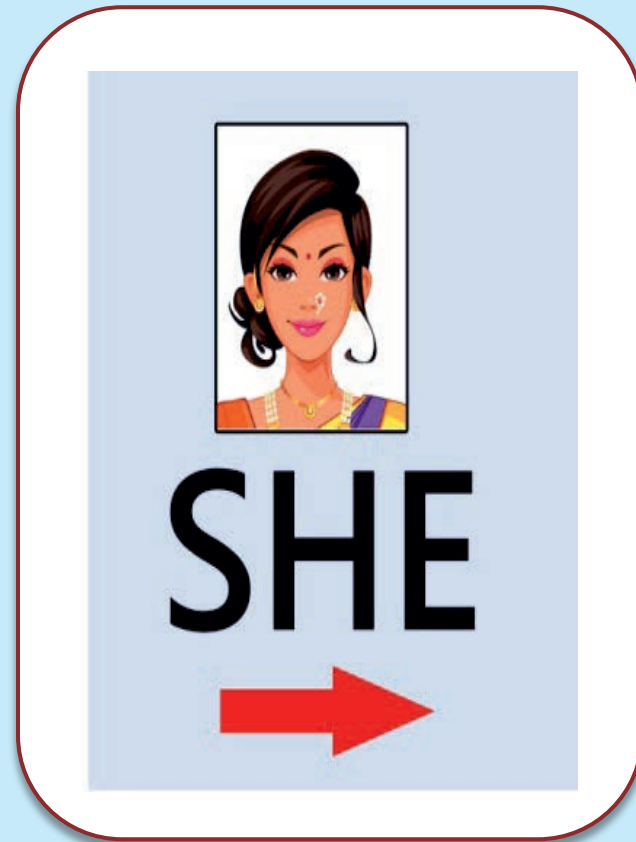
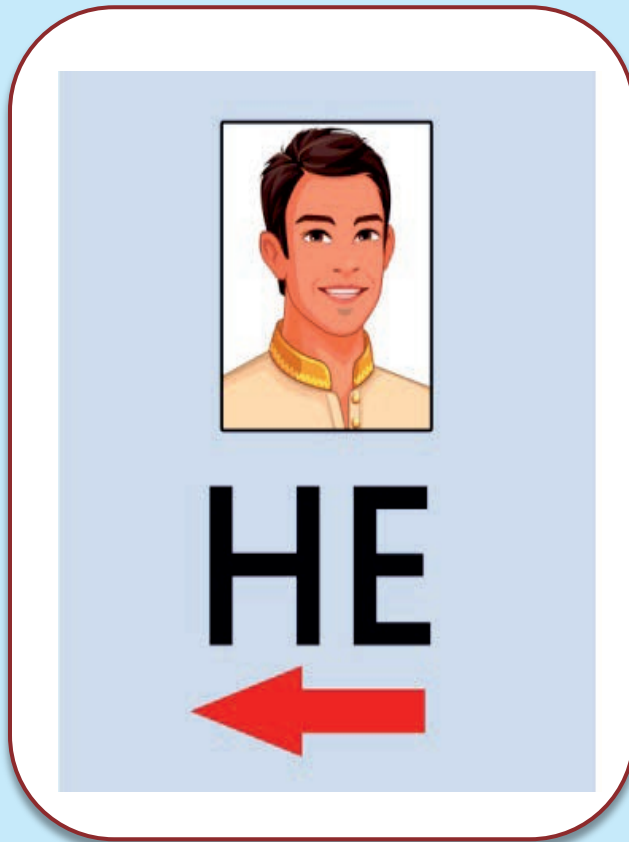
Women can put the pony or keep the bob cut



These are gender specific sign boards



Sign boards of gender specific toilets



Disabled free entry sign boards



Let us Learn About

***Naming Private body
parts of a Man***

Visible Parts of the body

These body parts are visible and seen by others.
They are usually not covered by clothes.

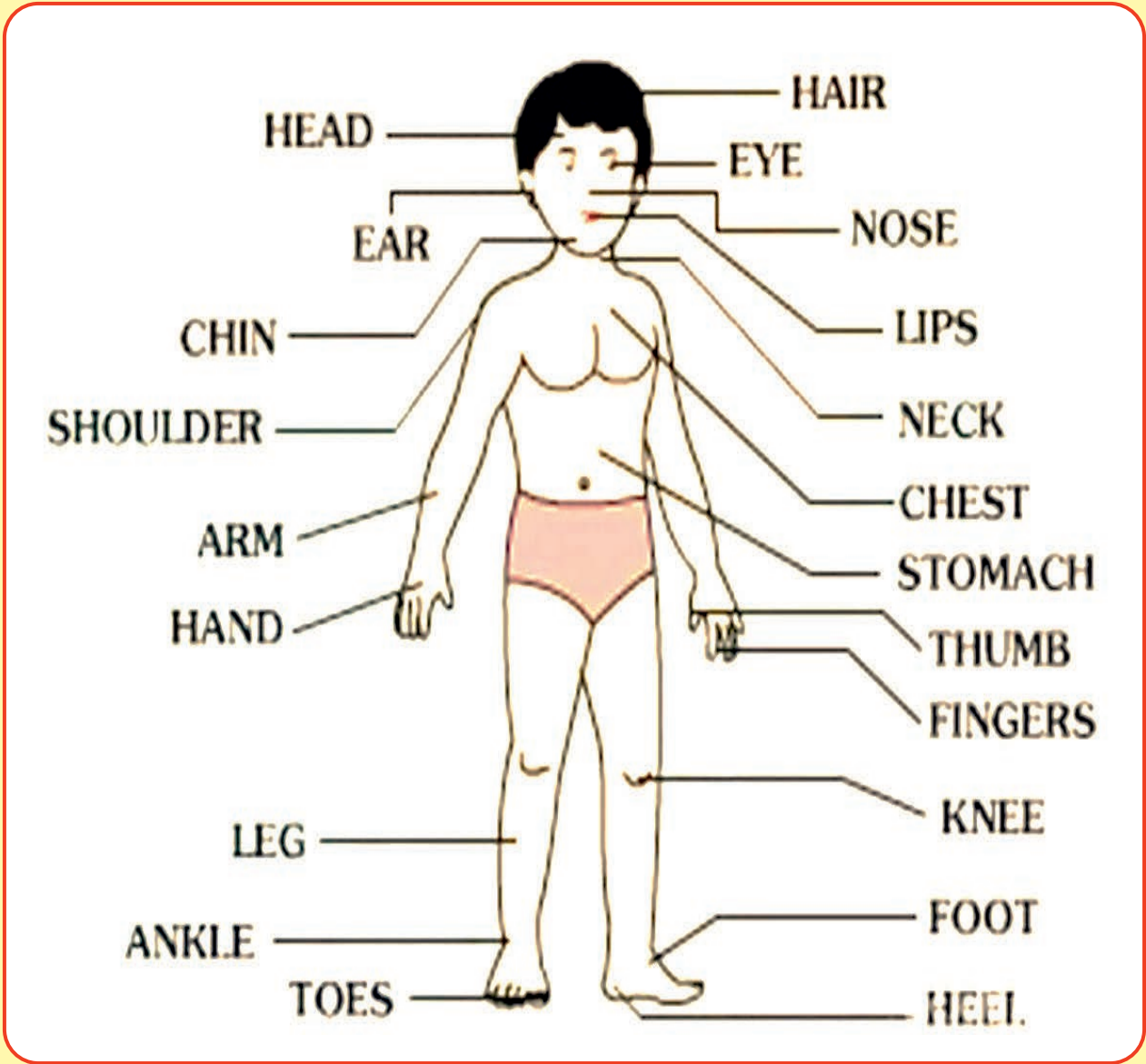
Ex: Eyes

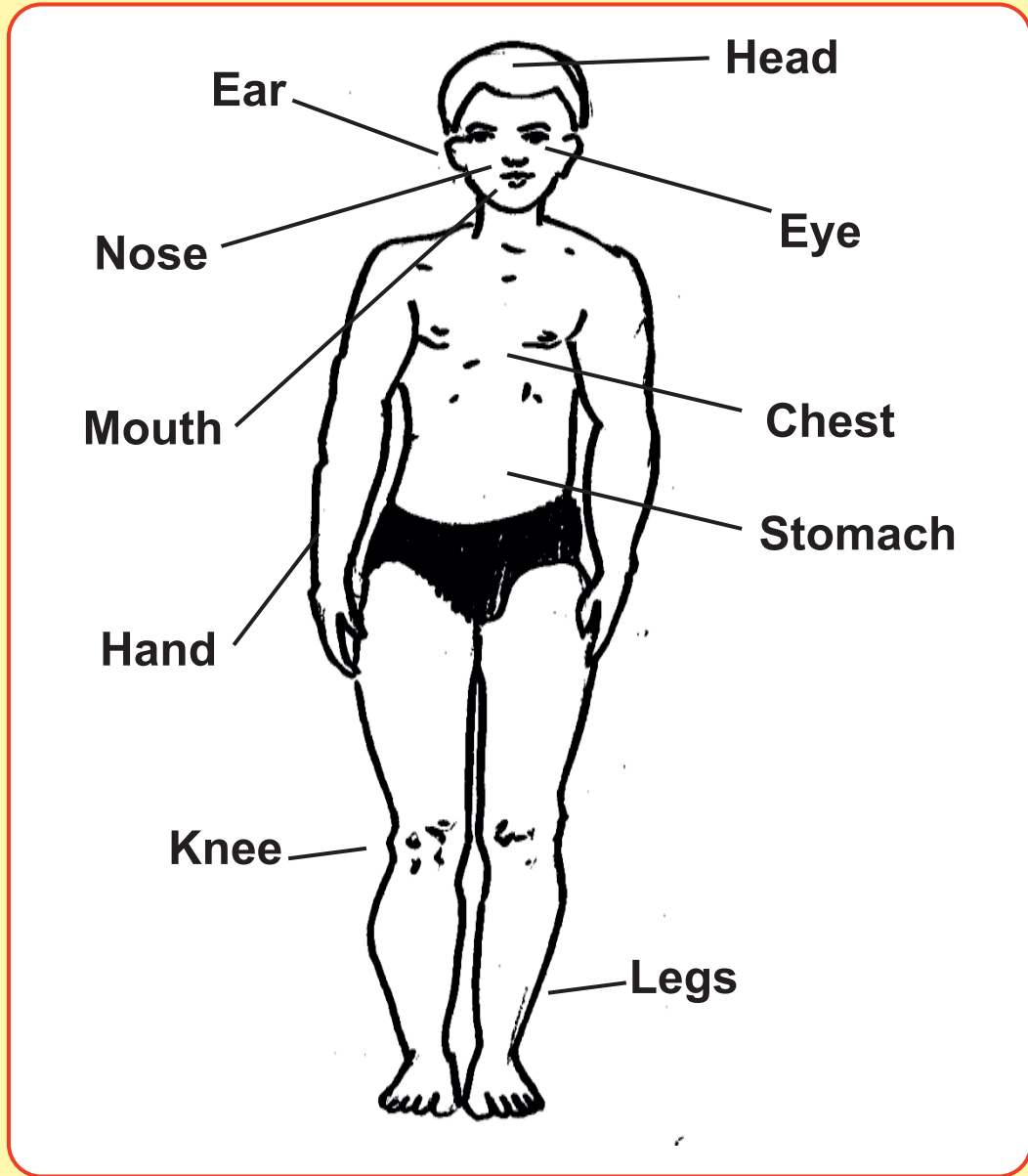
Nose

Lips

Ears

Hands etc.,

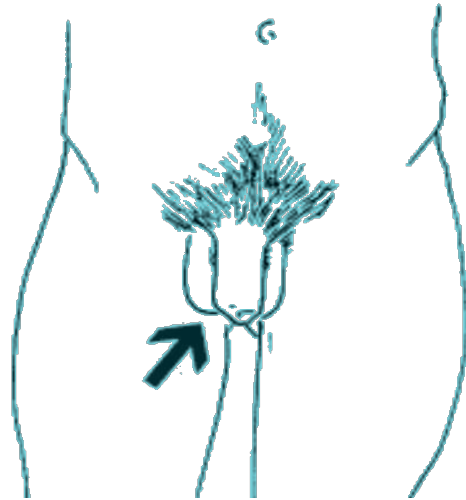
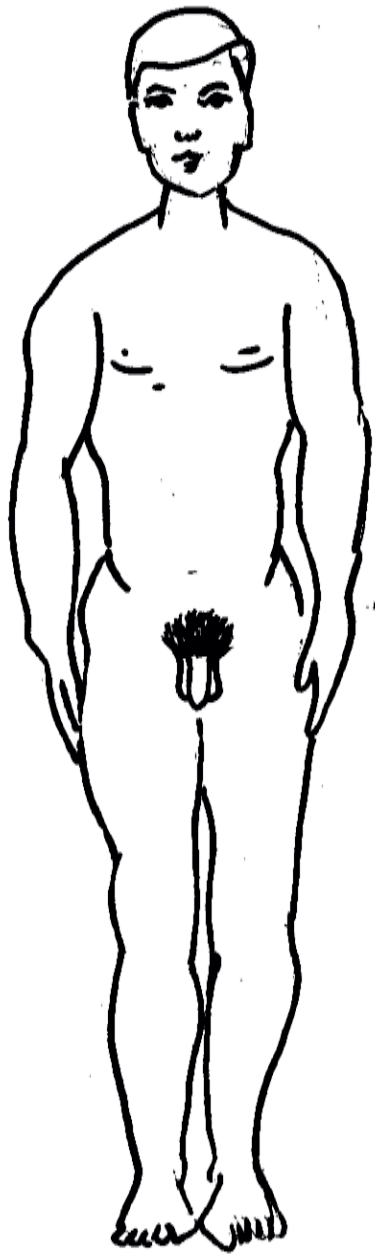




Private parts of the body

The parts in our body covered by underwear or bathing suit are called as **“Private body parts”**.

- Those parts of the body are always kept covered when we are in public.
- And nobody should touch our private parts, except mother/father and a doctor.



Penis



Testicles

Let us Learn About

***Naming Private body
parts of a Woman***

Visible Parts of the body

These body parts are visible and seen by others.
They are usually not covered by clothes.

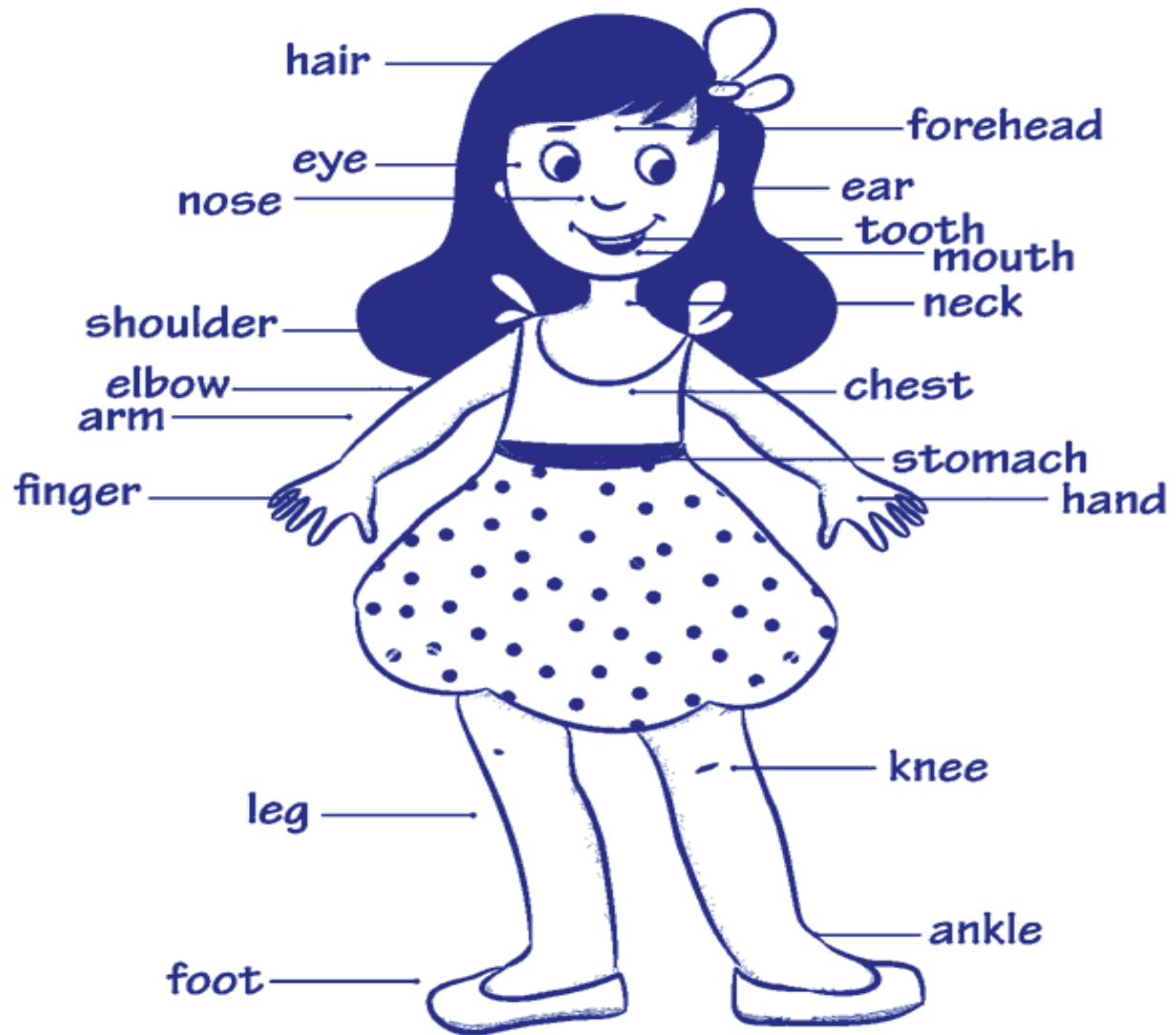
Ex: Eyes

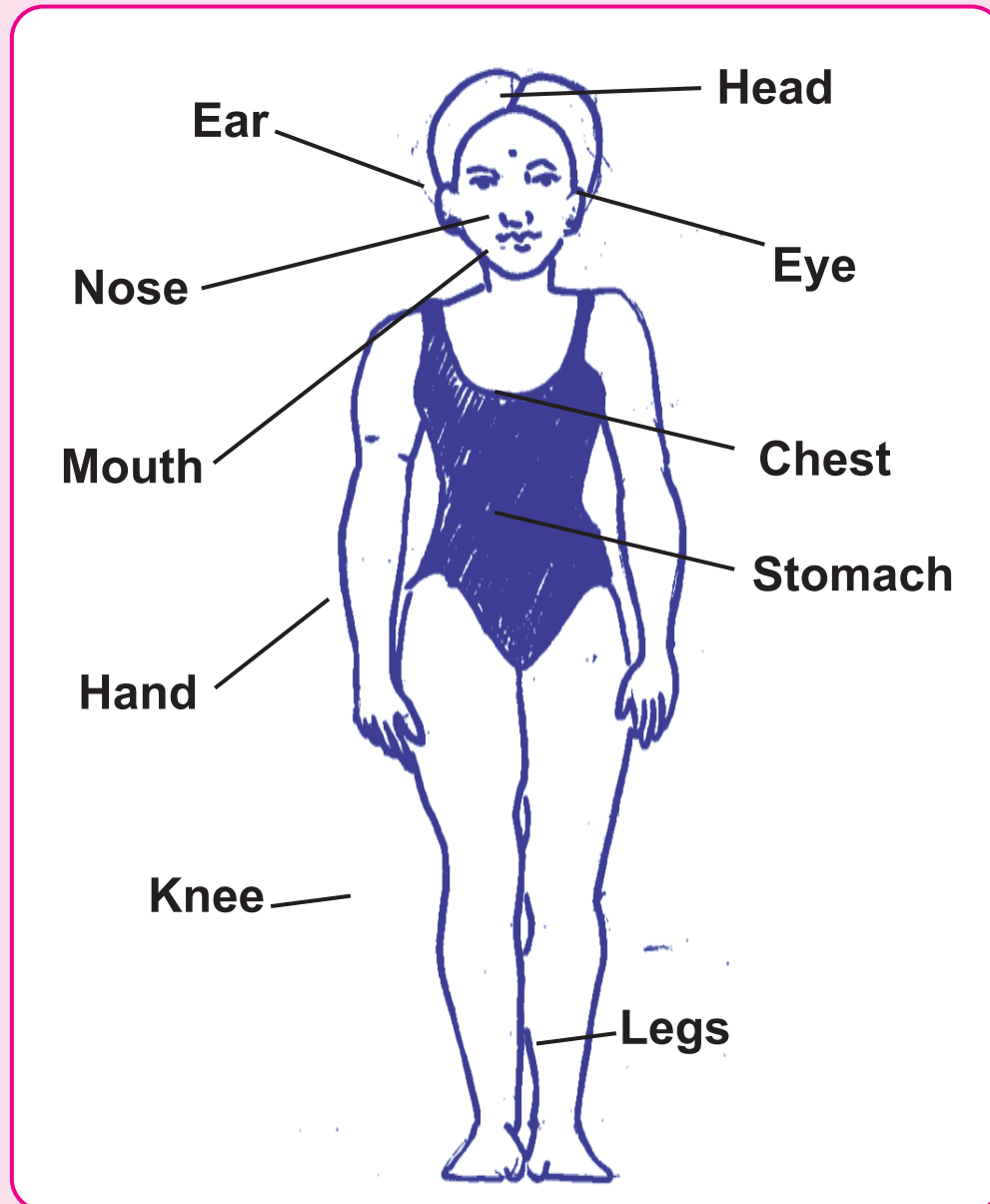
Nose

Lips

Ears

Hands etc.,

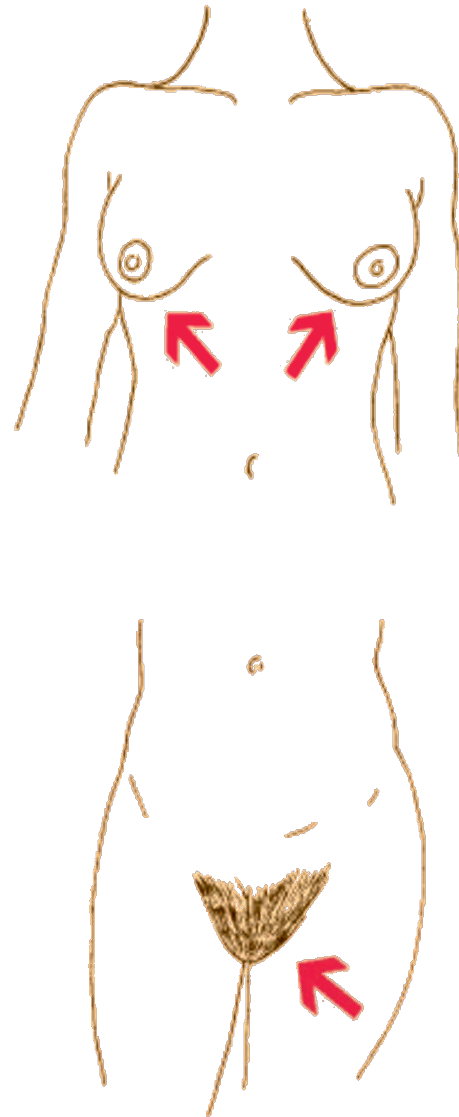
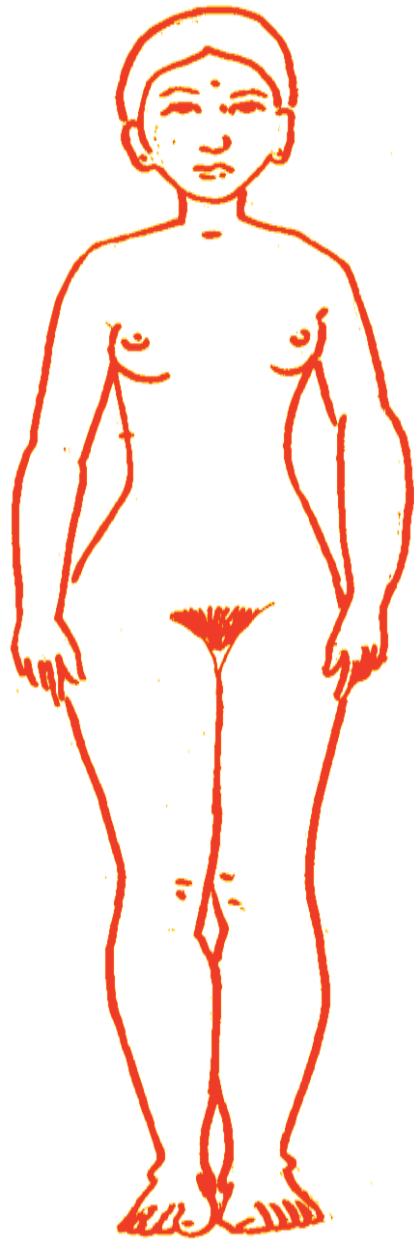




Private parts of the body

The parts in our body covered by underwear are called as **“Private body parts”**.

- Those parts of the body are always kept covered when we are in public.
- And nobody should touch our private parts, except mother/father and a doctor.



Breast

Vagina

Let us Learn About

***Public & Private
Places***

Public places

Place where there is more than one person.

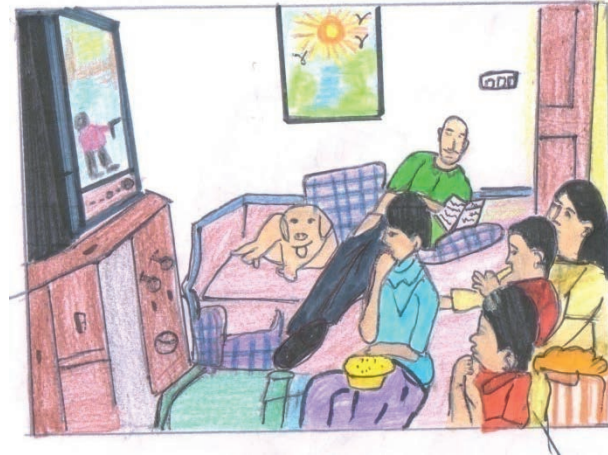
Places where you are likely to see other people.

Ex: Classroom,
Kitchen,
School ground,
Public washrooms,
Park etc.,

PUBLIC PLACES



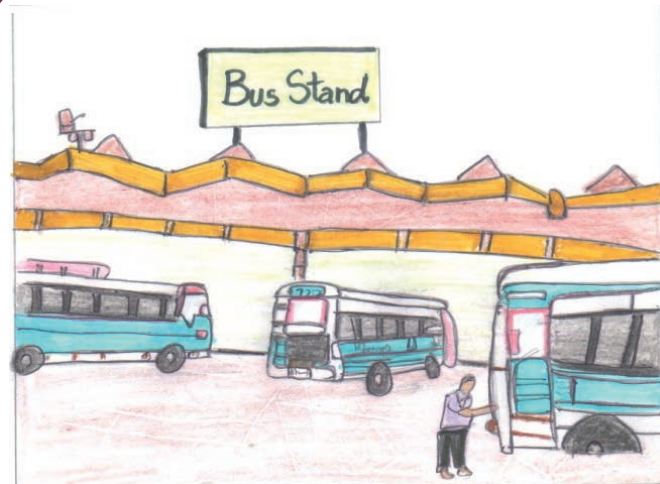
Park



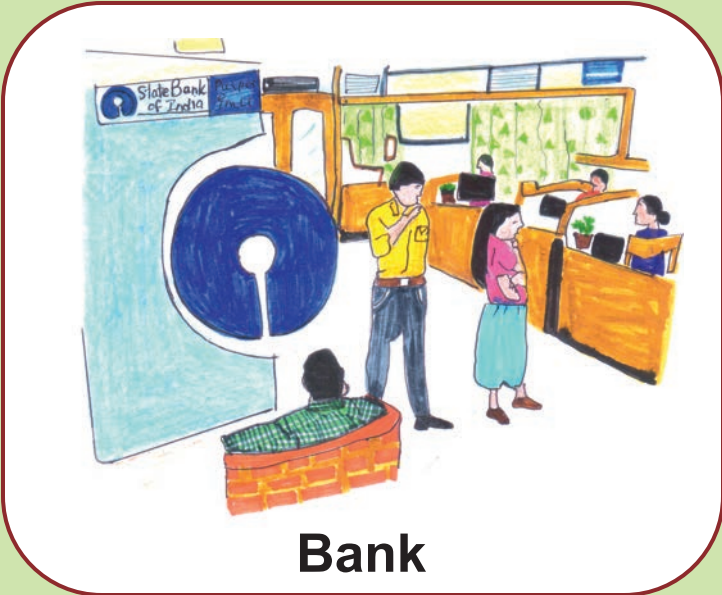
Living room (Hall)



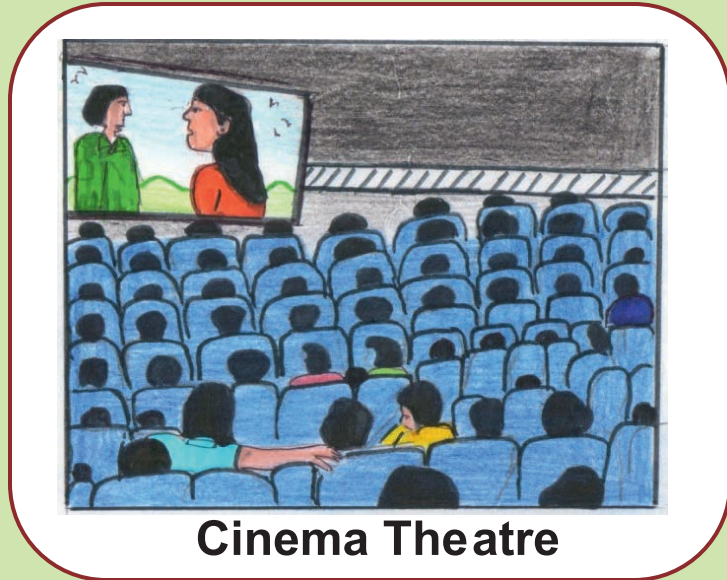
Kitchen



Bus Stand



Bank



Cinema Theatre



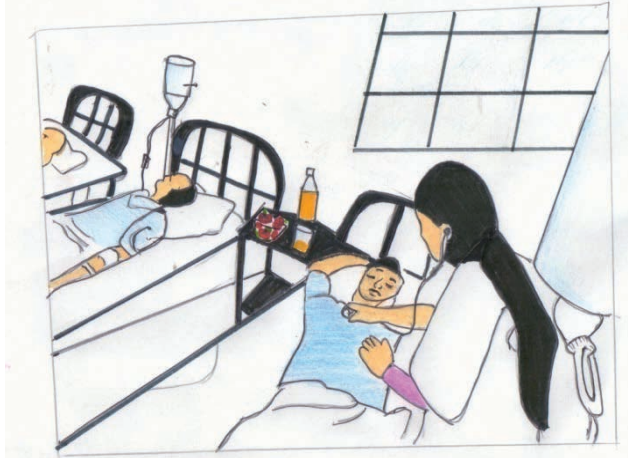
Public Washrooms



Library



Market



Hospital



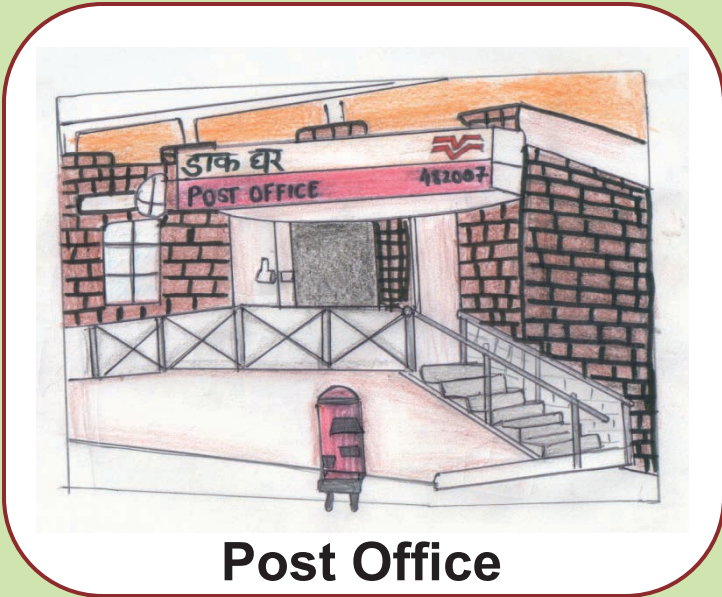
ATM Centre



Railway Station



Play Ground



Post Office



Grocery Shop



Swimming Pool

RELIGIOUS PLACES



Church



Temple



Mosque

Private places

A place where there is only one person.

A place in which you are usually alone.

Ex: Bathroom,
Bedroom,
Trial room etc.

PRIVATE PLACES



Bedroom



Bathroom

PRIVATE PLACES



Washrooms



Trial room

Let us Learn About

*Public & Private
Behaviours*

Public Activity / Behaviour

Things we can do when people are around us

Ex: Eating lunch

Talking over the phone

Washing dishes etc.,

**Washing dishes is a public activity.
It can be done in the kitchen or in a wash area when
people are around me**



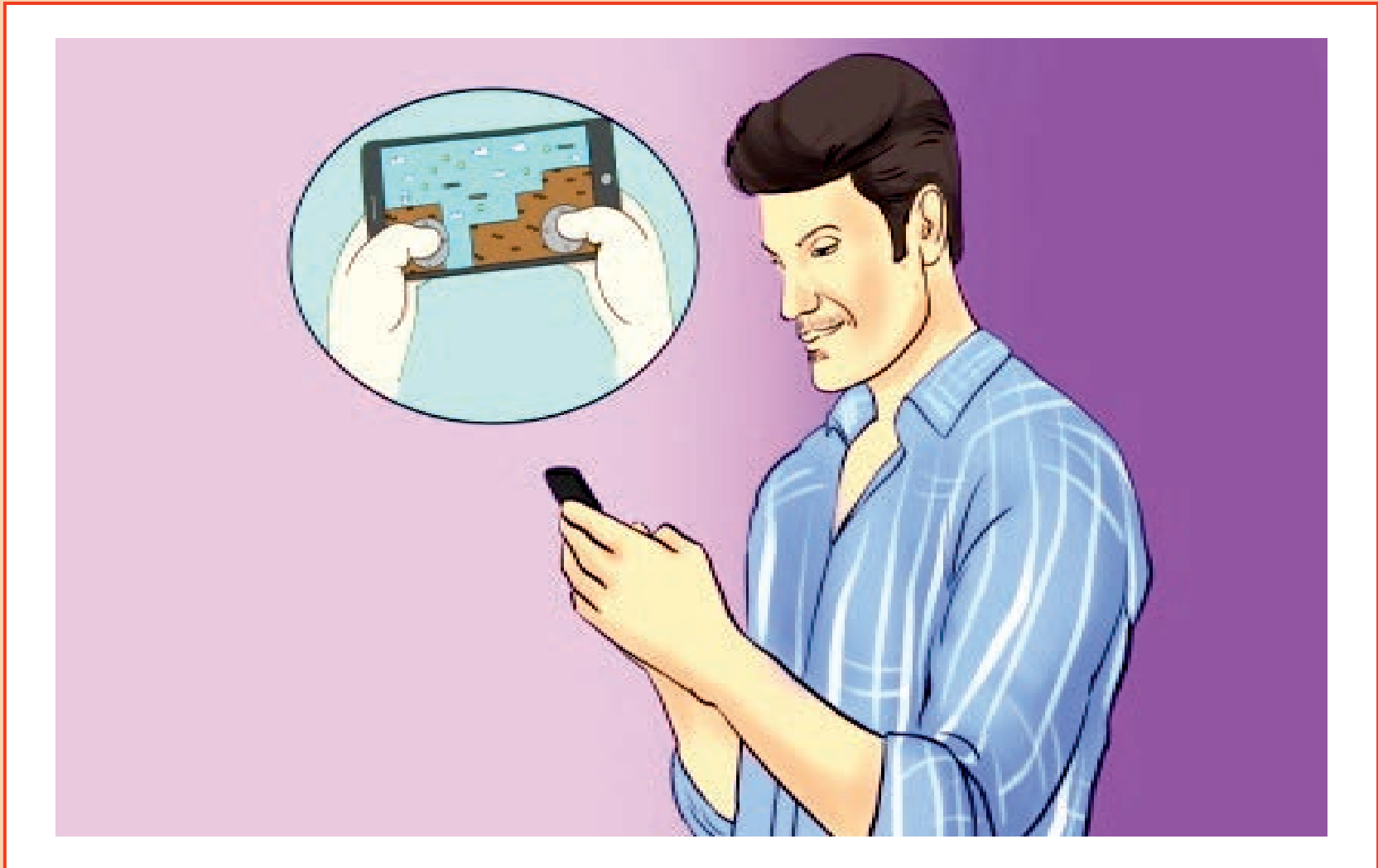
**I like to dance and it can be done anywhere,
which is a public activity.**



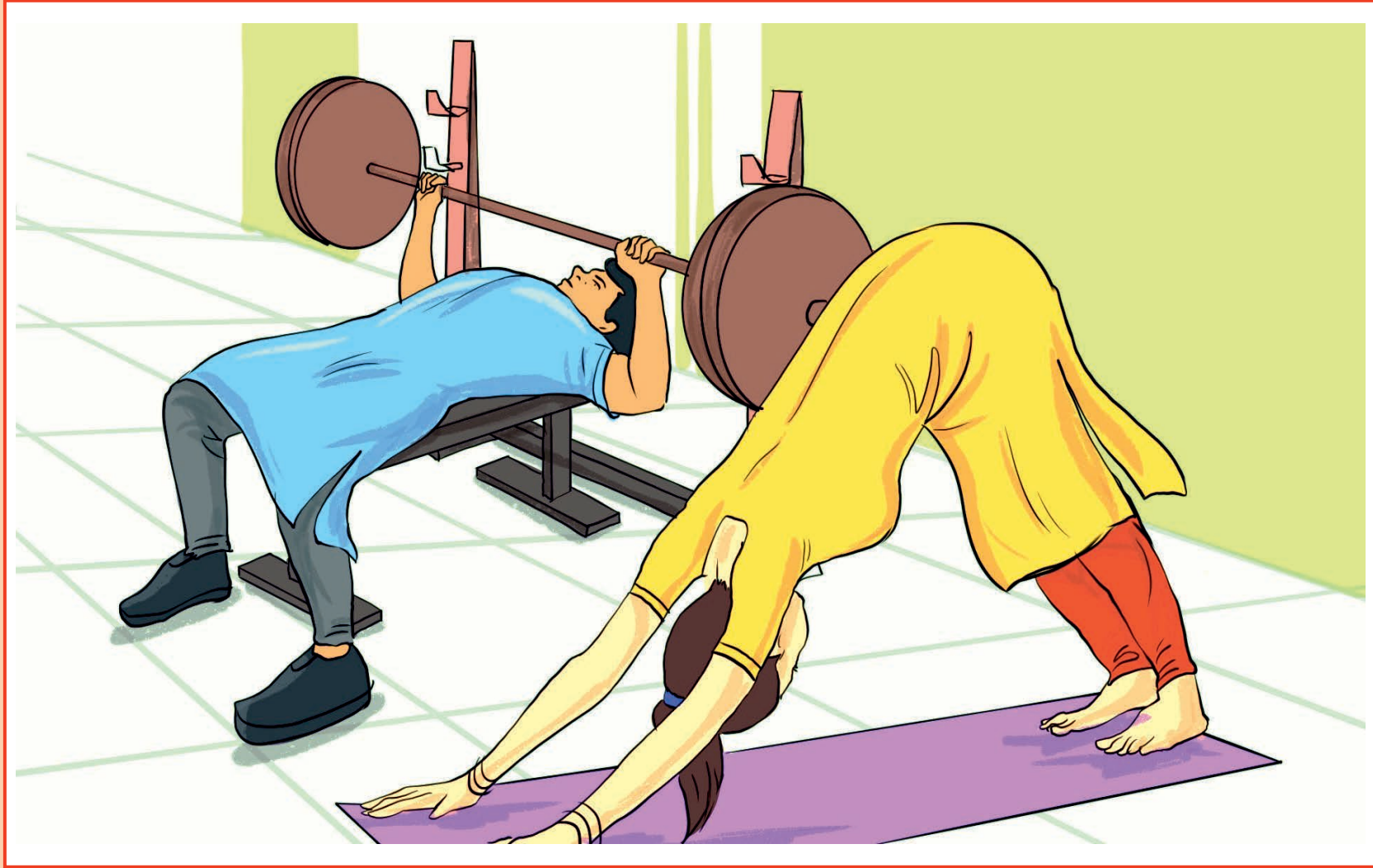
I like to sing and get applaud from the people around me, which is a public activity.



**I like to play video games.
Which is a public activity.**



**Exercising is a public activity.
It can be done when other people are around me.**



**Talking over the phone can be done when
people are around me.
It is a public activity.**



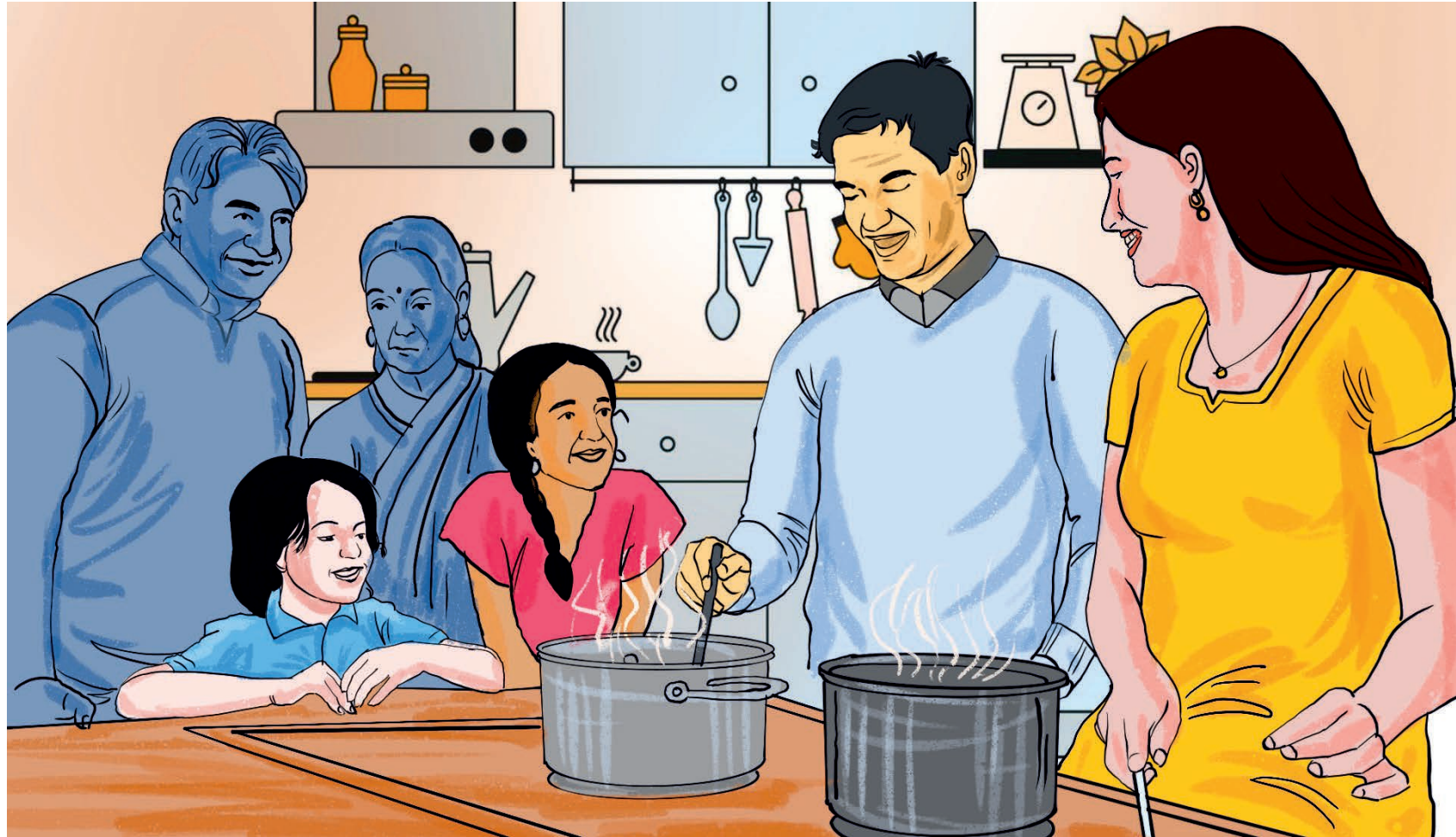
**Watching TV is a public activity.
Which I like the most.**



**I read a news paper in the hall.
Which is a public activity.**



**Cooking can be done when people are around me.
It is a public activity.**



**I eat my lunch/dinner in the dining hall.
It is a public activity.**



Private Activity / Behaviour

Some activities are done only when we are alone.

They should be done in an appropriate private place.

Ex: Bathing,
Toileting,
Getting dressed,
Adjusting underwear etc.,

**Bathing is a private activity.
It should be done in a bathroom by closing a door.
It is a private place.**



**Getting dressed or undressed is a private activity.
It needs to be done in either bathroom or in a bedroom.**



**Toileting is a private activity.
It needs to be done by closing the door.**



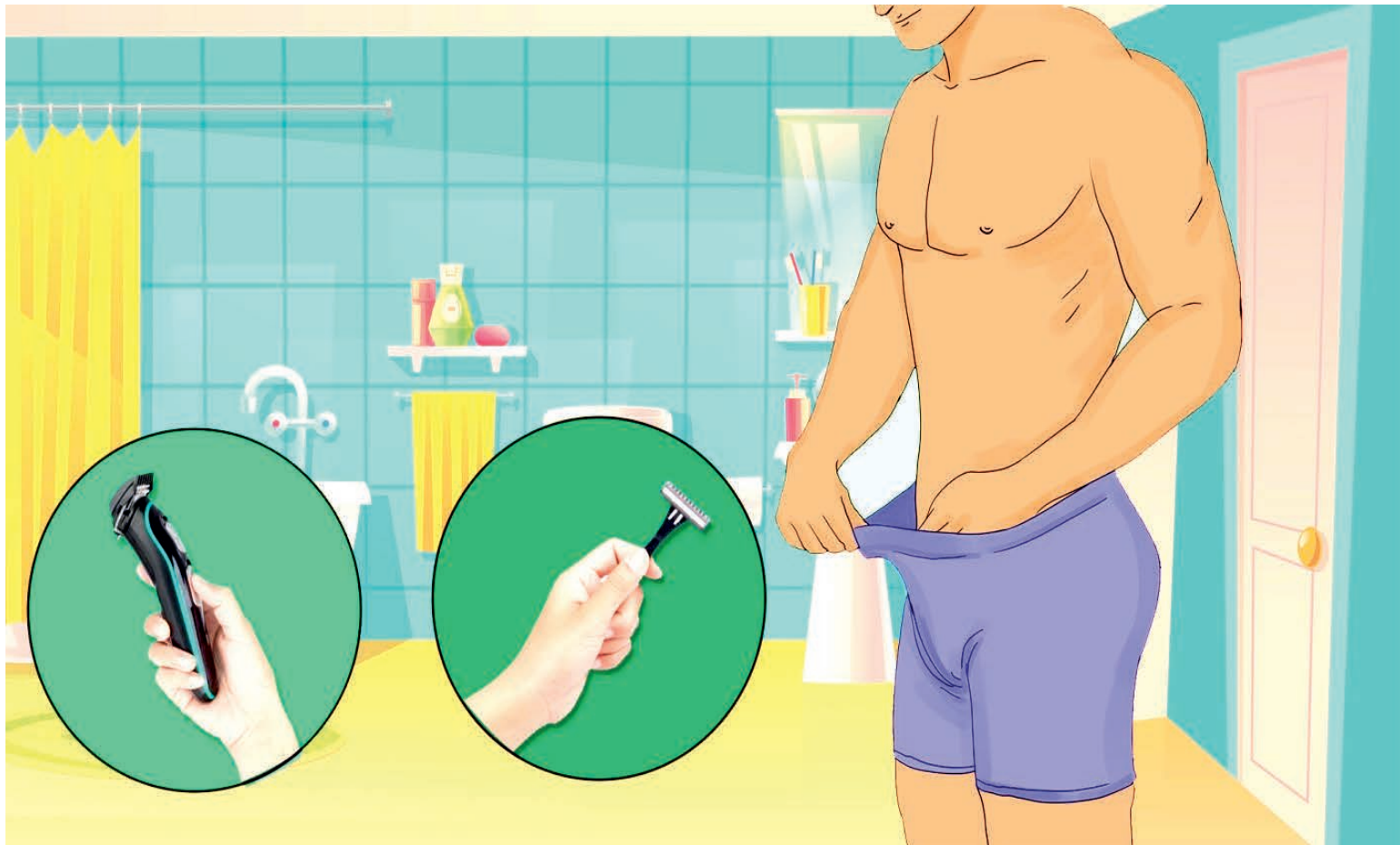
**Shaving beard is a private activity.
It can be done either in bedroom or bathroom.
Which is a private place.**



**Cleaning underarms is a private activity.
It should be done in bathroom.Which is a private place.**



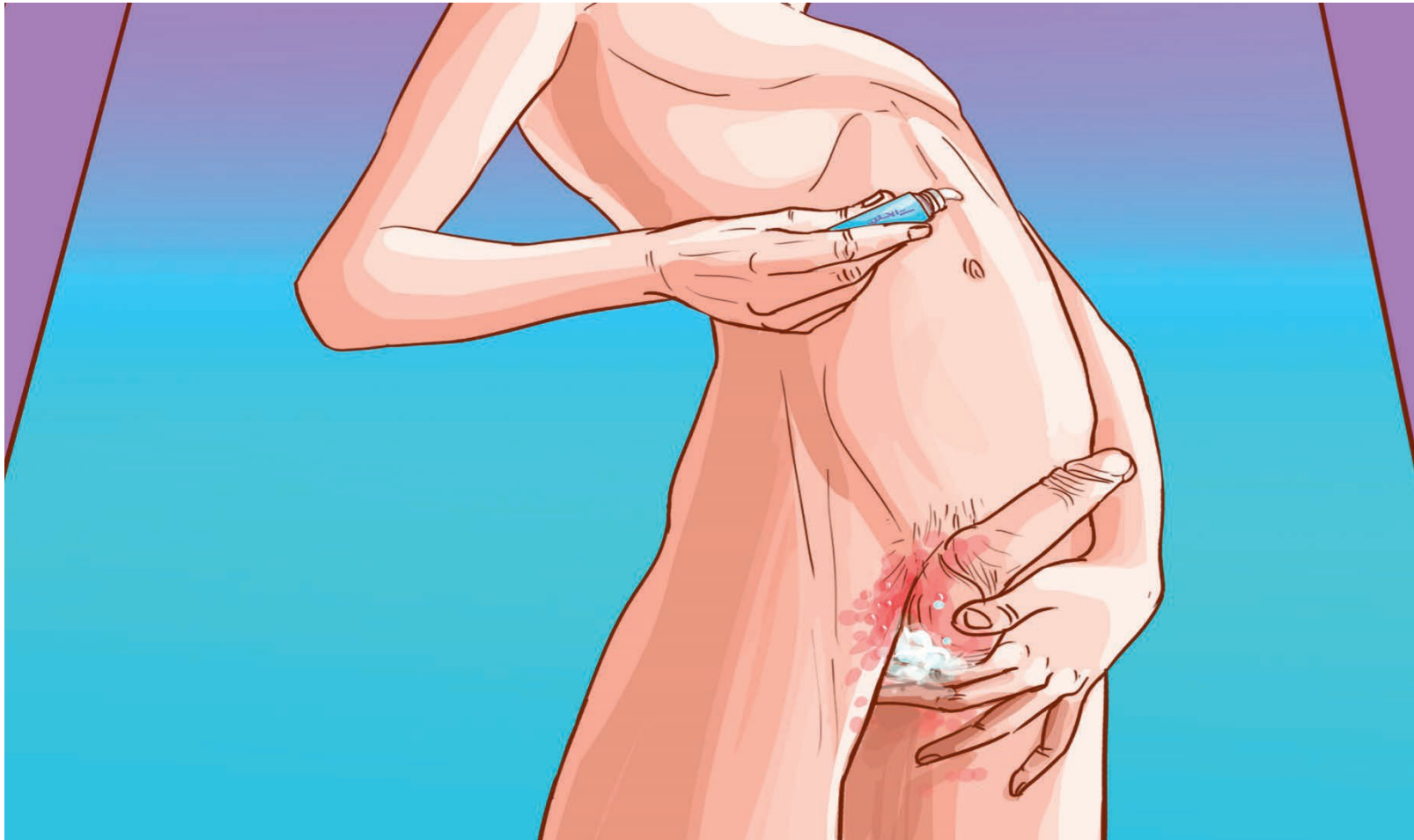
**Shaving pubic area is also a private activity.
It need to be done in bathroom.
Which is a private place.**



Touching private parts should be done at private place, either in bedroom or in bathroom.



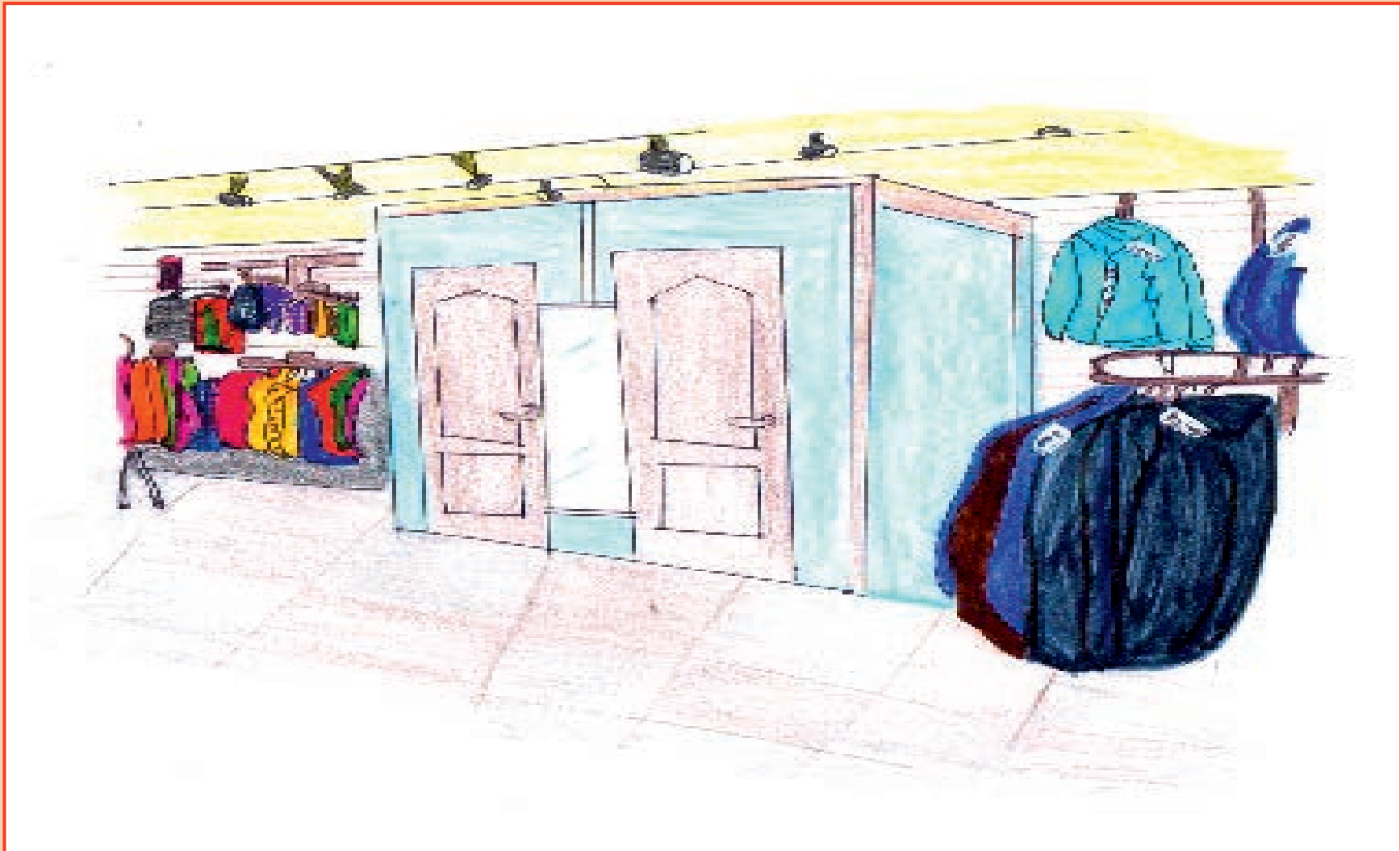
**Applying an Anointment is a private activity.
Which should be done in either bedroom or bathroom.**



Masturbation is a private activity which should be done privately either in a bathroom or bedroom.



**To change my clothes in trail room,
I need to close the door to maintain privacy.**



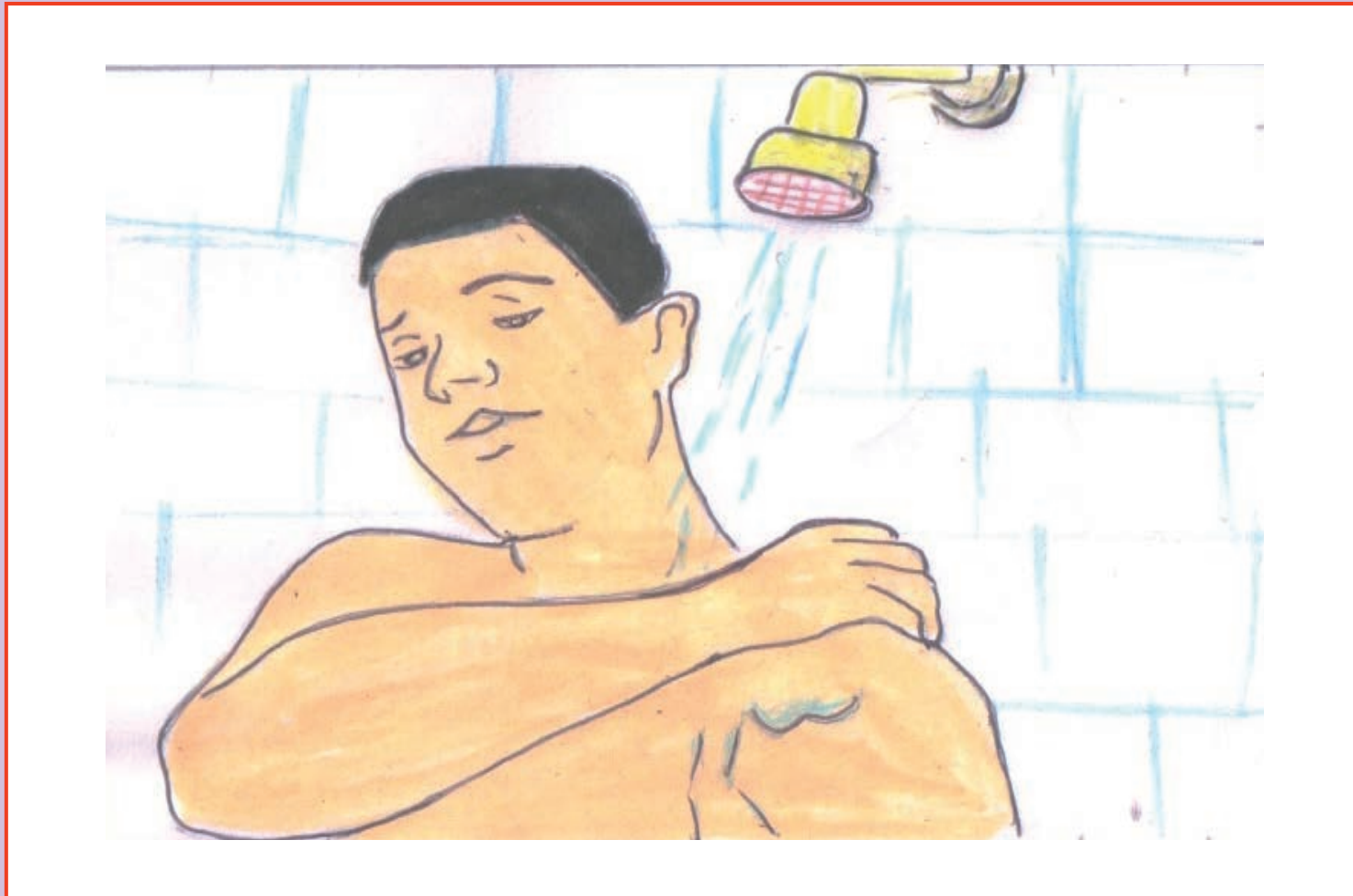
Let us Learn About

***Genital Hygiene
(Boy/Man)***

**Hygiene means keeping our body
and genitals clean while taking bath.
Choose a mild soap.**



Using lukewarm water for bath can avoid burning or itching of genitals and rest of the body.



I wash the penis properly to avoid bad smell and infection.



**After cleaning genitals,
I also dry the penis thoroughly.**

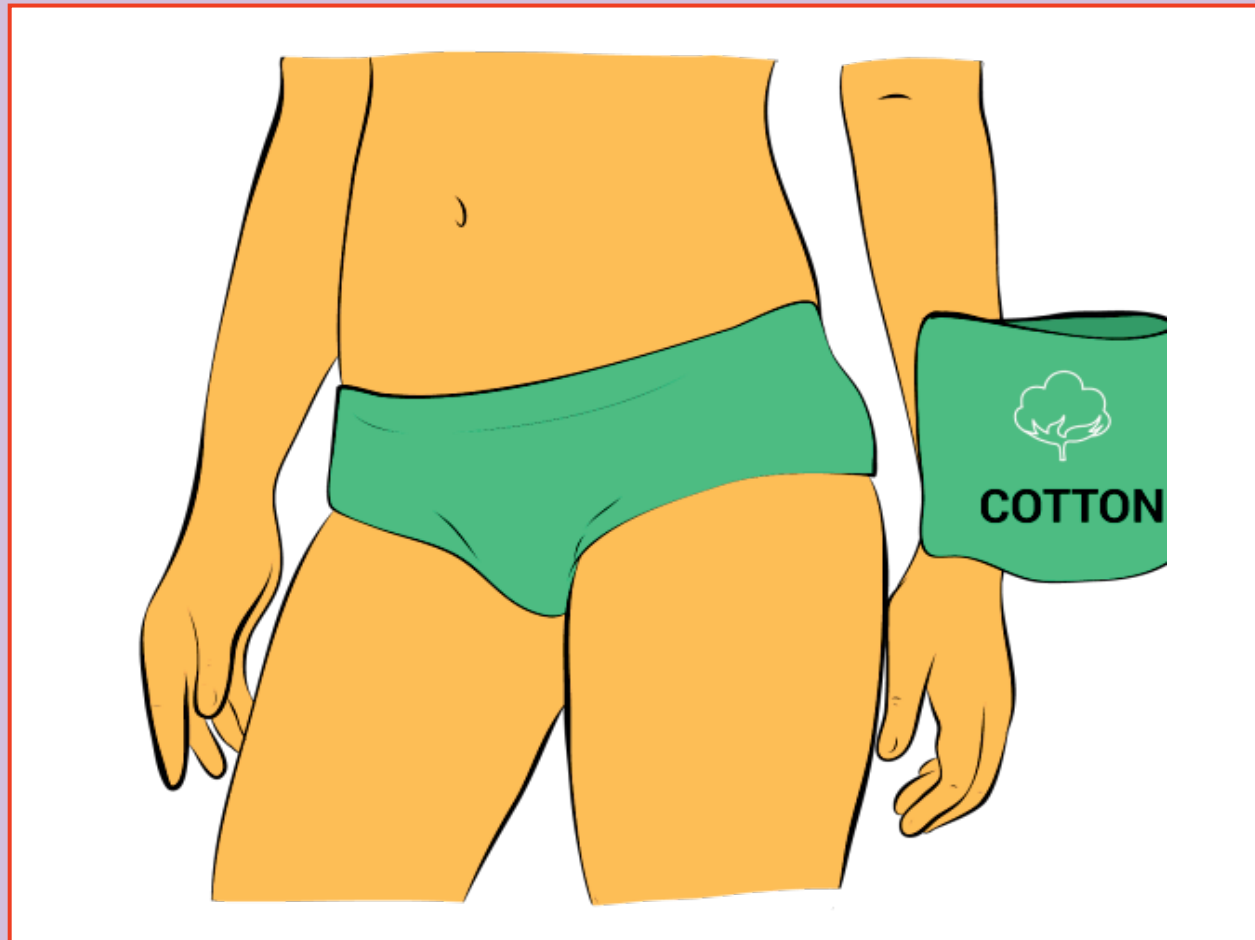
**If I do not clean my penis properly,
bad smell and infection may occur.**



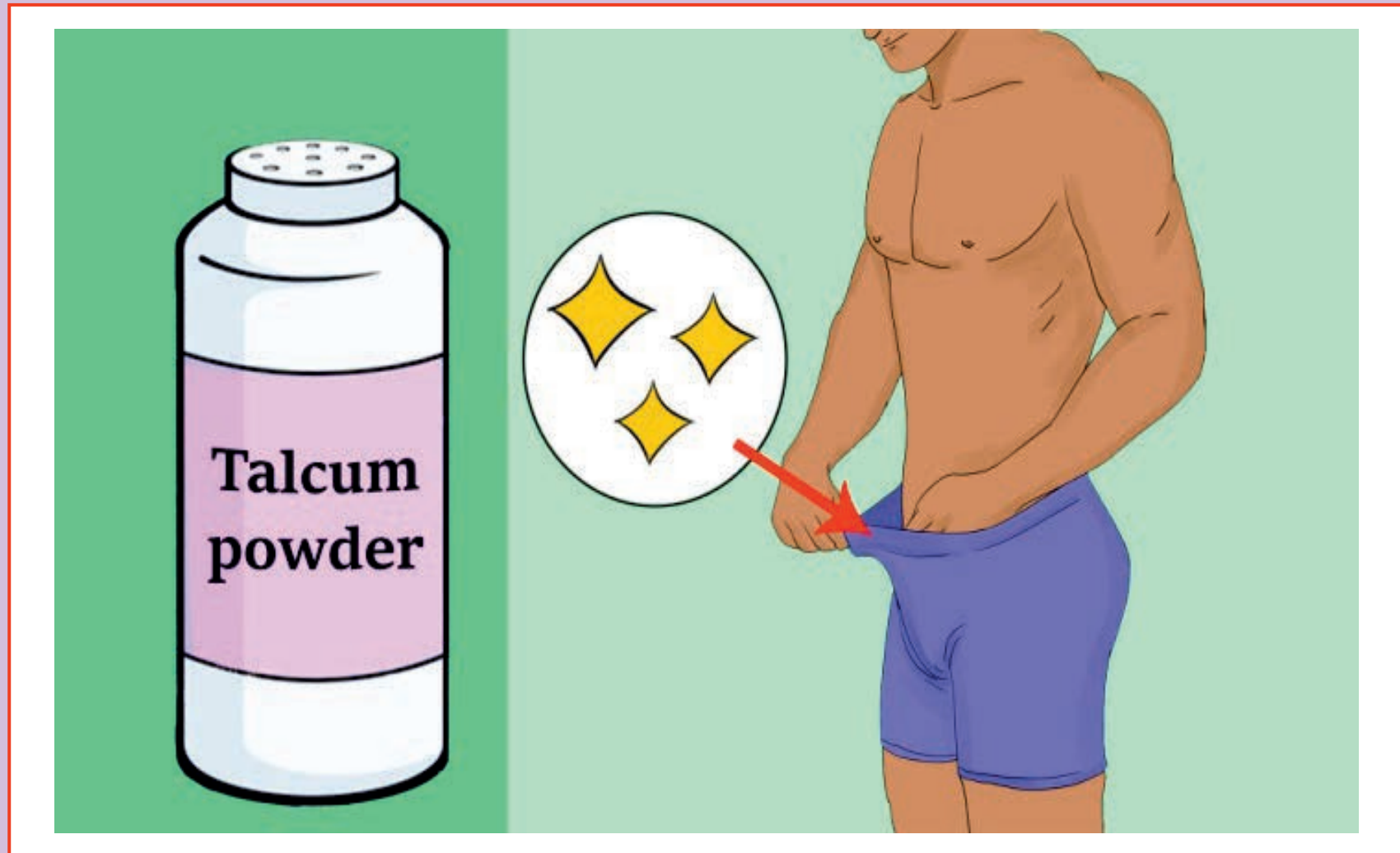
Wear loose cotton underwear.

If underwear gets wet or soiled, it should be changed.

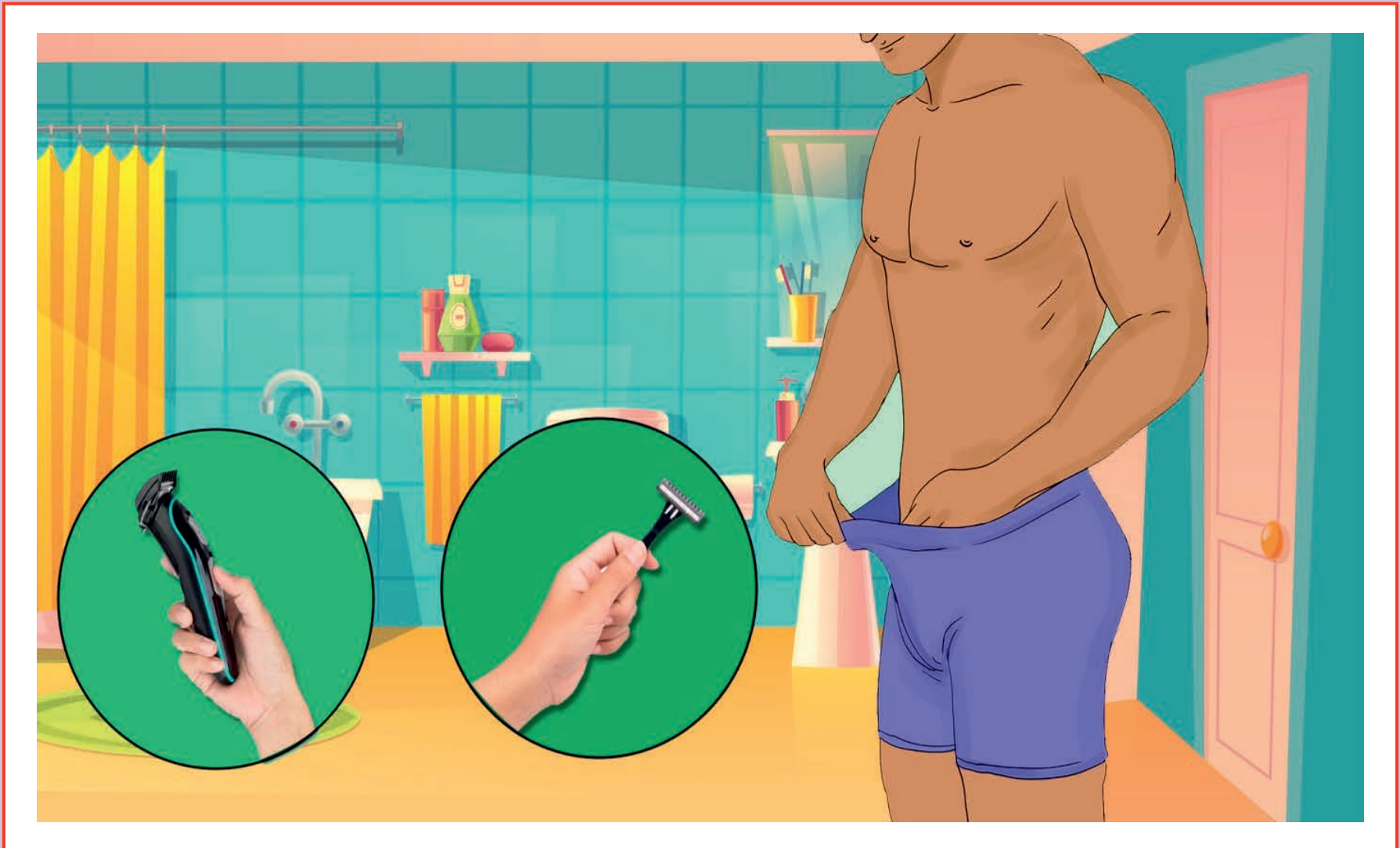
Underwear should be changed everyday.



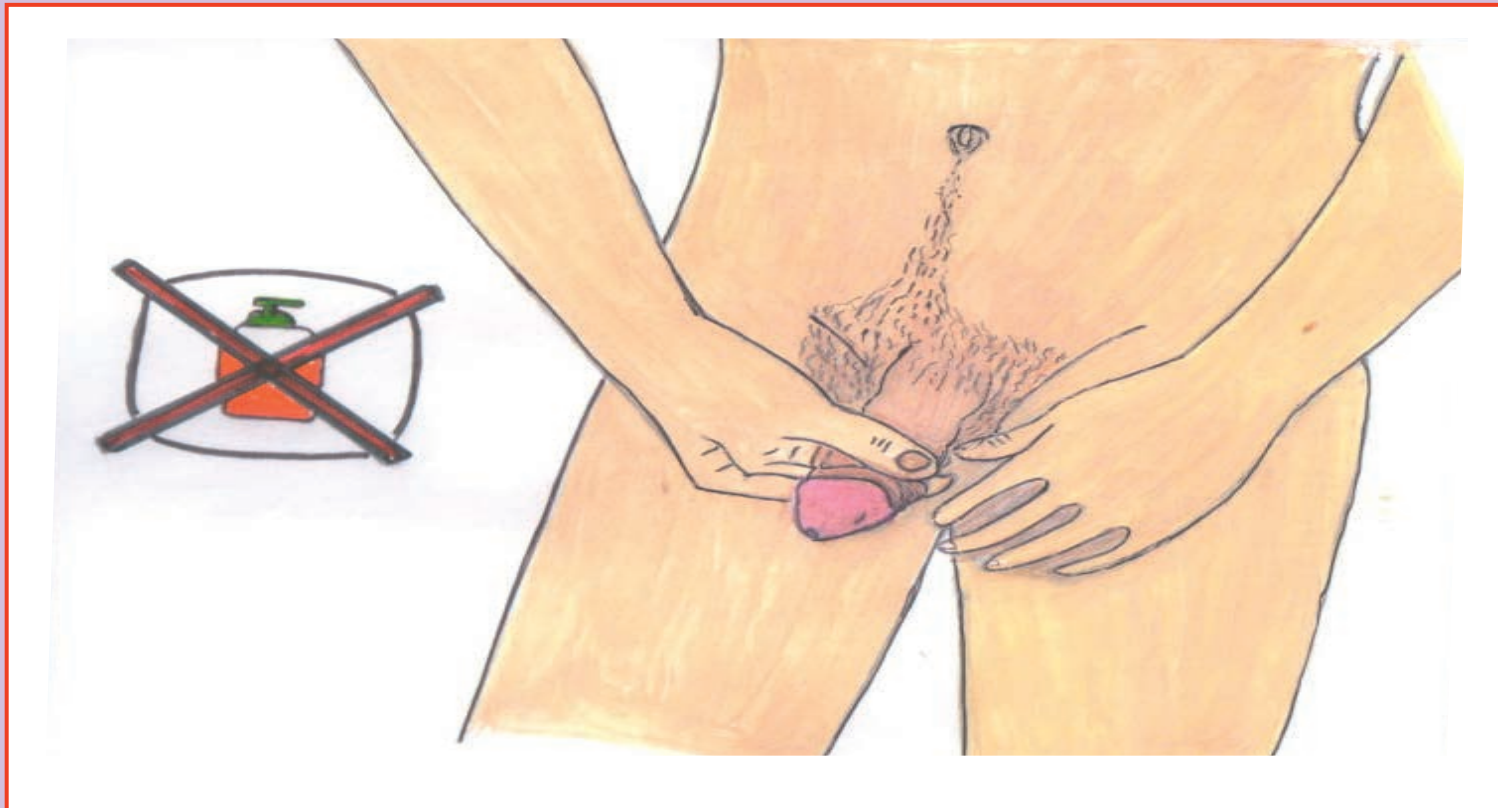
**If I have irritation and discomfort.
I use mild talcum powder on my testicles.**



I regularly shave my pubic area to avoid infection.



I do not apply aftershaves or deodorants directly to the genital area.



When I get wet dream, my bed sheets and pajamas will get wet with semen.



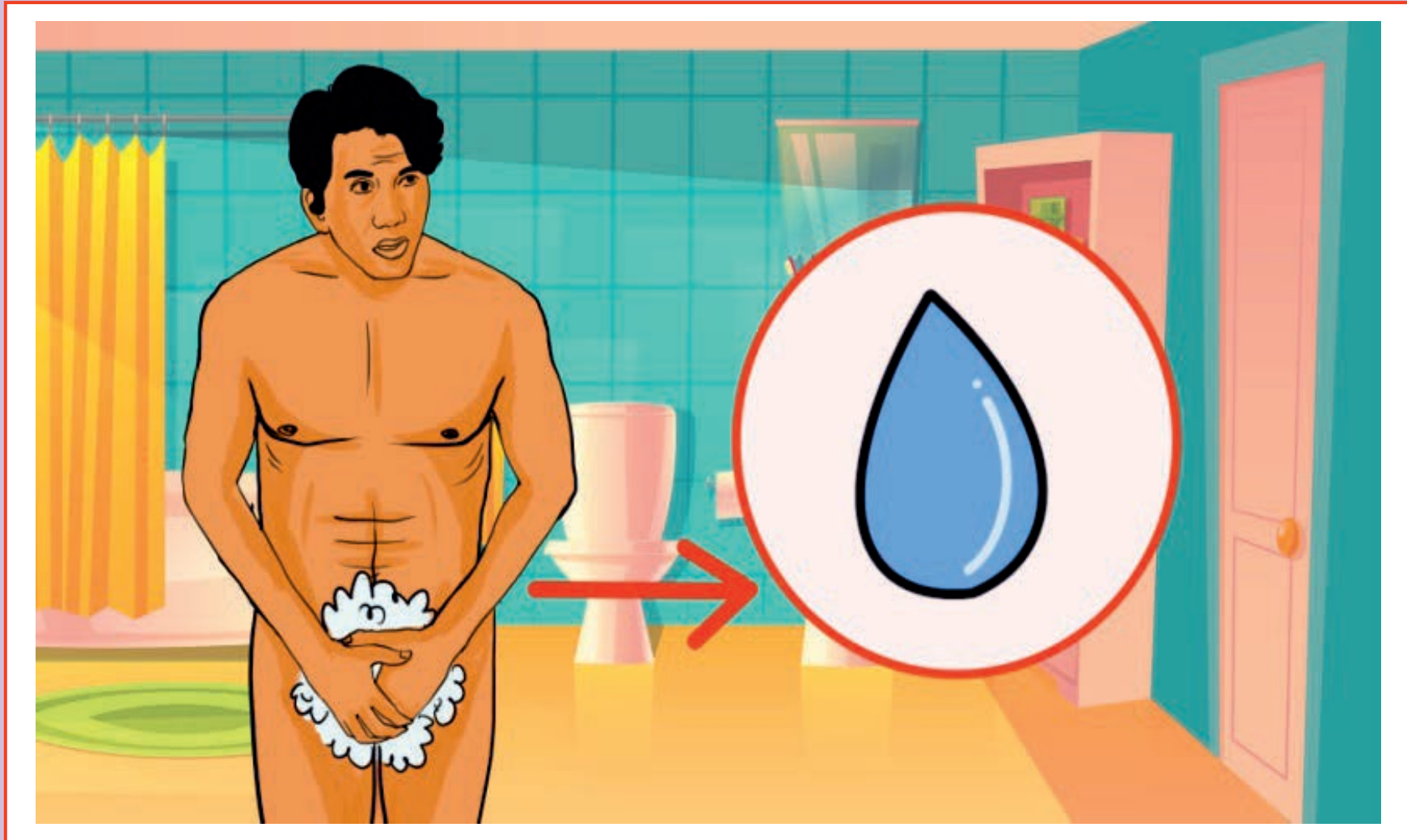
**If I have a wet dream.
I need to put the dirty pajamas, underwear's and
bed sheets in the wash basket.**



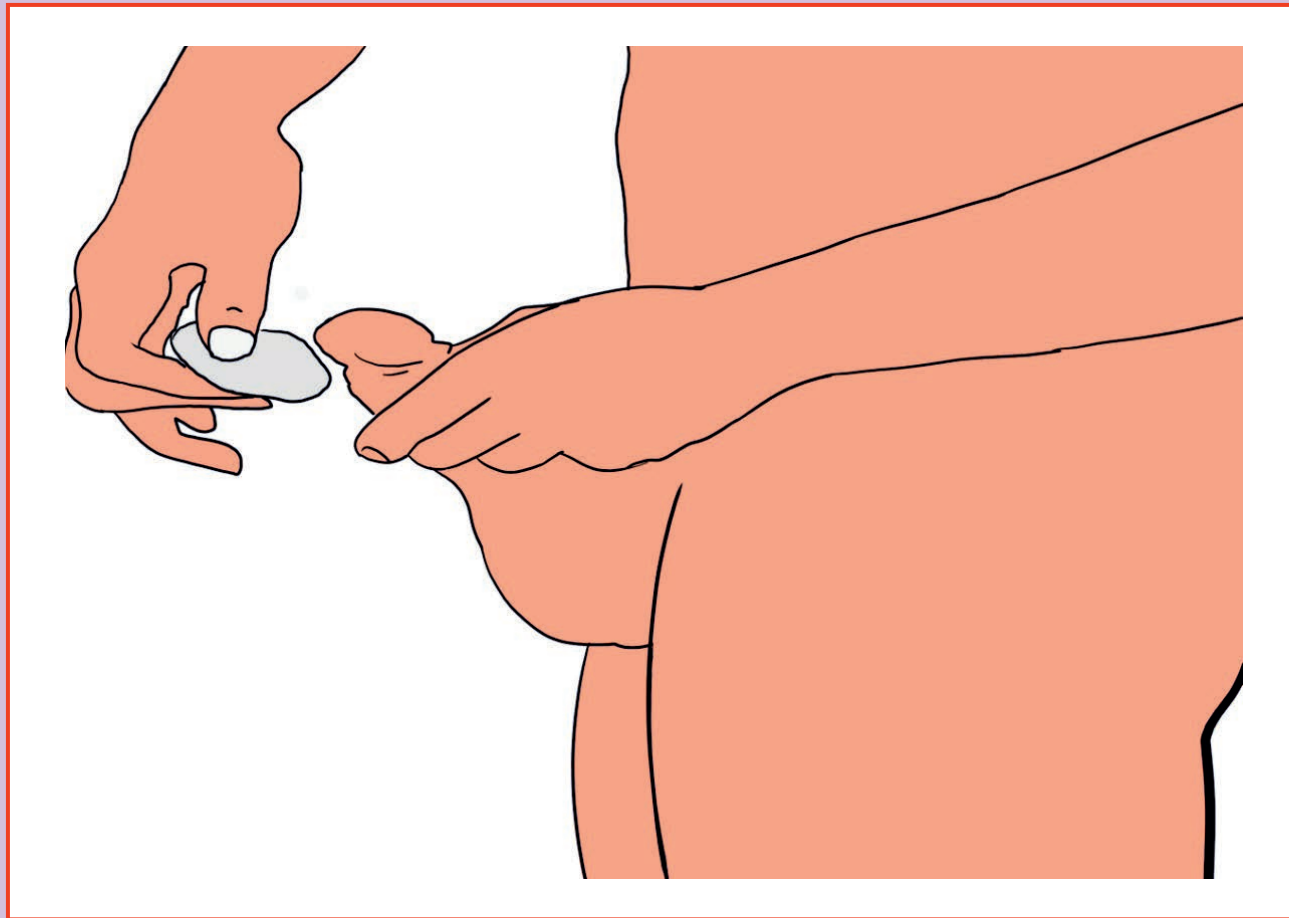
I need to put clean bedsheet on my bed.



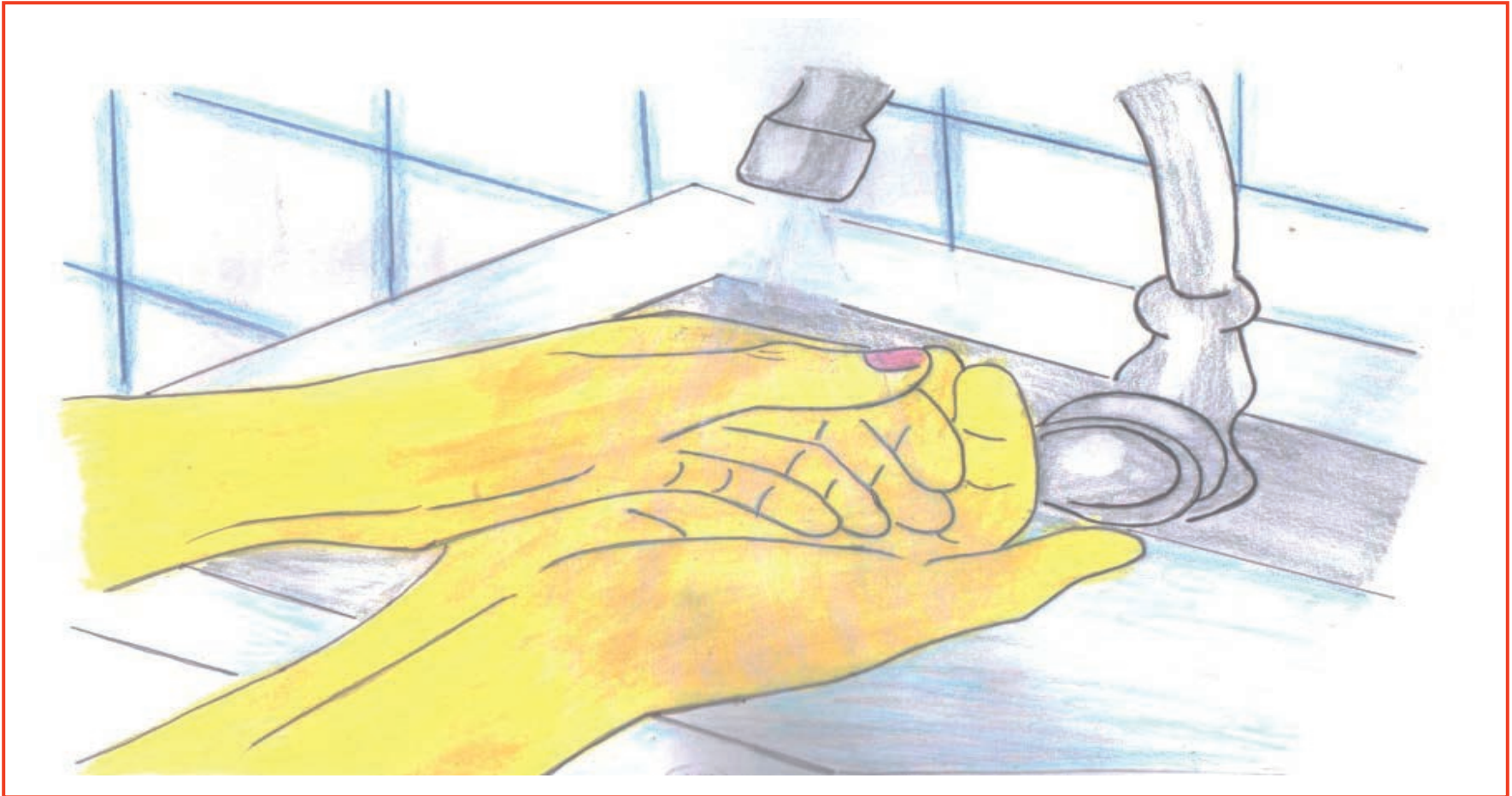
I need to have a bath (shower) or wash my penis and testicles with soap and water, including the area underneath my foreskin.



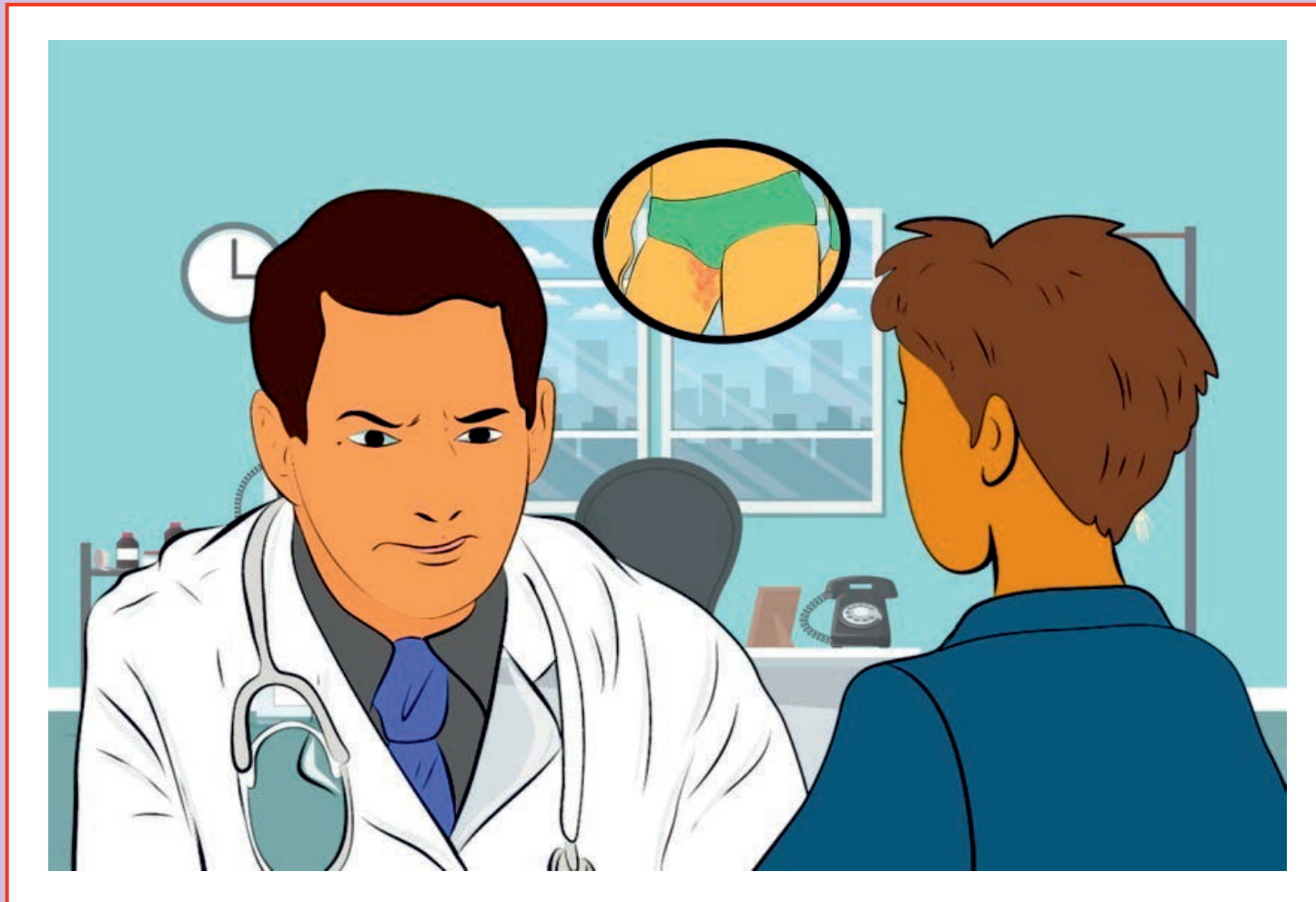
It is best to clean my genitals after masturbation by using disposable toilet tissue / cloth / water.



**Hand wash should be a part of genital hygiene.
Hands should be washed after masturbation.**



Finally consult a doctor if you have health issues such as rashes in pubic region.



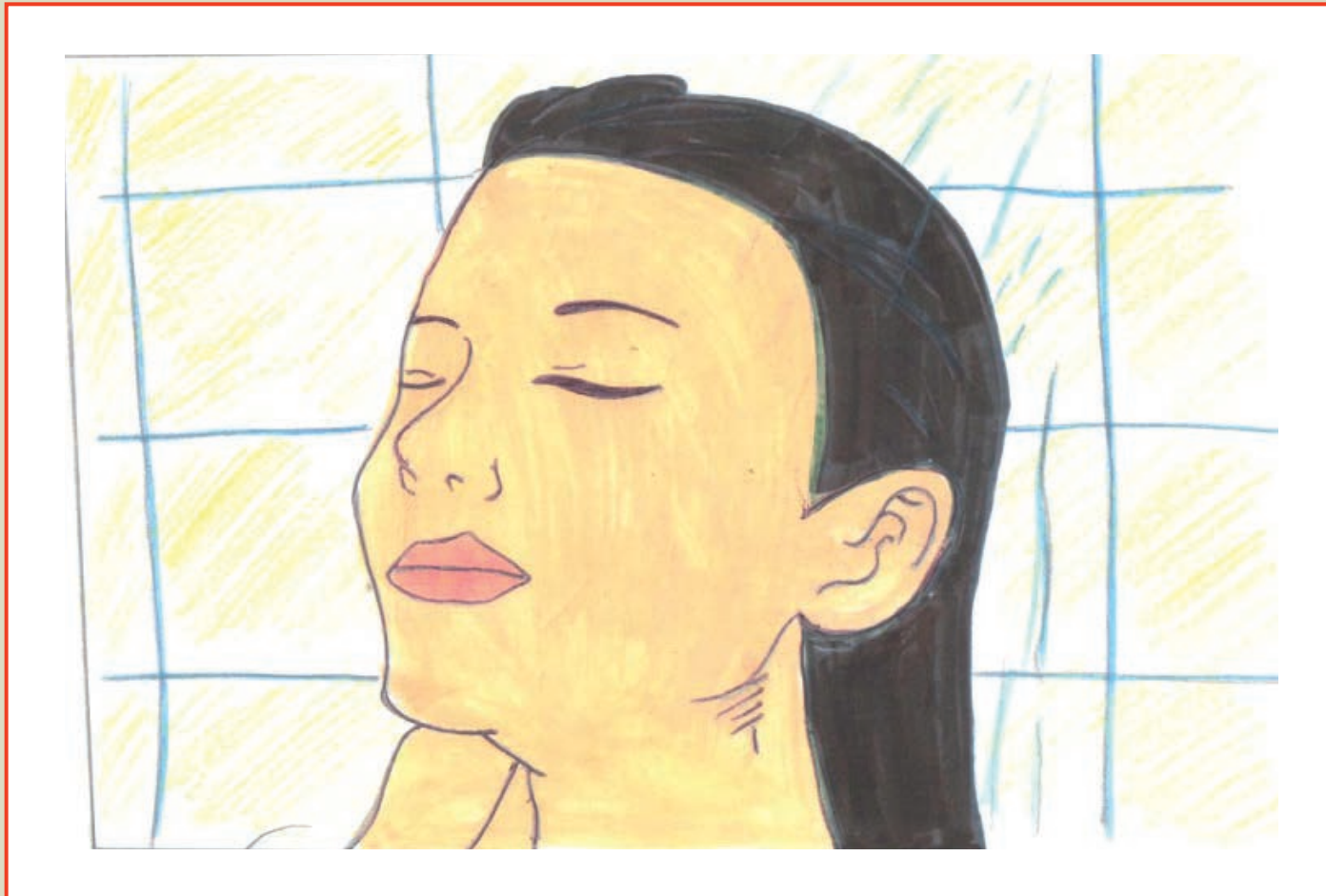
Let us Learn About

***Genital Hygiene
(Girl/Woman)***

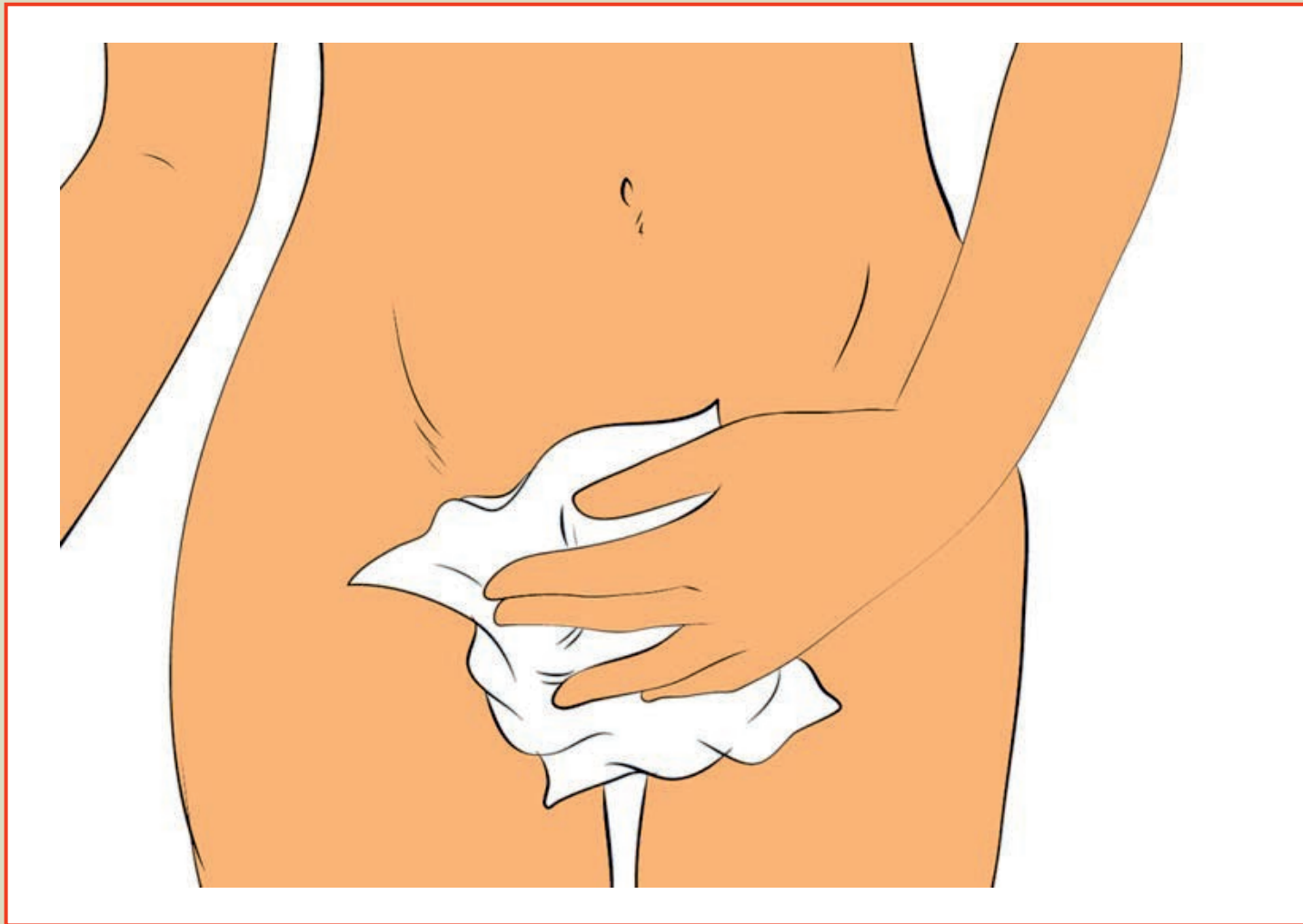
**Hygiene means keeping our body and
genitals clean while taking bath / shower.
Choose a mild soap.**



Take bath with lukewarm water to avoid burning or itching of genitals and rest of the body.

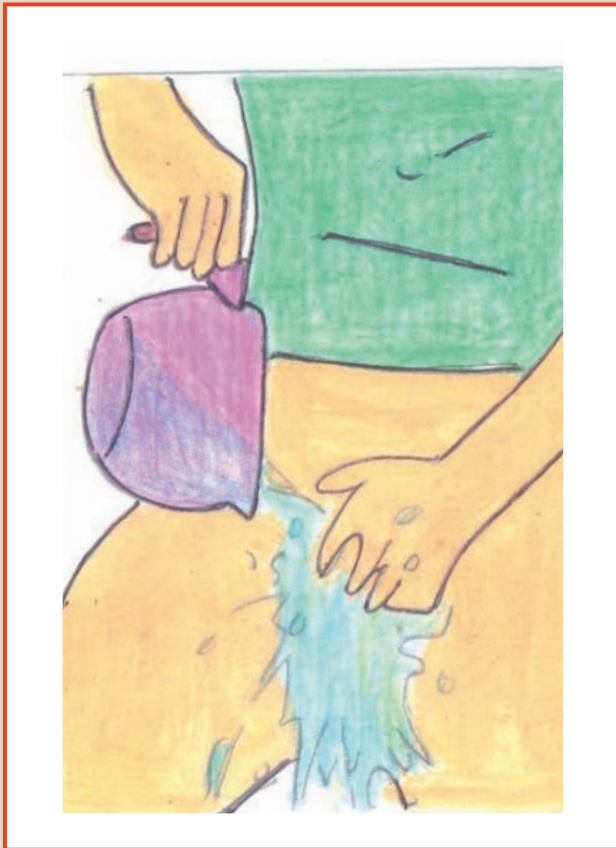


Clean the vagina properly.



**After cleaning genitals,
vagina should be patted dry with a soft cloth.**

**If the vagina is not cleaned properly,
bad smell and infection may occur.**



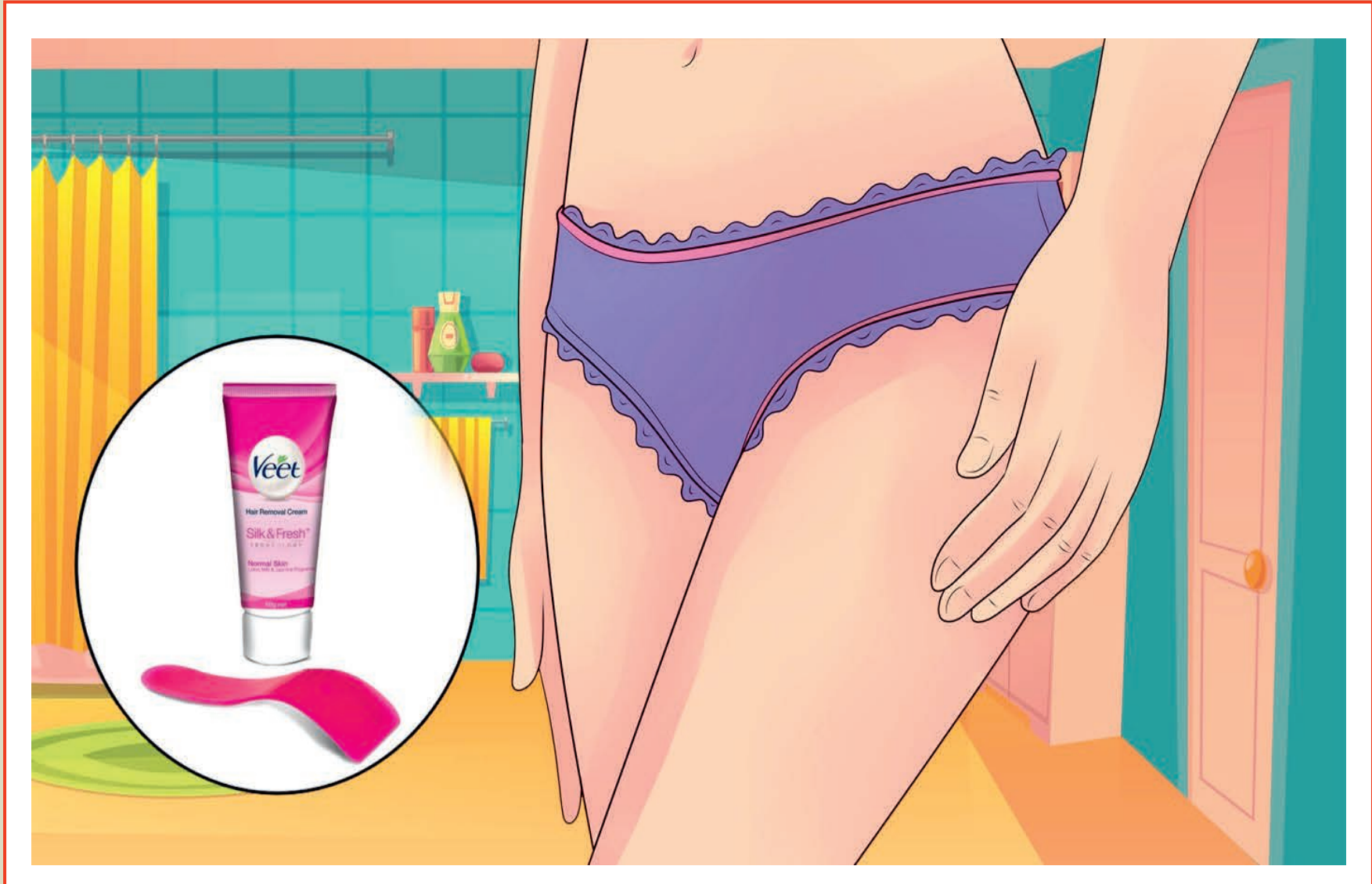
Wear loose cotton underwear.

If underwear gets wet or soiled, it should be changed.

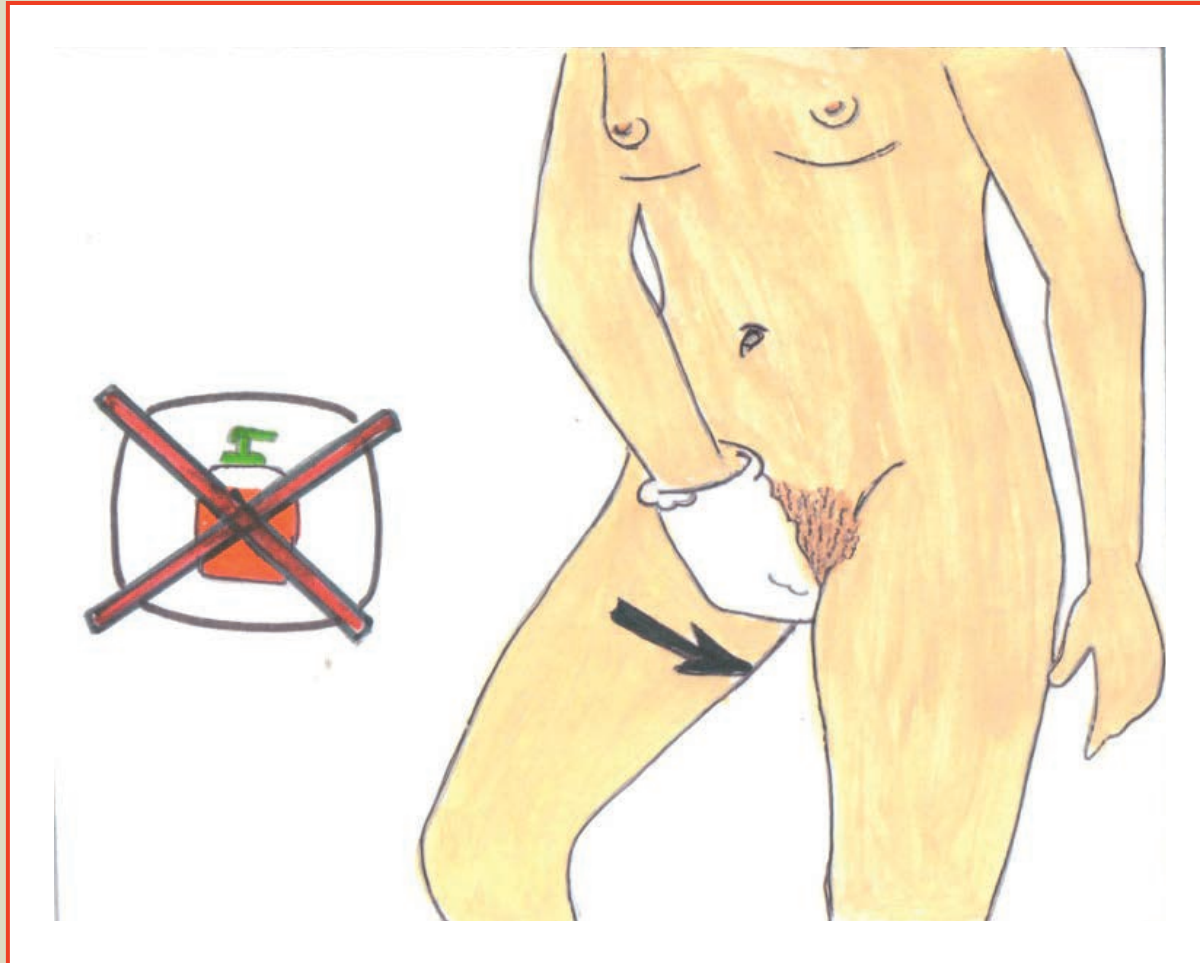
Underwear should be changed everyday.



Regularly shave the pubic hair.

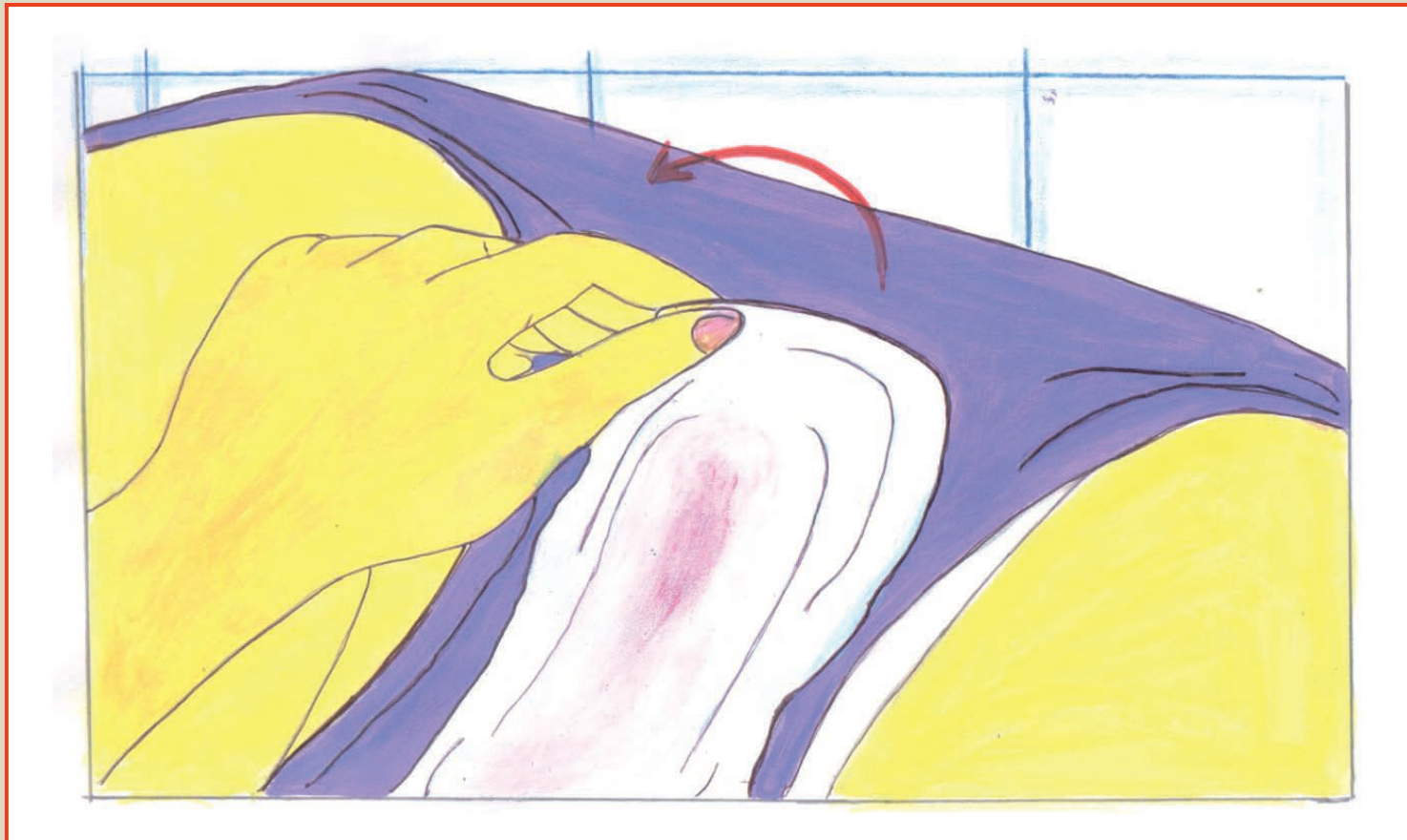


Do not apply deodorants directly to the genital area.

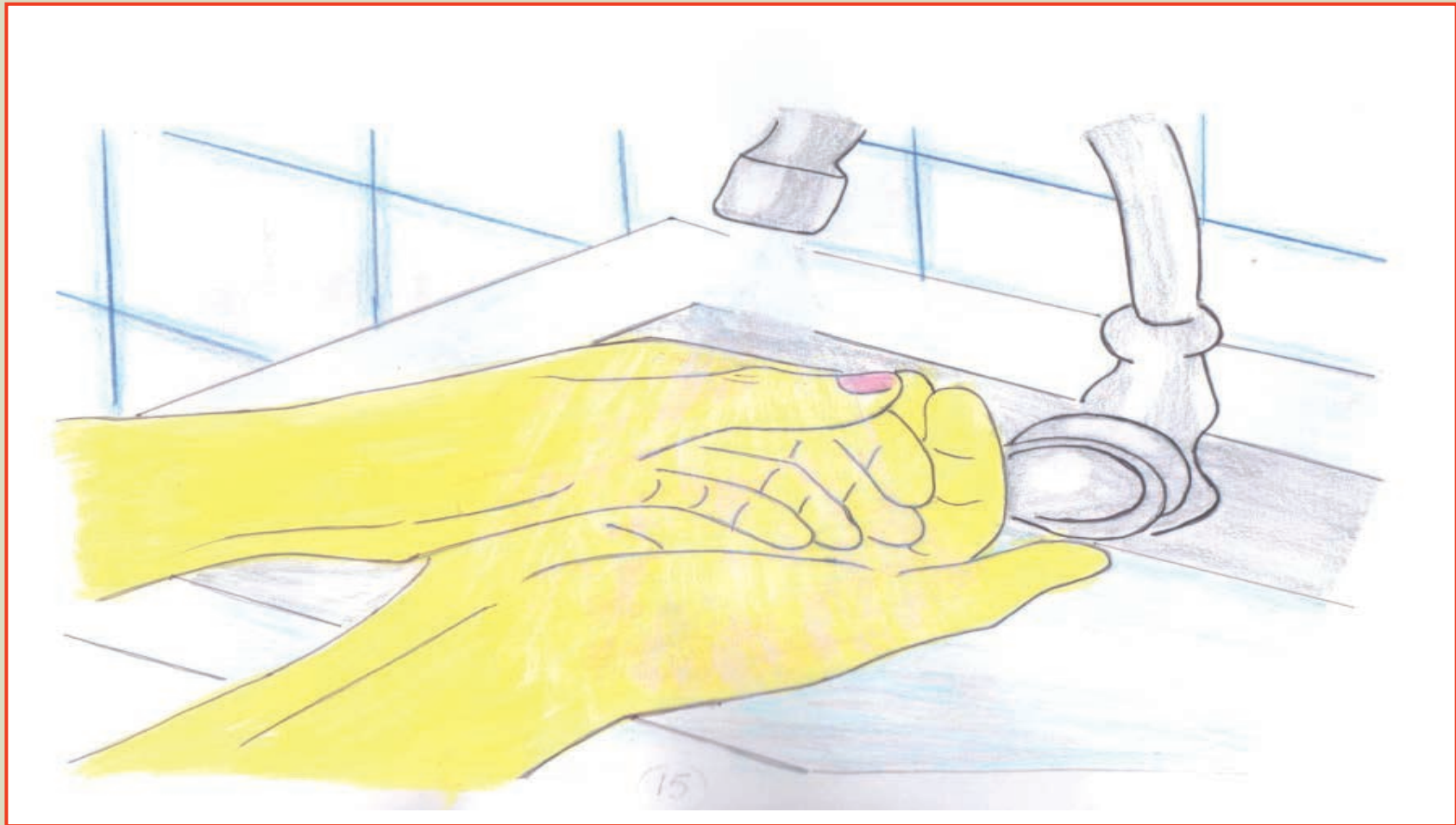


Cleanliness of Genitals during Menstruation.

Change the sanitary pad after every four to six hours.
This will help in reducing irritation and infection.



**After changing a sanitary pad,
immediately wash hands.**



Finally consult a doctor, if you have health issues such as rashes around the pubic region, swelling / discharge through vagina.



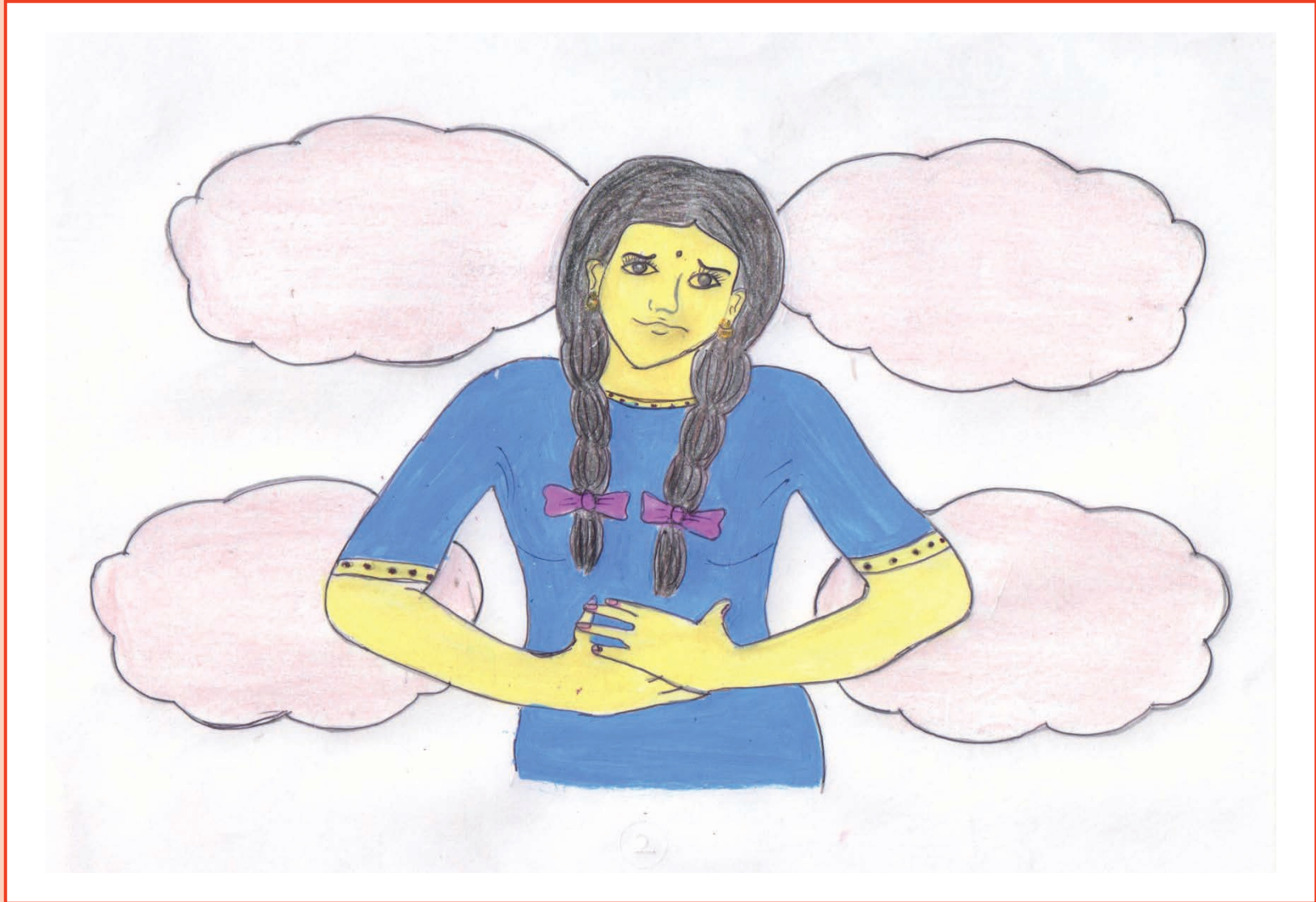
Lets Learn About

***Menstrual Hygiene
Management***

Menstrual Hygiene Management



Pre Menstrual Symptoms - Stomach pain



Pre Menstrual Symptoms - Headache



**Taking rest can give relief from
stomach pain, headache & back pain**



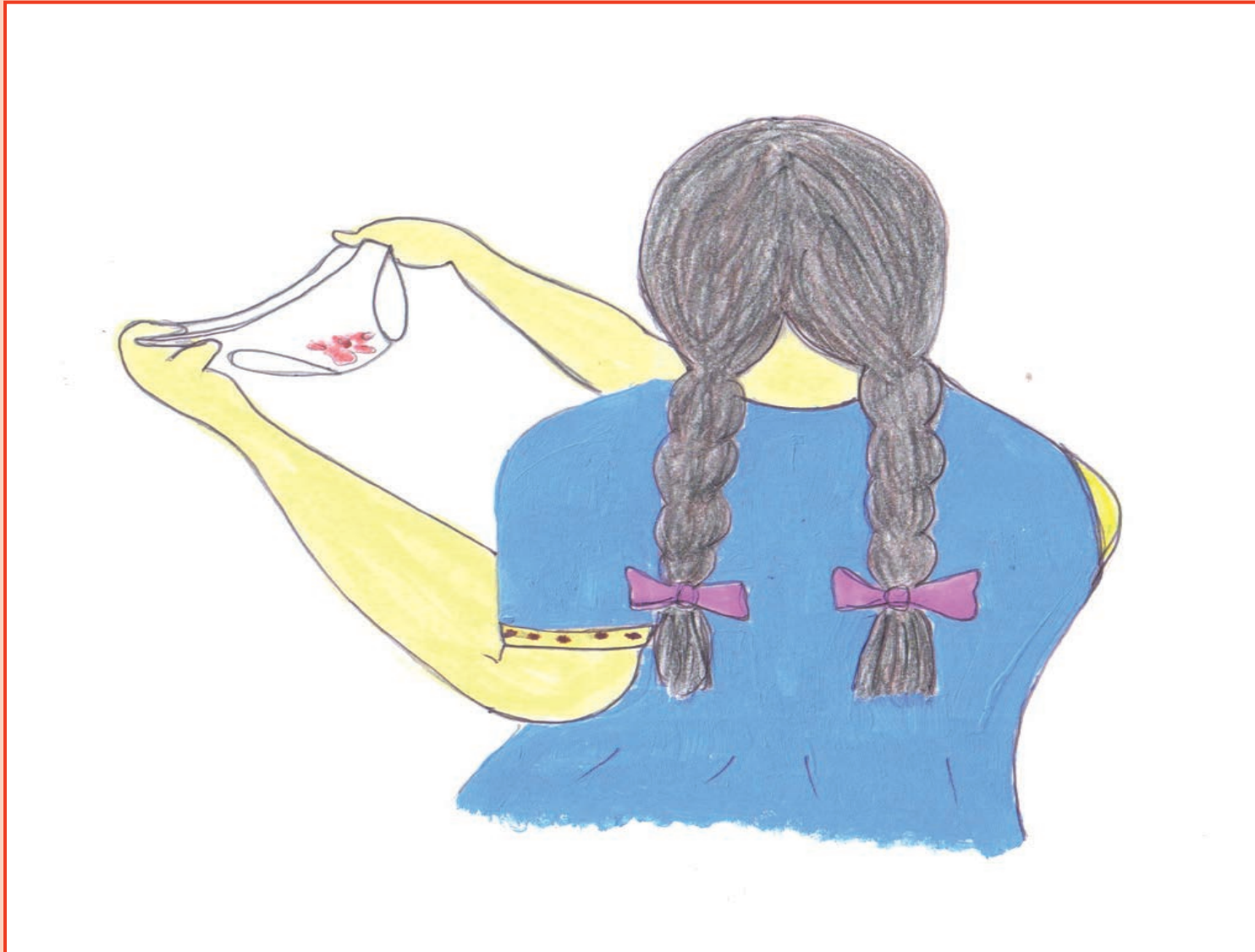
Sometimes menstrual overflow spoils the clothes



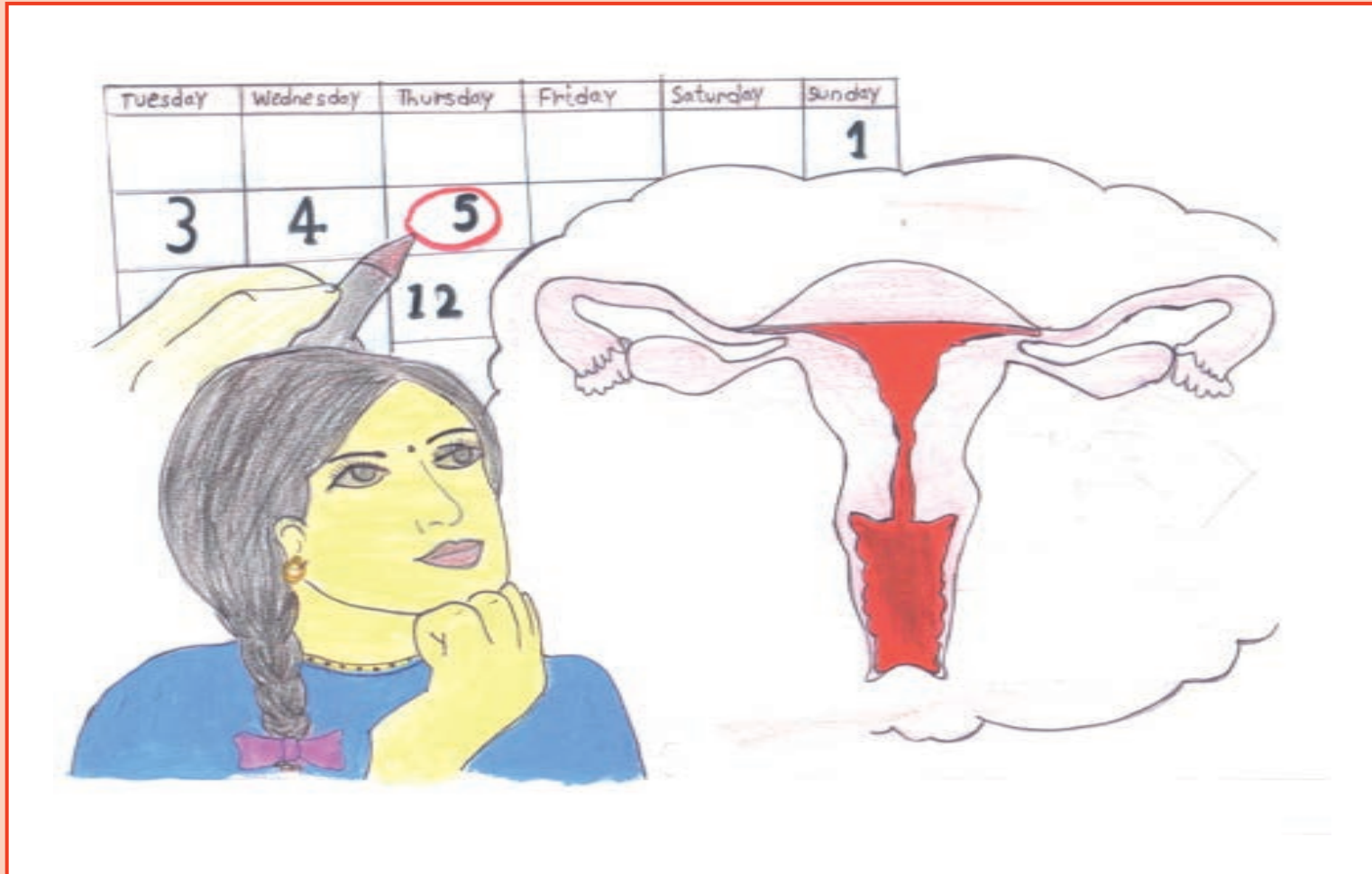
Check the inner wear (garments) for blood spots



Check the inner wear (garments)

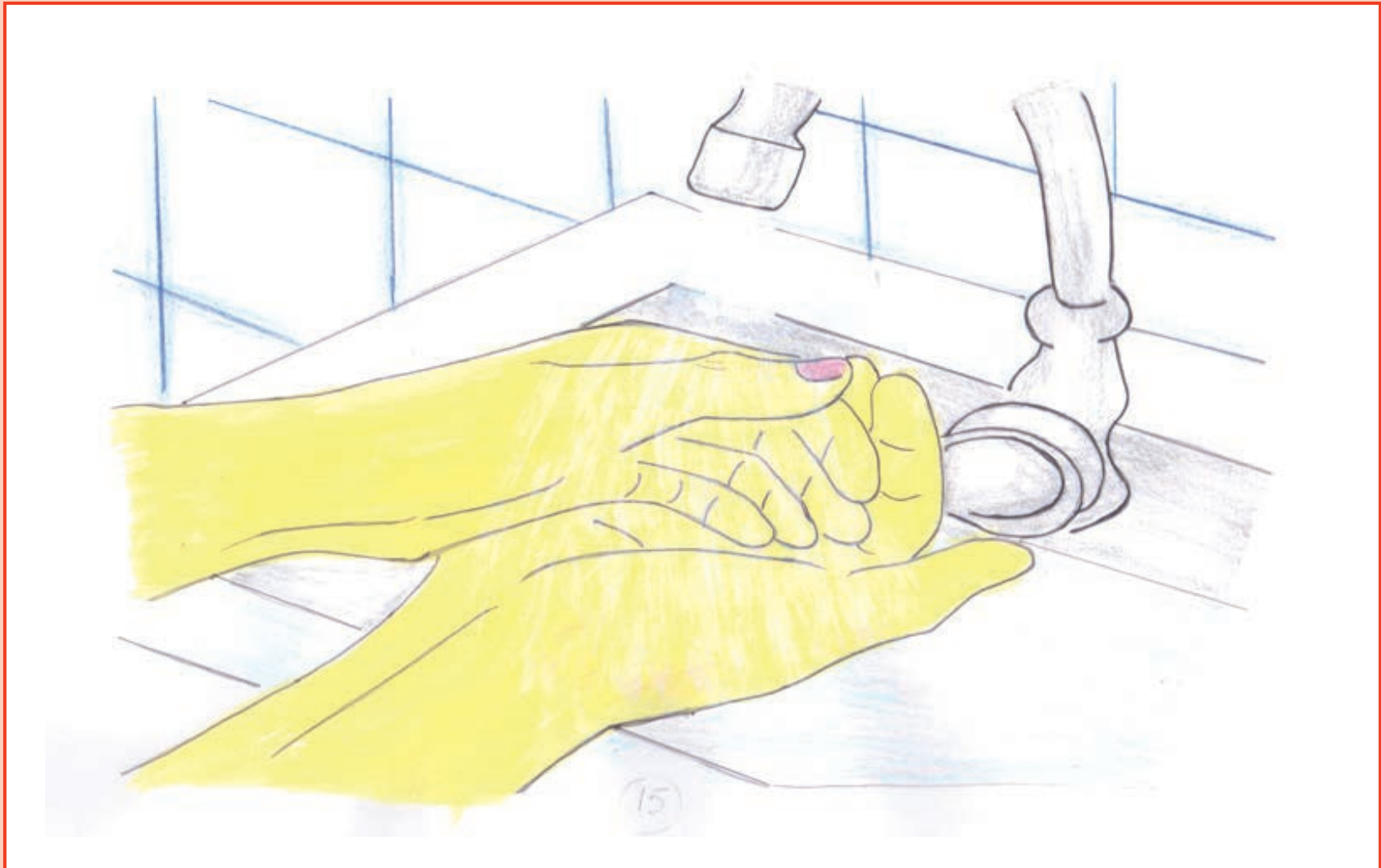


Menstrual flow can be for 5-7 days

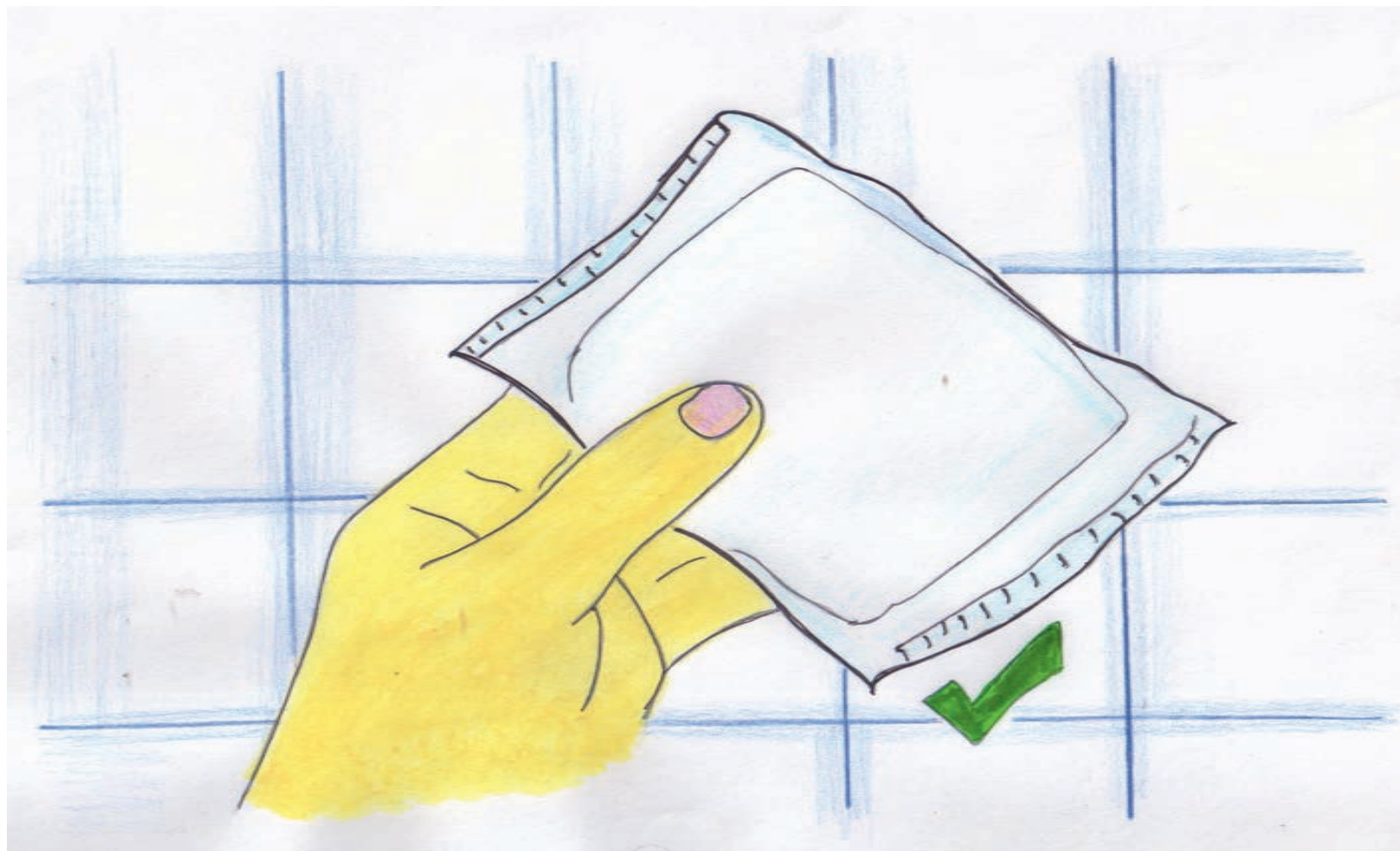


**The following steps
should be followed to
maintain Menstrual
Hygiene**

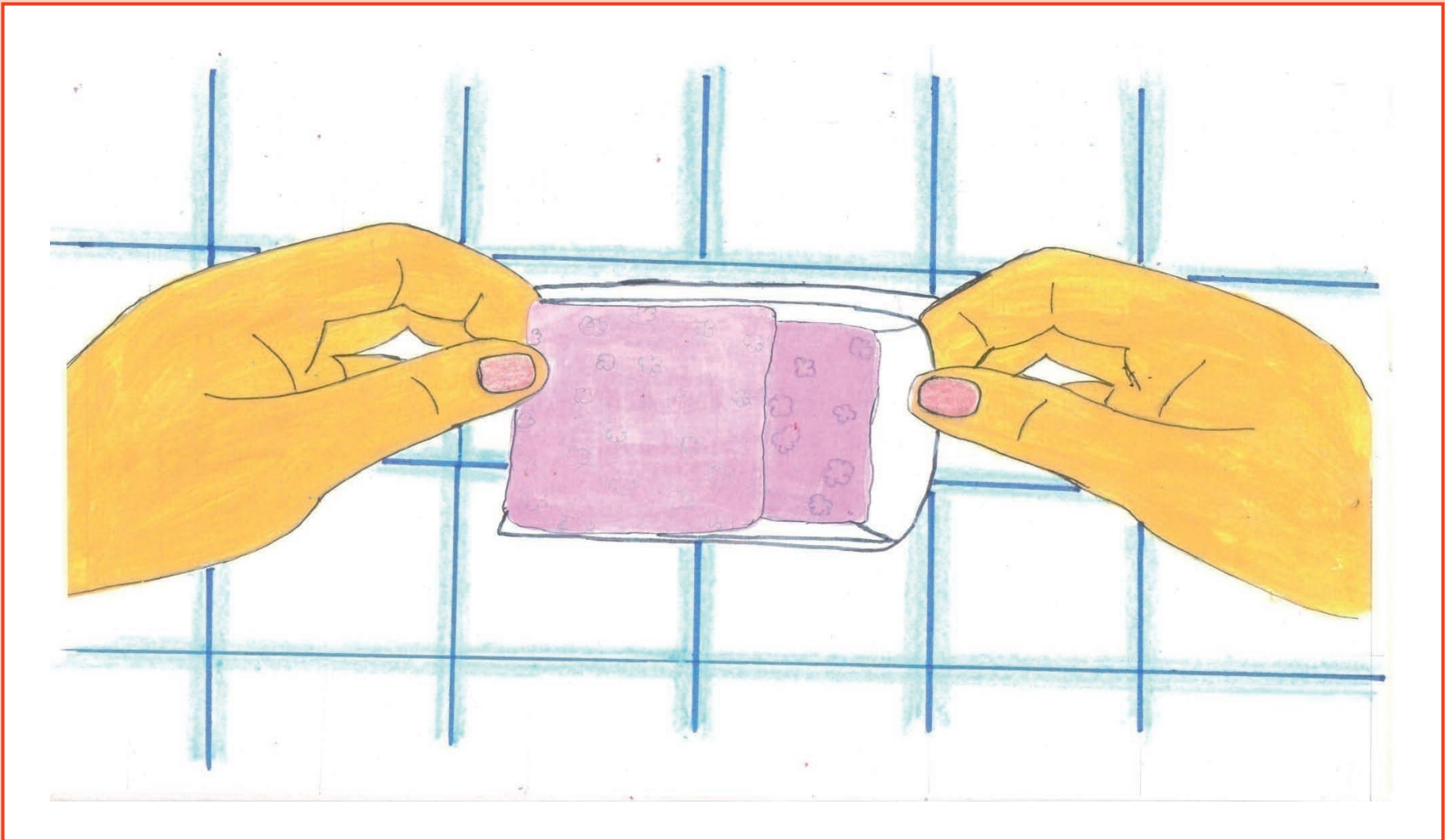
Wash your hands before you keep the pad.



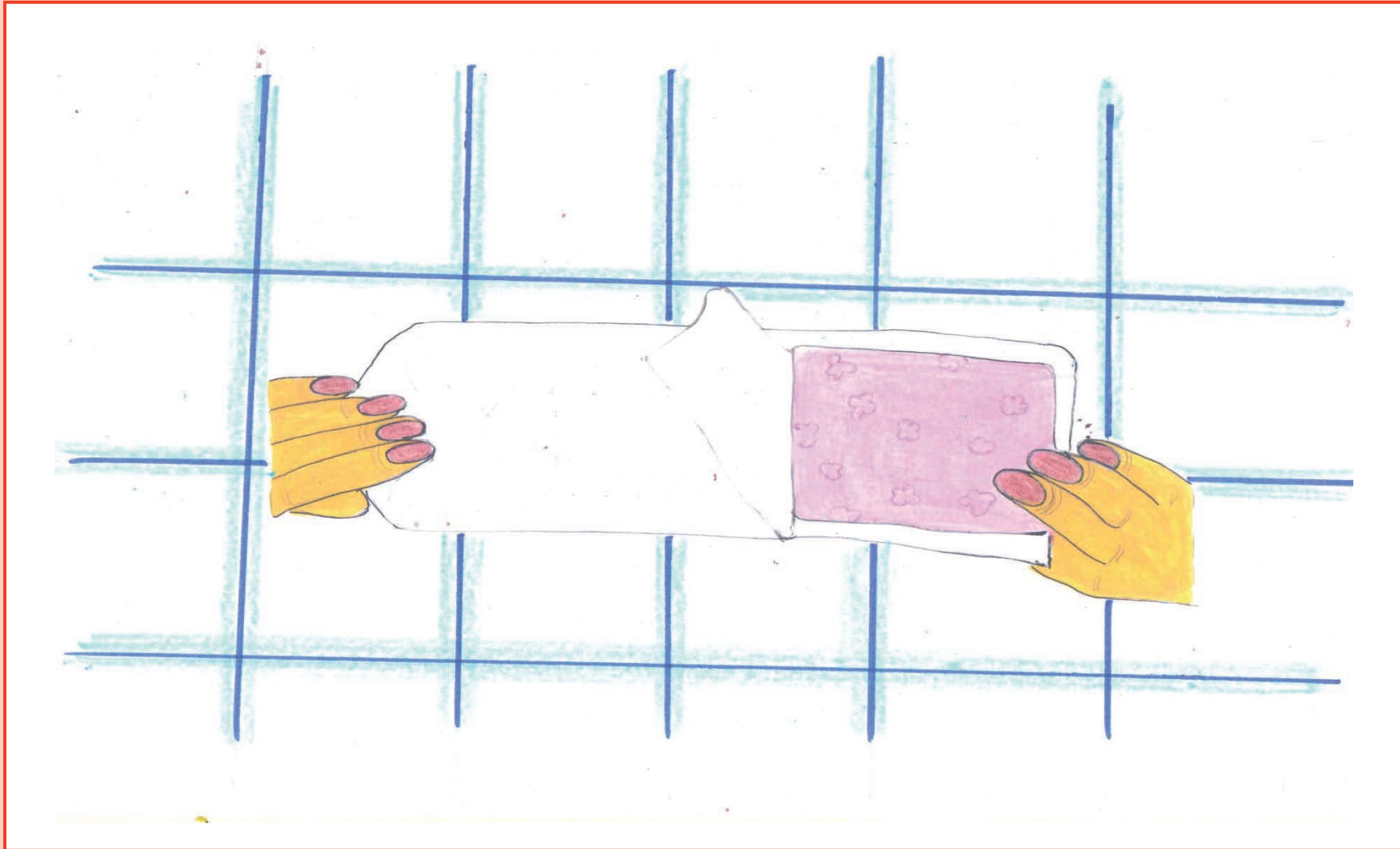
Take a fresh pad to the bathroom.



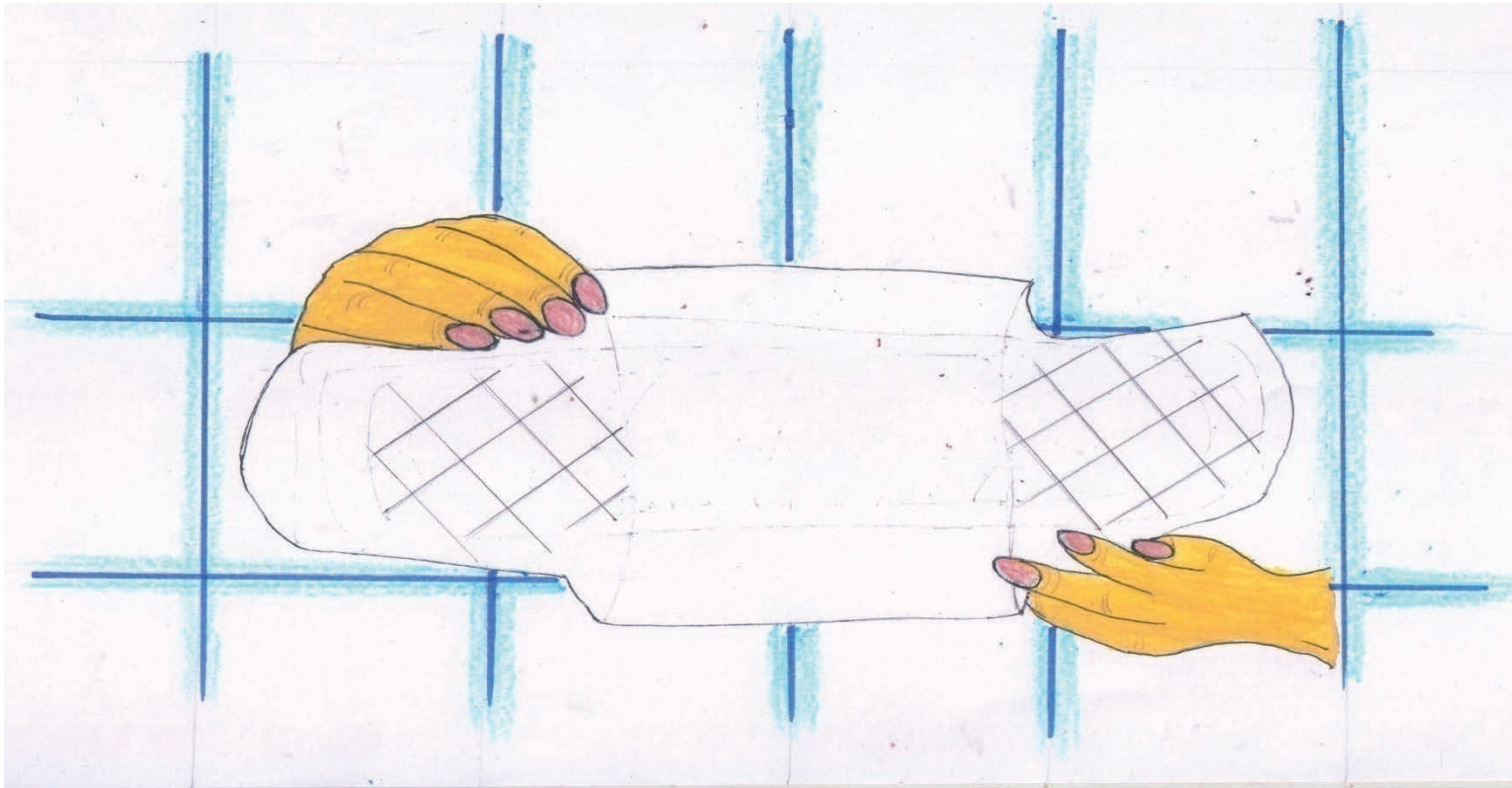
Open the wrapper of the sanitary pad



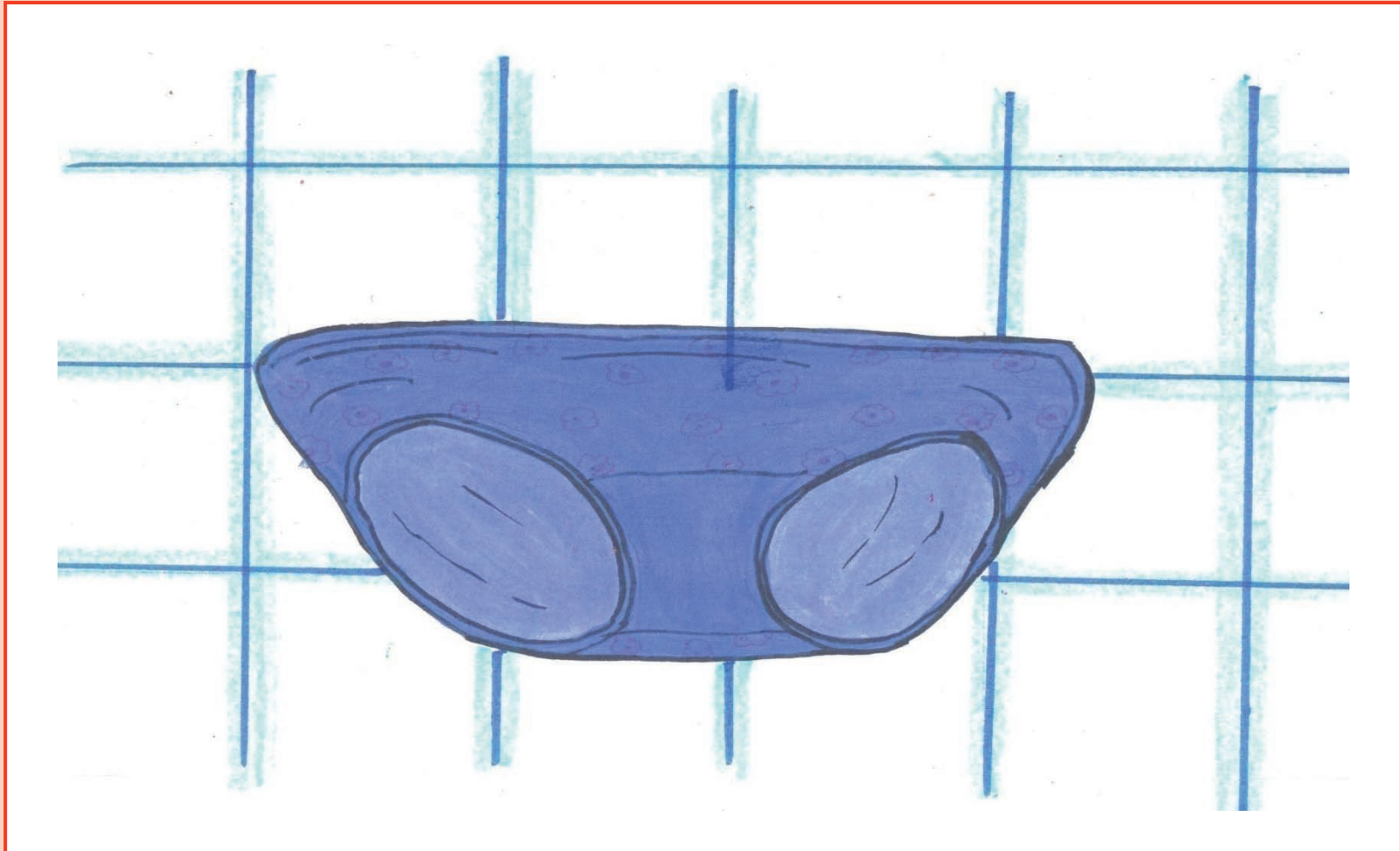
Open the sanitary pad from one side.



Open the sanitary pad completely



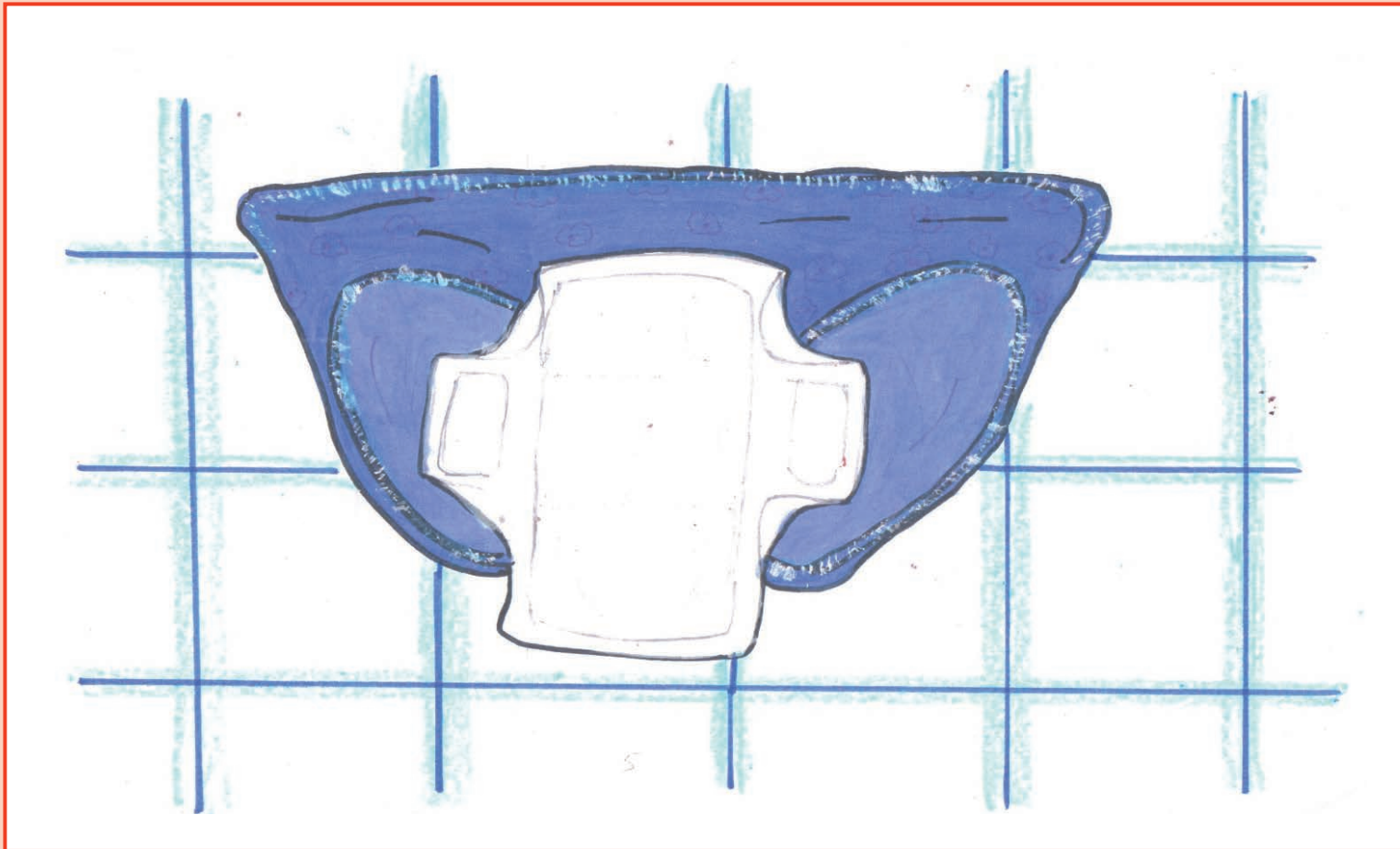
Place the underwear in a proper position (reverse)



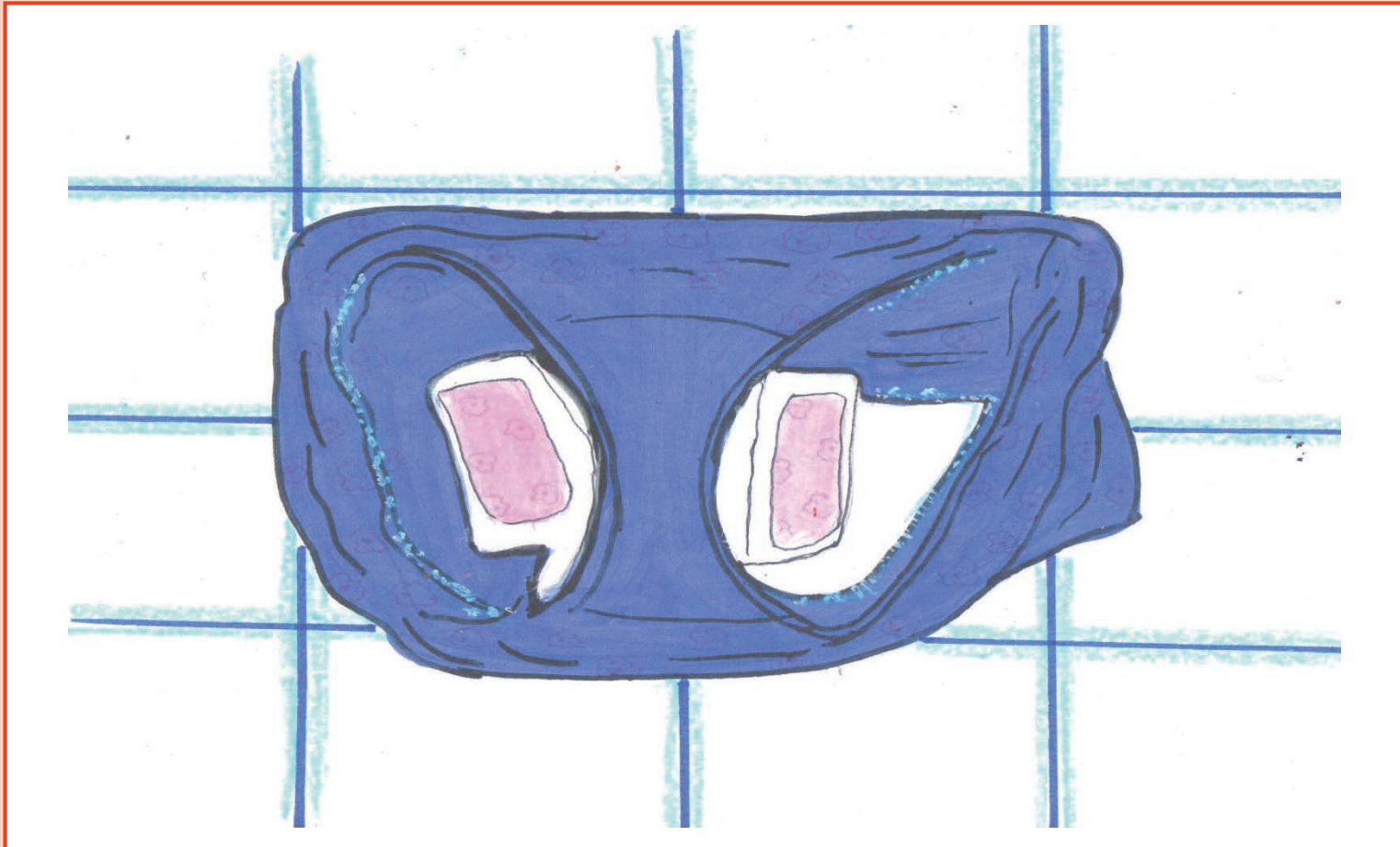
Remove the paper strip on the back of the new pad (Sticky side)



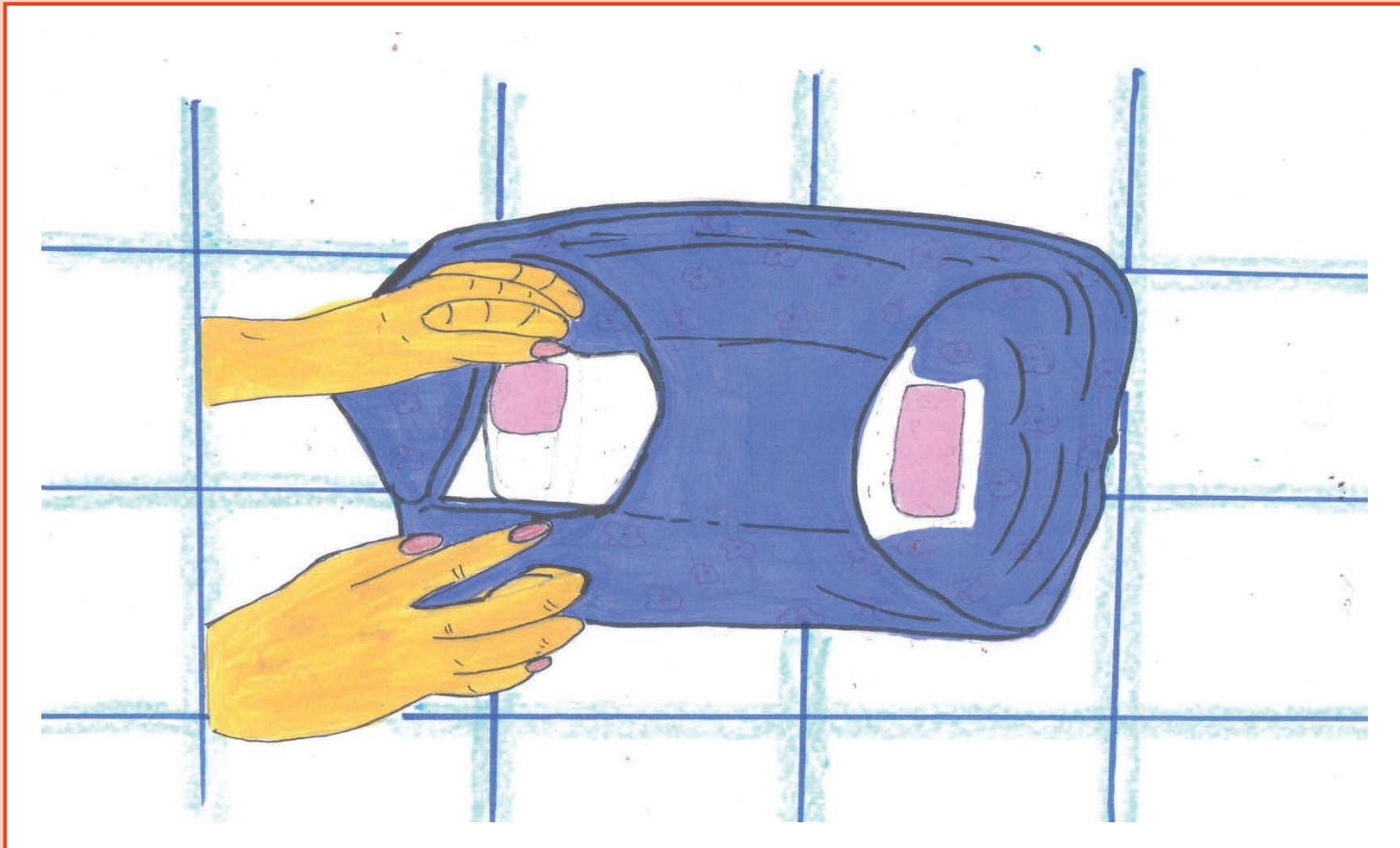
Stick the sanitary pad on the underwear in a proper position



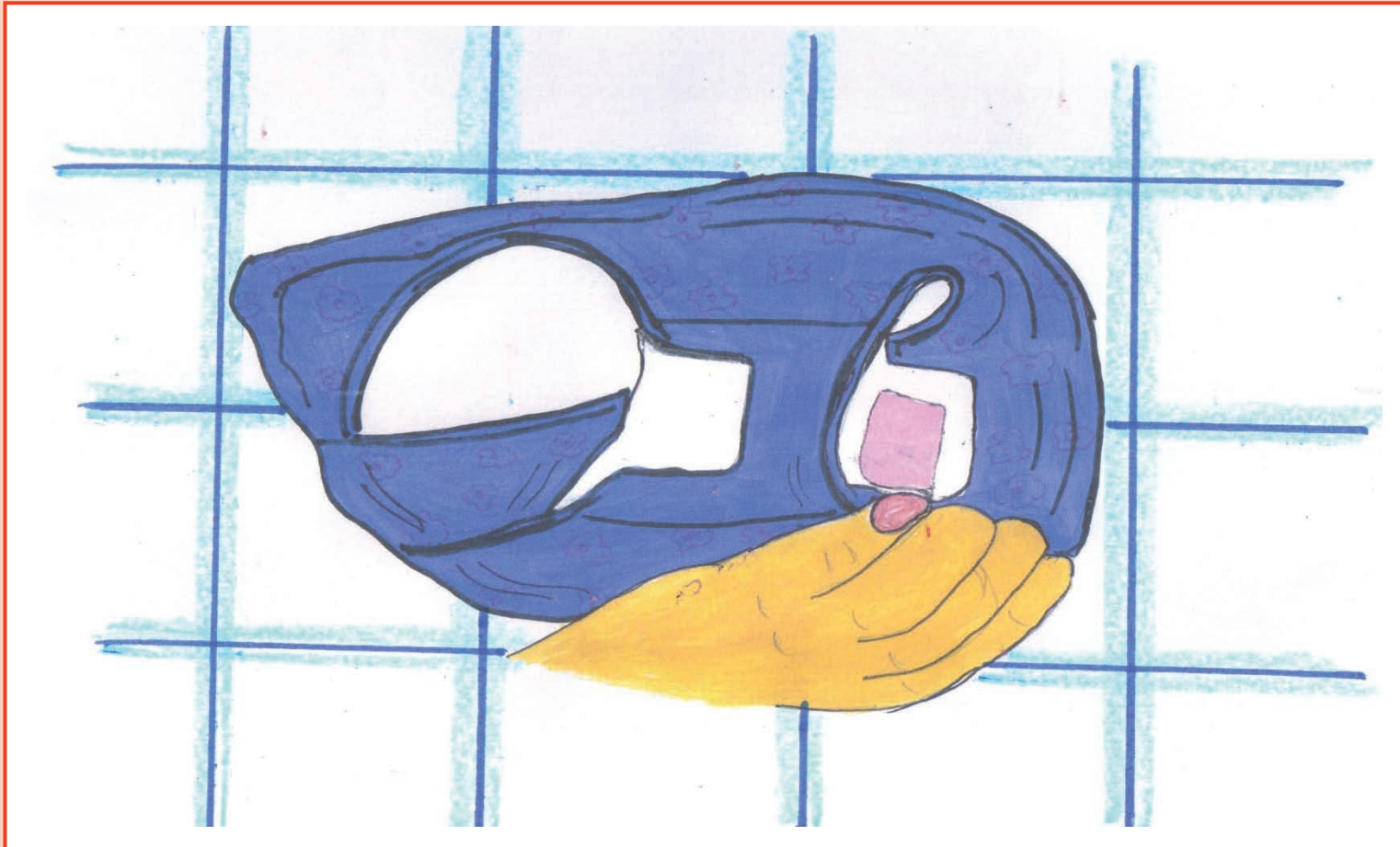
Reverse the underwear



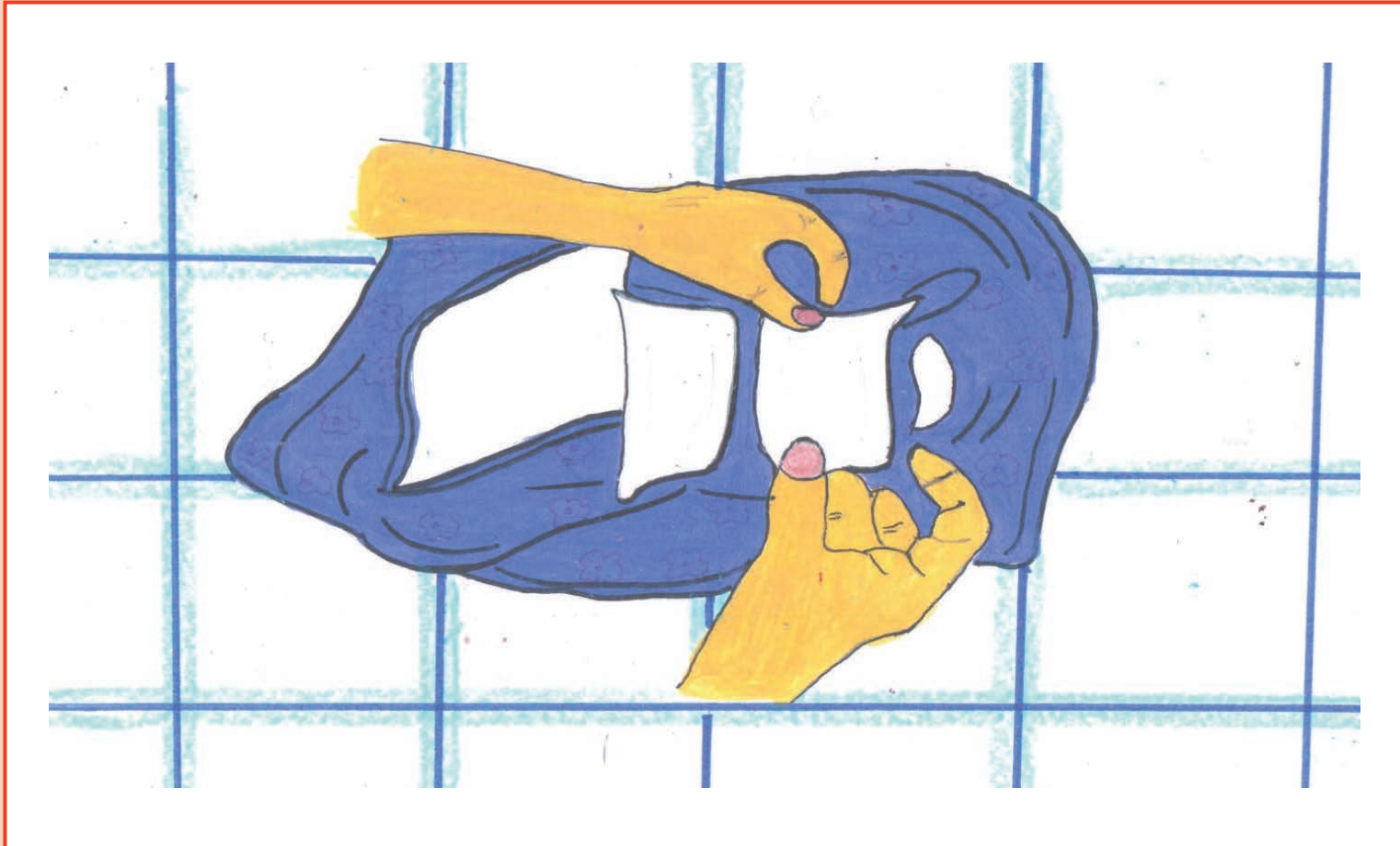
Peel off the sticker from one side of the wings of sanitary pad.



Remove the sticker from the other side of the wings



Stick the wings firmly



Adjust the pad into the middle of the underwear

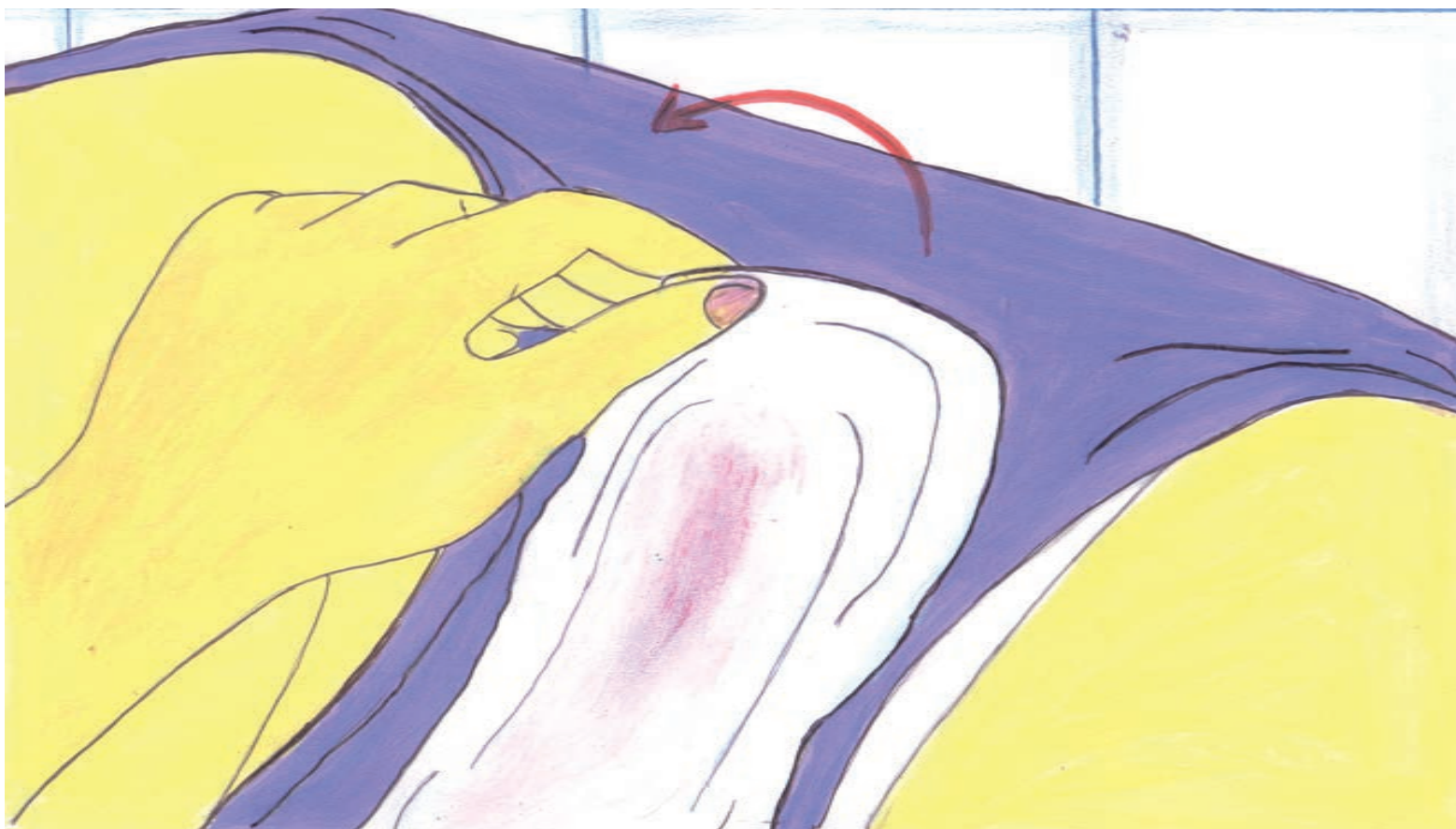


Stand up and pull up your underwear.

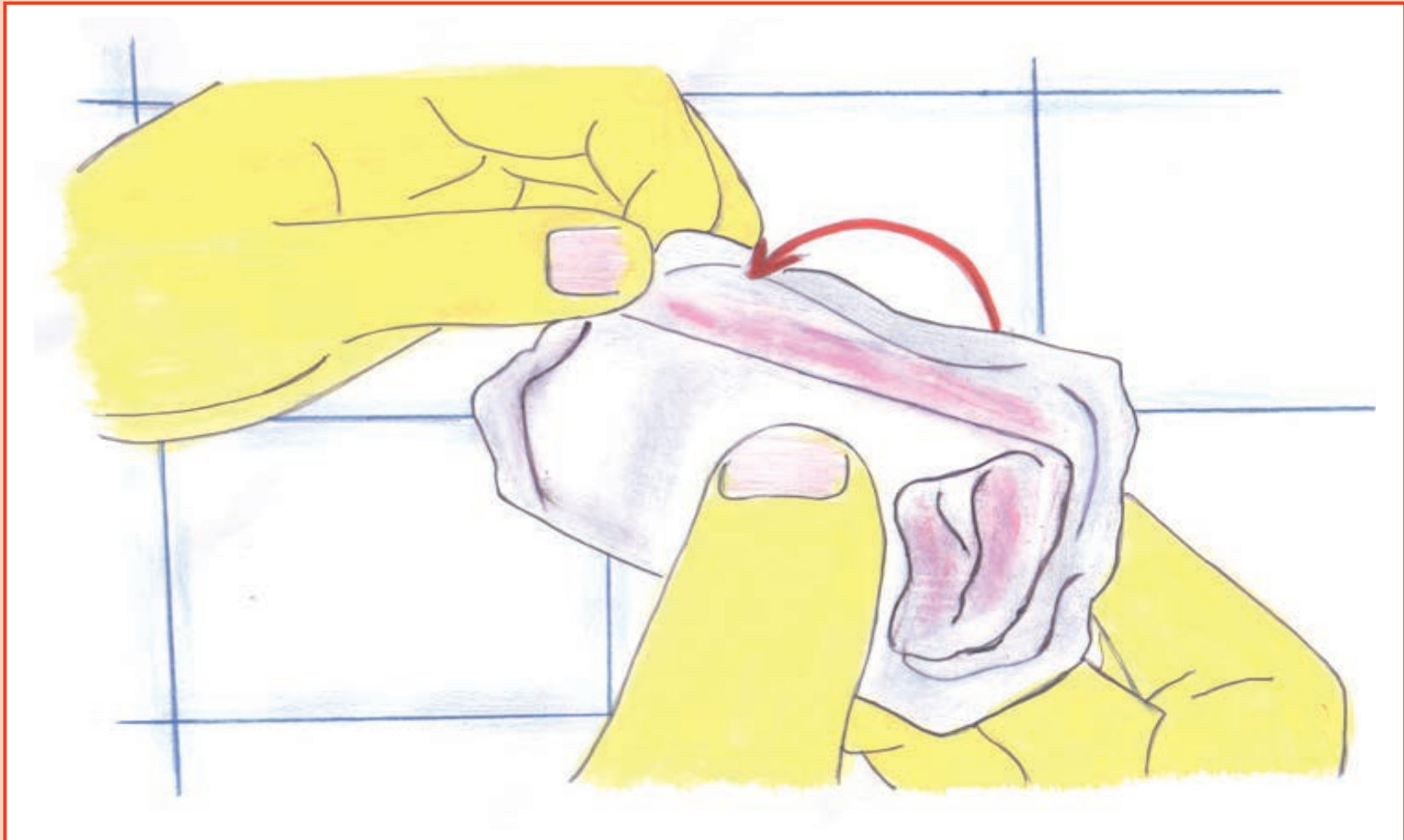


Steps to be followed to dispose the soiled sanitary pad

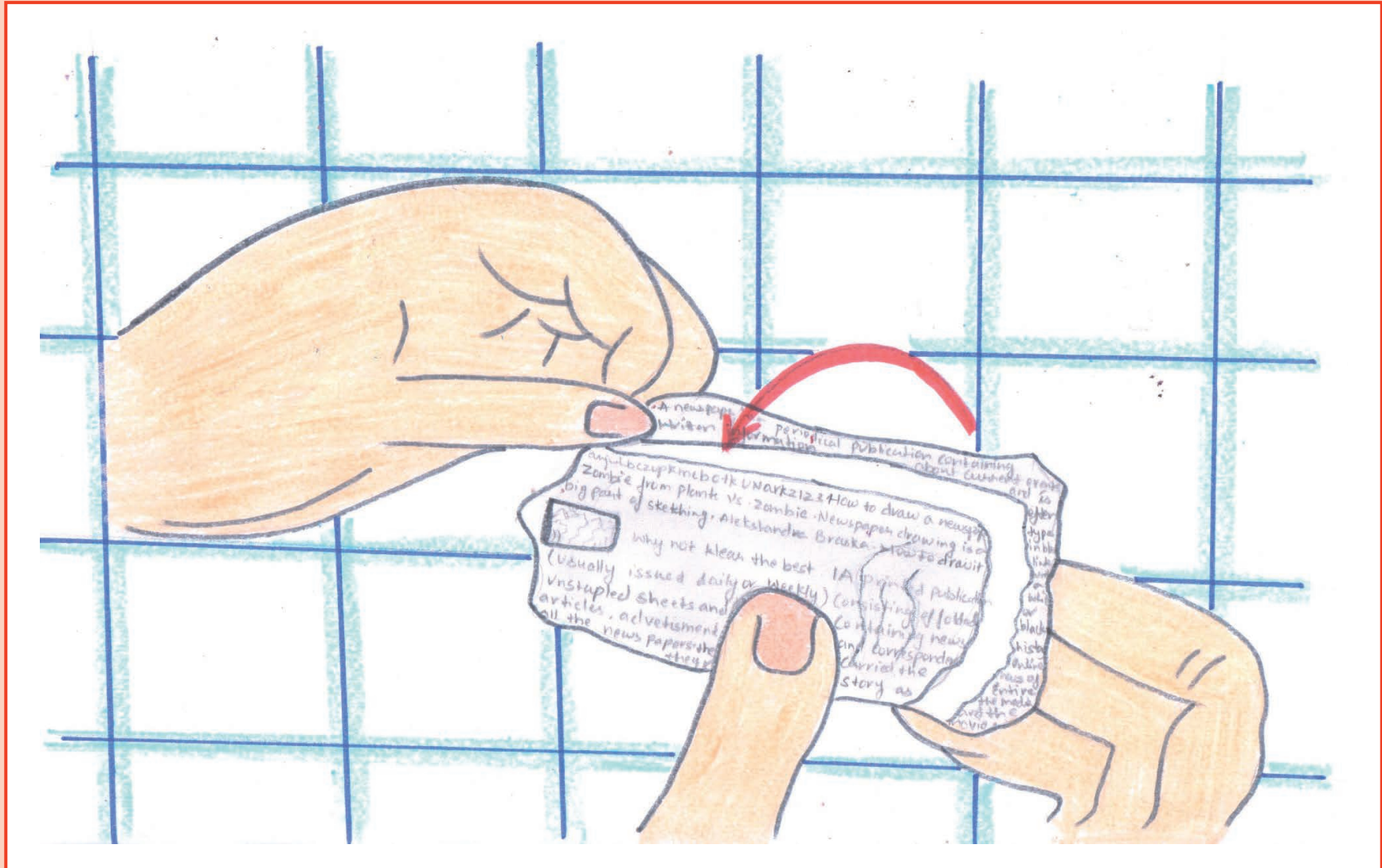
Remove the pad by holding a clean edge between your fingers and peel it off from your underwear



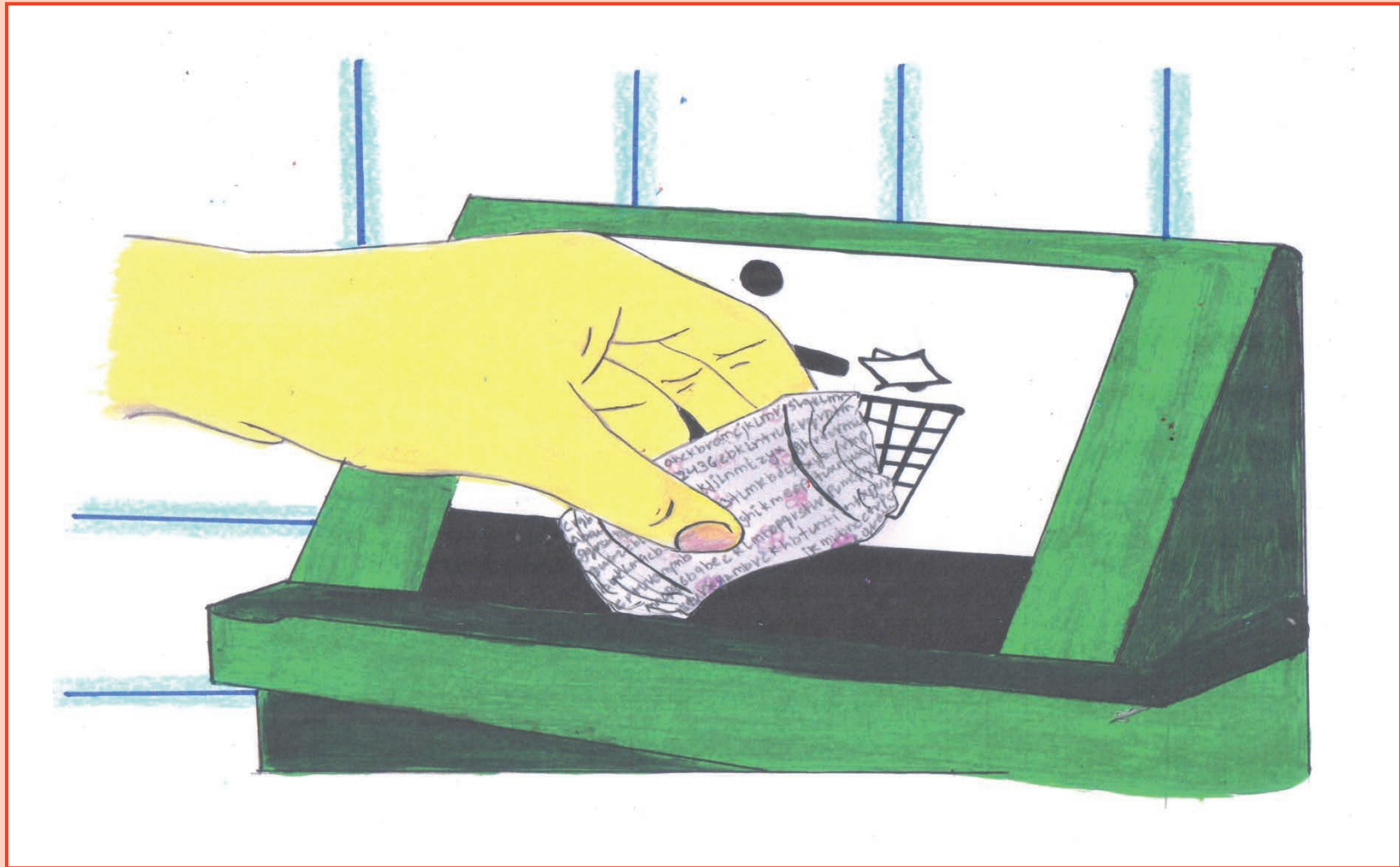
Roll the pad so that the adhesive side is on the outside and the soiled part is inside of it



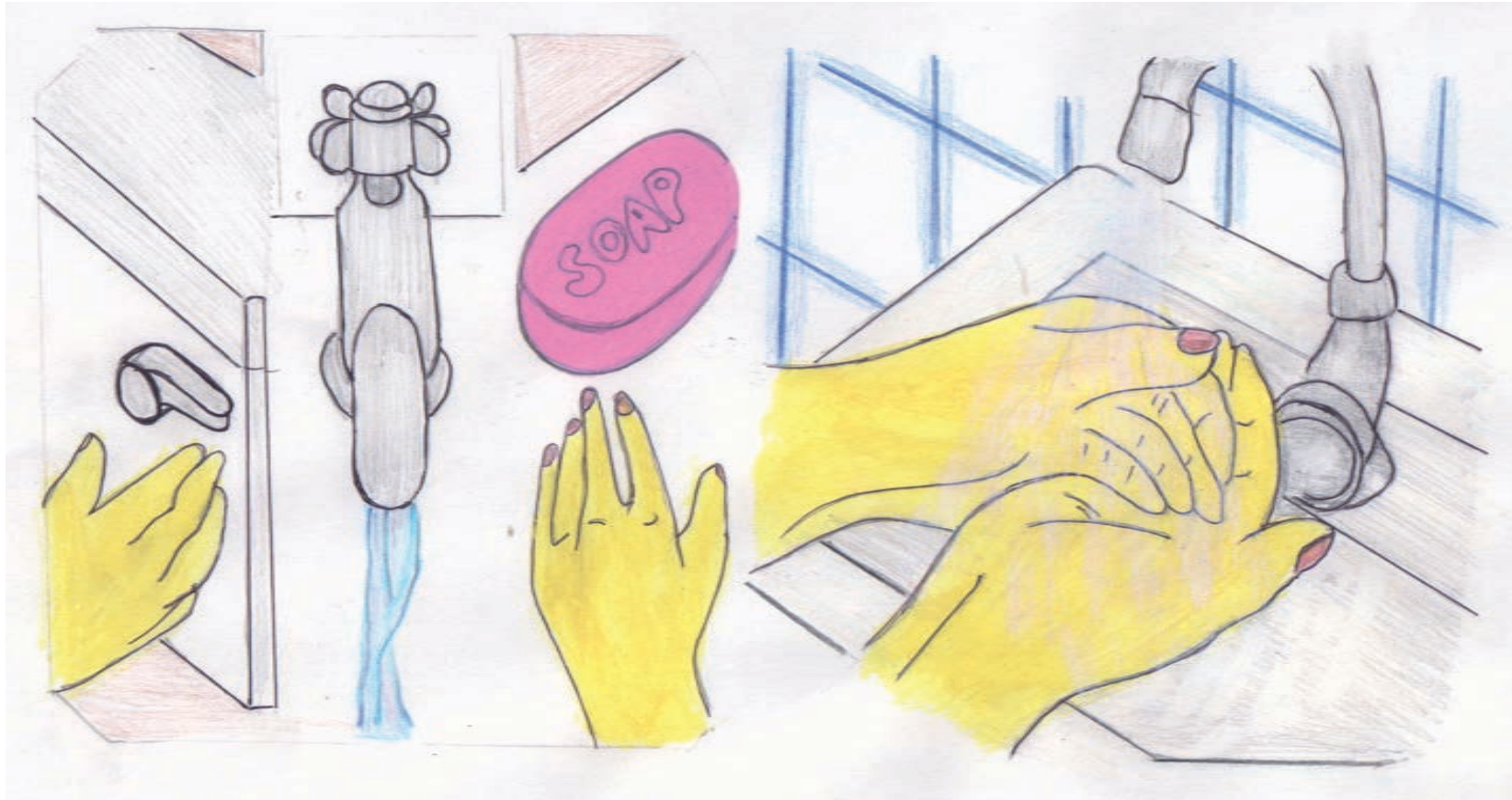
Wrap it in the old news paper



Throw the soiled pad in the trash



**Wash hands with soap
before leaving the bathroom**



Remember to change the pad after every 5 hours

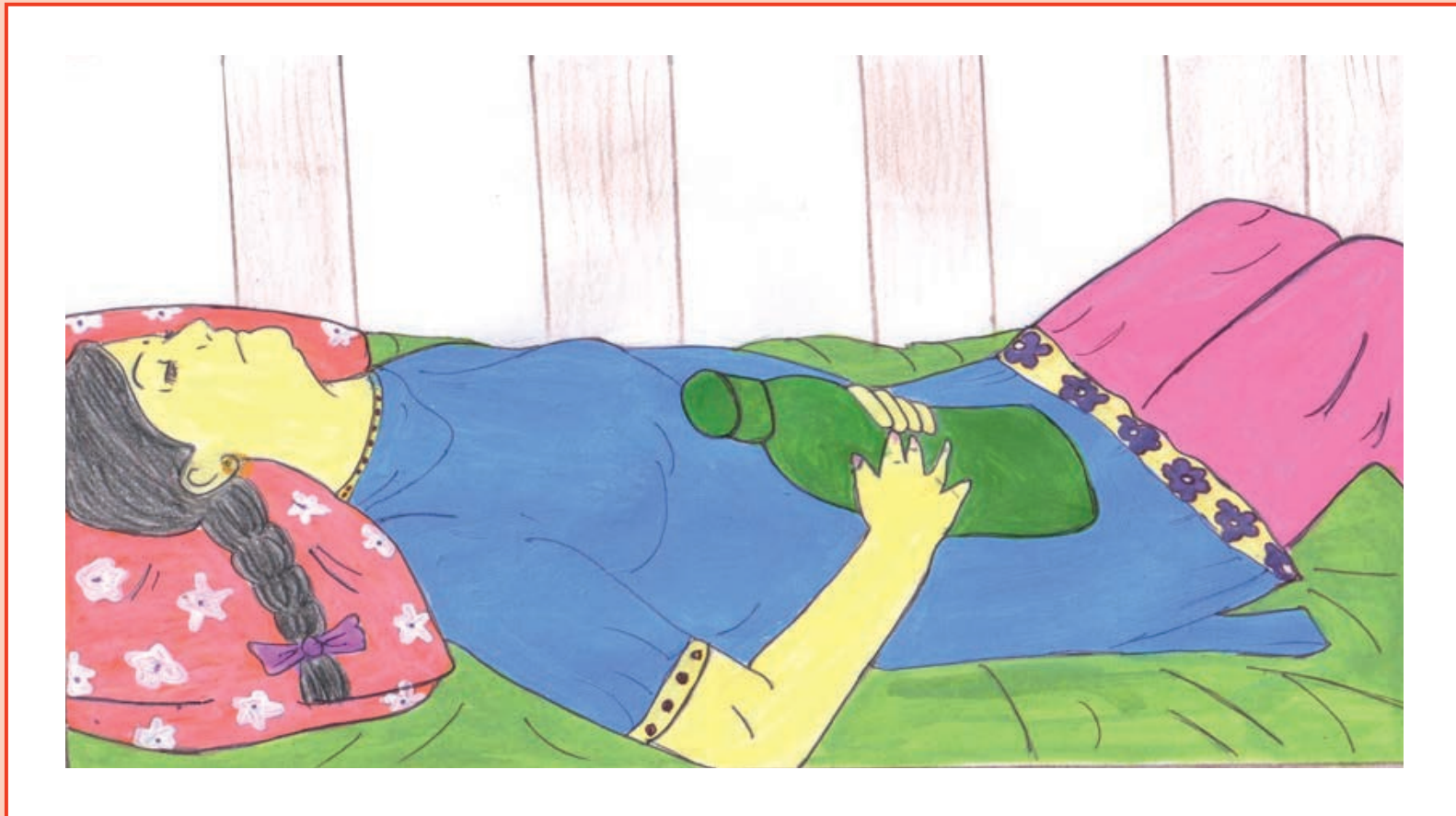


**The following measures
can be taken to reduce
the menstrual pain**

Yoga can reduce the menstrual pain



Keep a hot water pack on stomach to reduce menstrual pain



Drink ginger tea to reduce menstrual cramps



Take pain killers on doctor's advice only



Take balanced diet to provide essential nutrients to the body



**Consult a doctor, if menstrual flow exceeds 5-7 days,
or not to be seen for a couple of months**



Lets Learn About

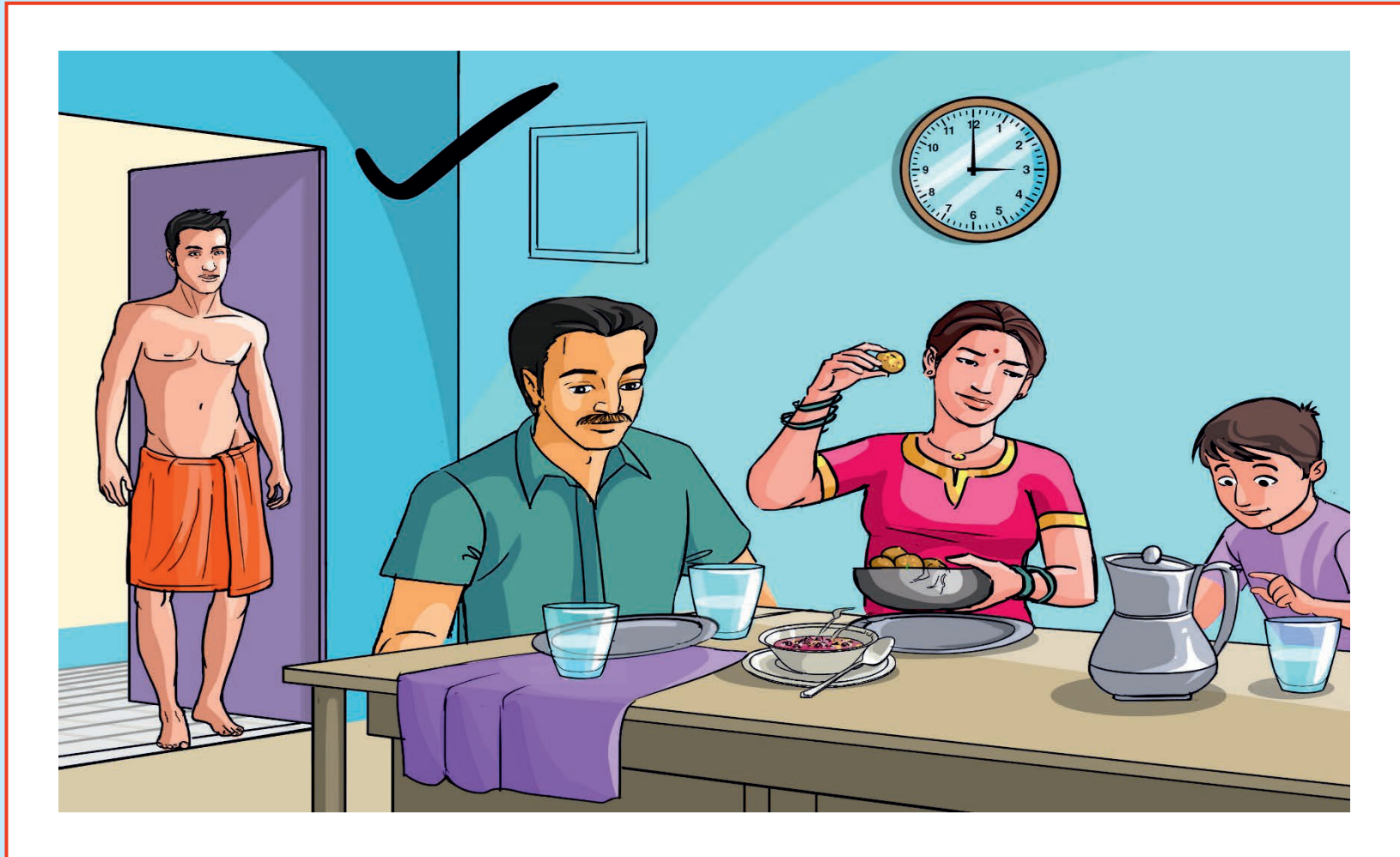
***Modification of
Public Masturbation***

My Special Private Times



When I get an erection

I take permission from Mom or Dad about my special private times



I like to touch my private parts



The bedroom or a bathroom is a private place



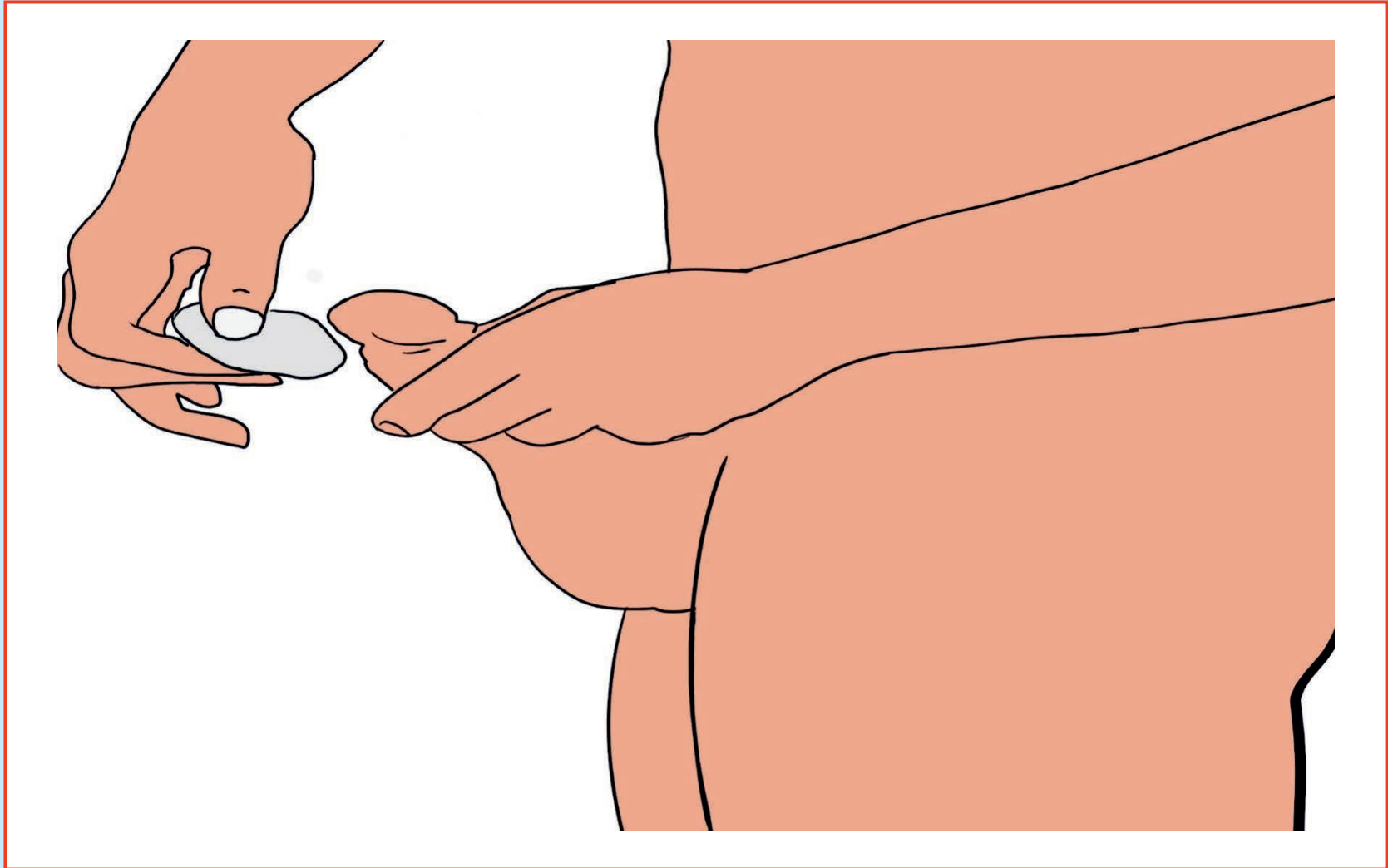
I close the door to maintain the privacy



It is okay for me to touch my own penis and testicles with the room closed



If my penis feels sticky, I can clean off with a towel or wet cloth or tissue



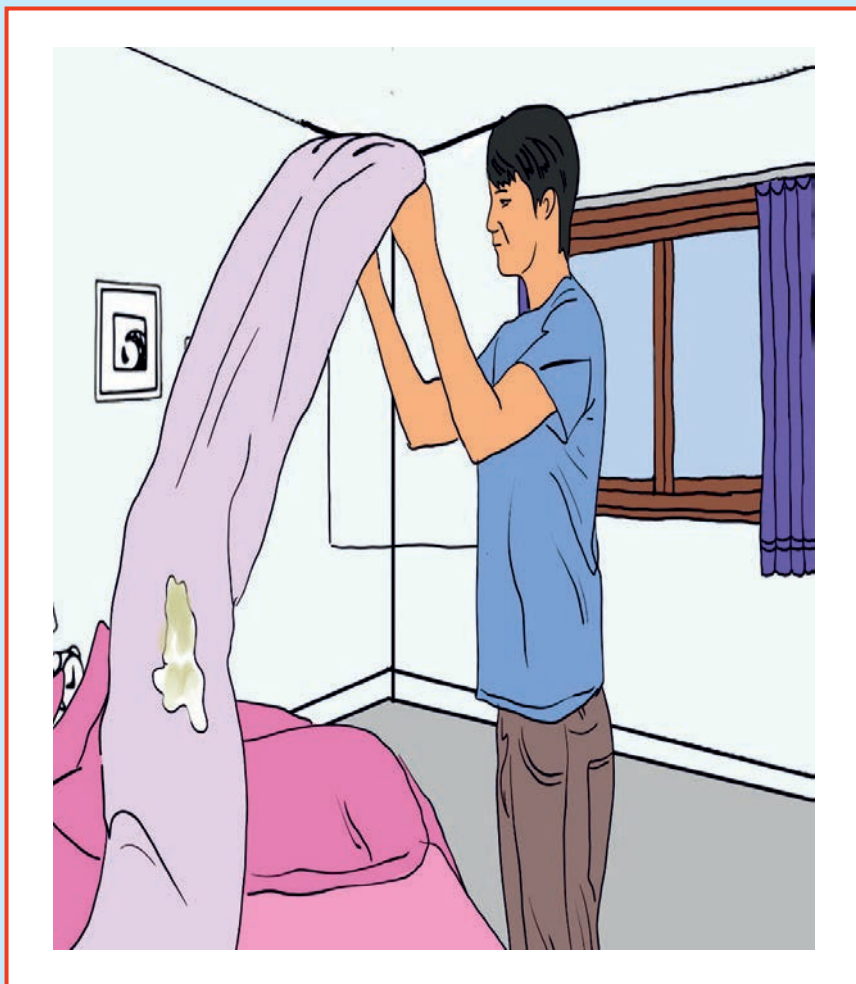
**If the semen falls on the floor,
I try to clean with a wet cloth**



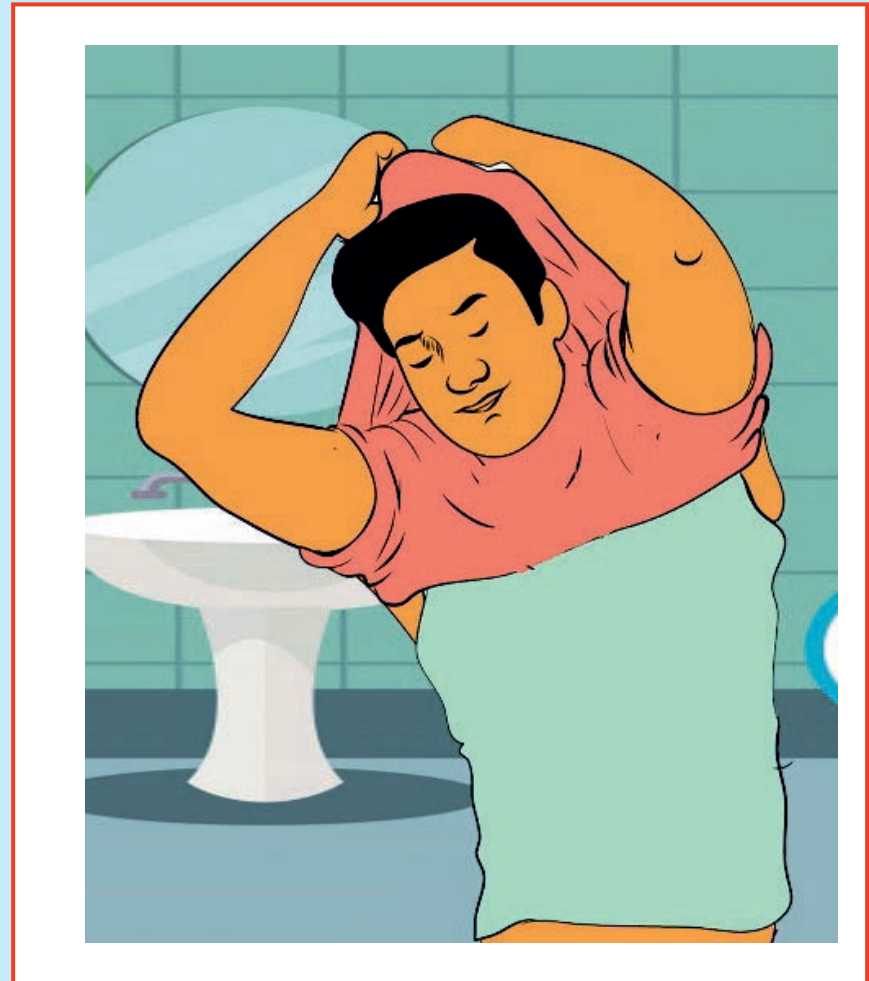
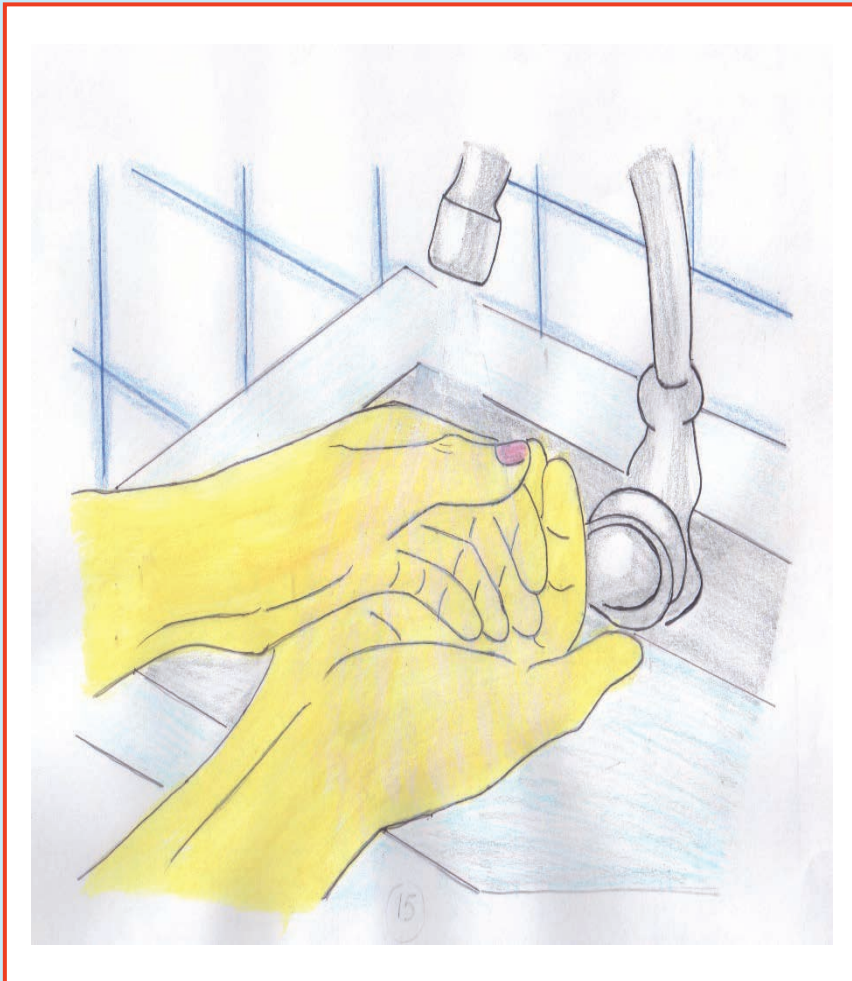
If Mom or Dad knocks on my door,
I can say I'm busy



I change the bedsheet, If the semen falls on it



**When it's done, wash hands and
put on my clothes**



Lets Learn About
Family Members
and
Strangers

**Father, Mother and Sister or Brother
are our family members.**



My Aunty, Uncle and Cousins are also my family members. I feel safe with them.



My grandparents are also my family members.



**We meet on special occasions like birthdays & festivals.
We eat together and enjoy on special occasions.**



Those who play with me regularly, are my friends and familiar persons. I know them and I am safe with them.



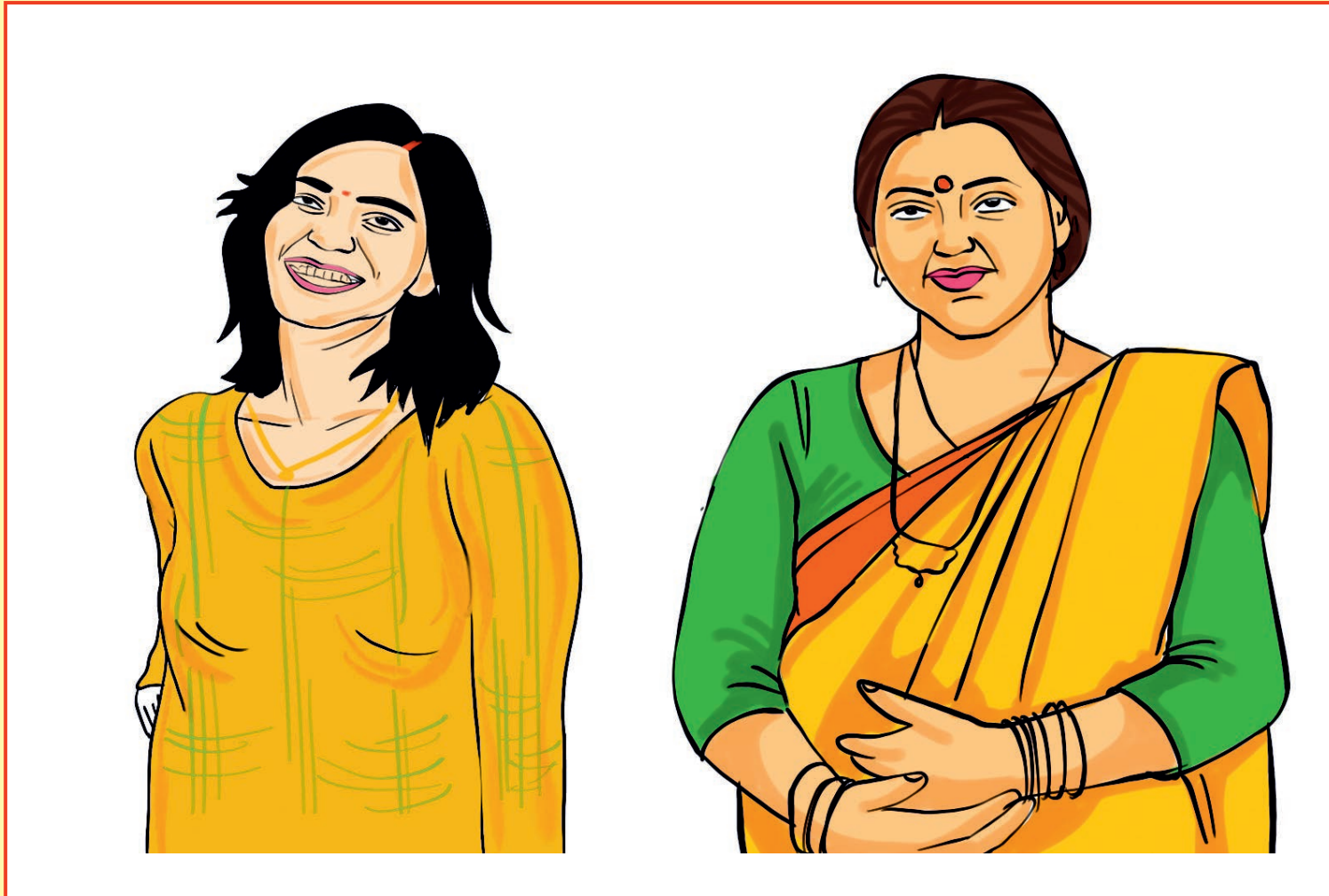
My teacher(s) is also familiar person and I am safe with them.



Uncles, Dad's friends and Neighbours are familiar people.



Aunt, Mom's friends and my Neighbours are also familiar people.



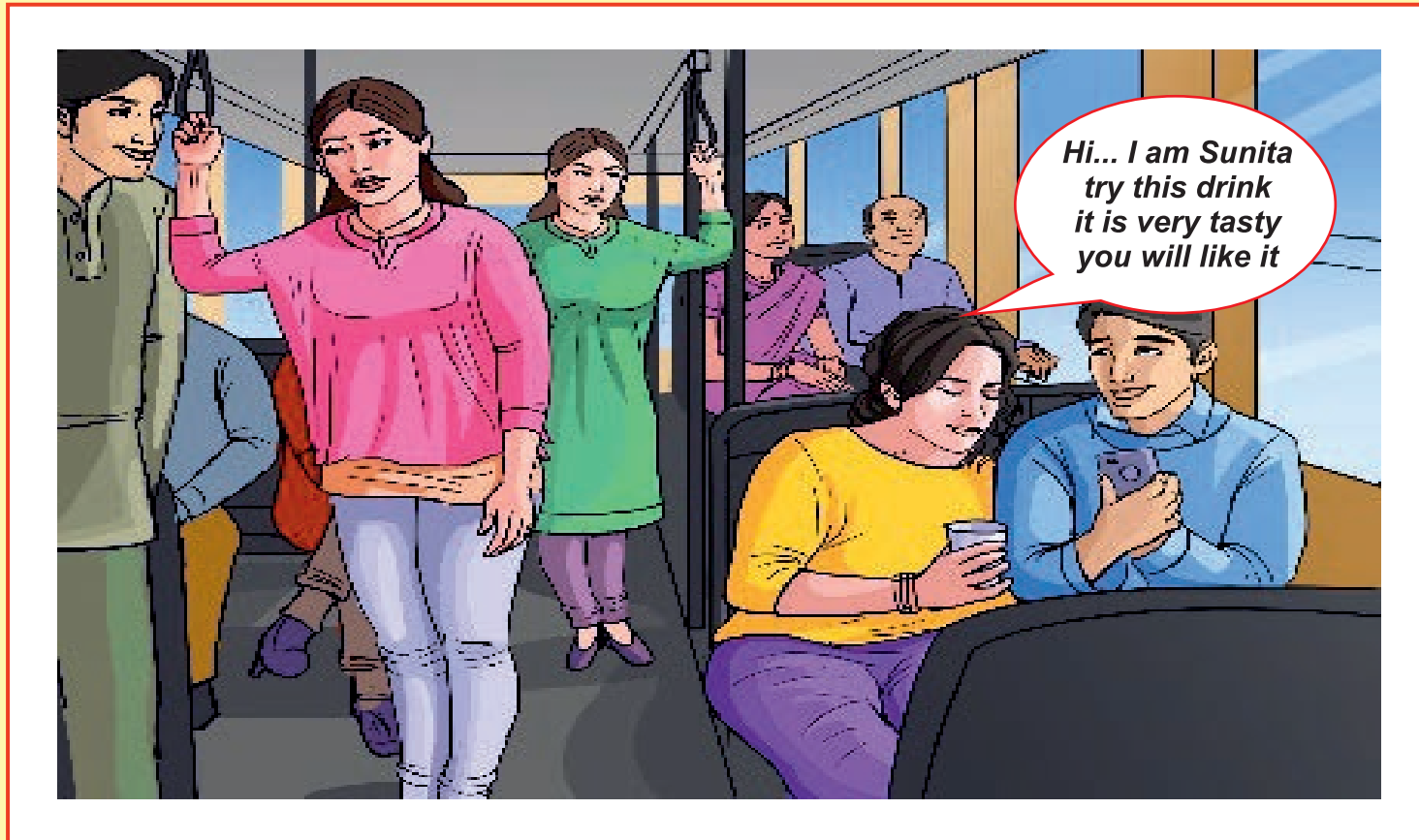
**People whom I don't know are strangers.
Like the people who are seen in the grocery store.**



**The passengers who travel along with me in the bus are strangers.
I need to be careful and maintain physical distance from them.**



People who are travelling in the bus along with me are also strangers.



It is better to avoid talking to strangers and accepting gifts / food items from them.

Lets Learn About

Good Touch

&

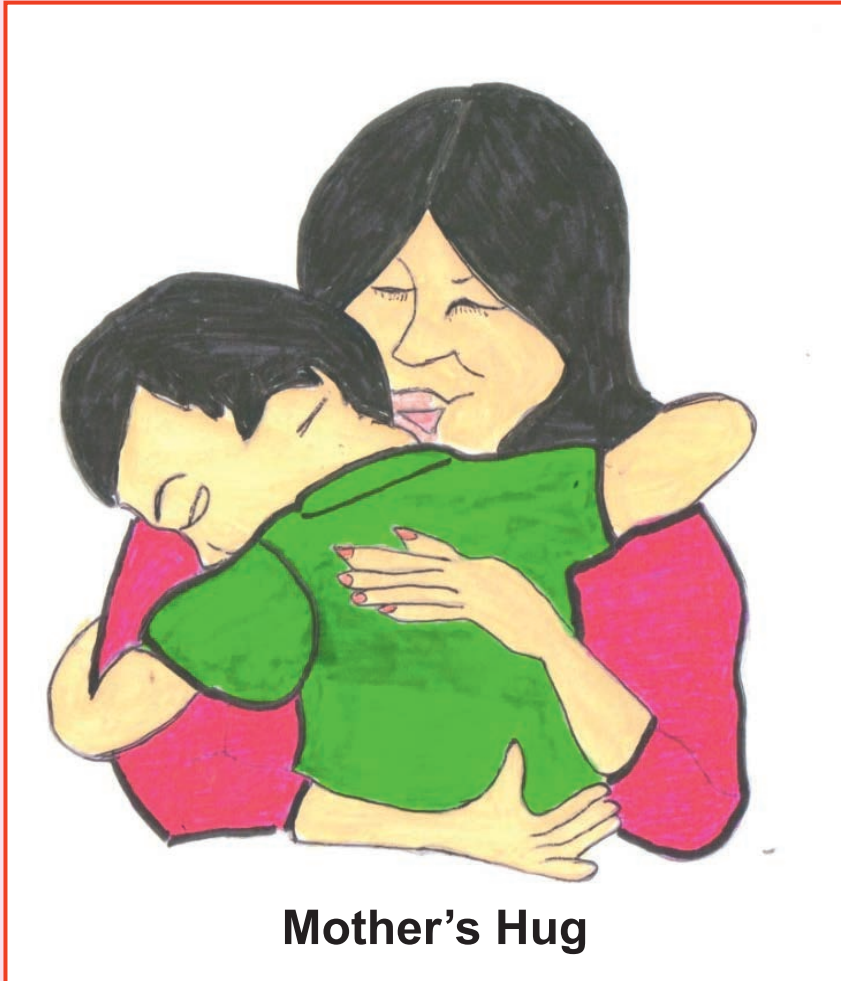
Bad Touch

Good Touch Vs Bad Touch

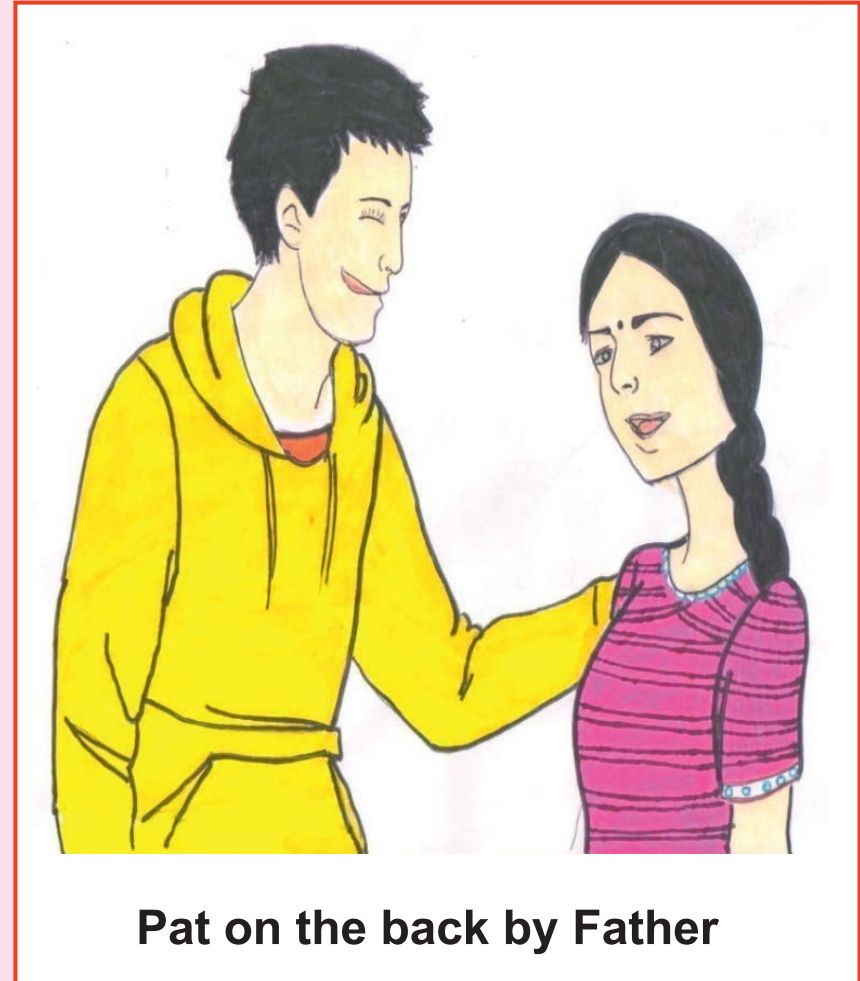


Good touch

The touches that make children feel safe are good.



Mother's Hug



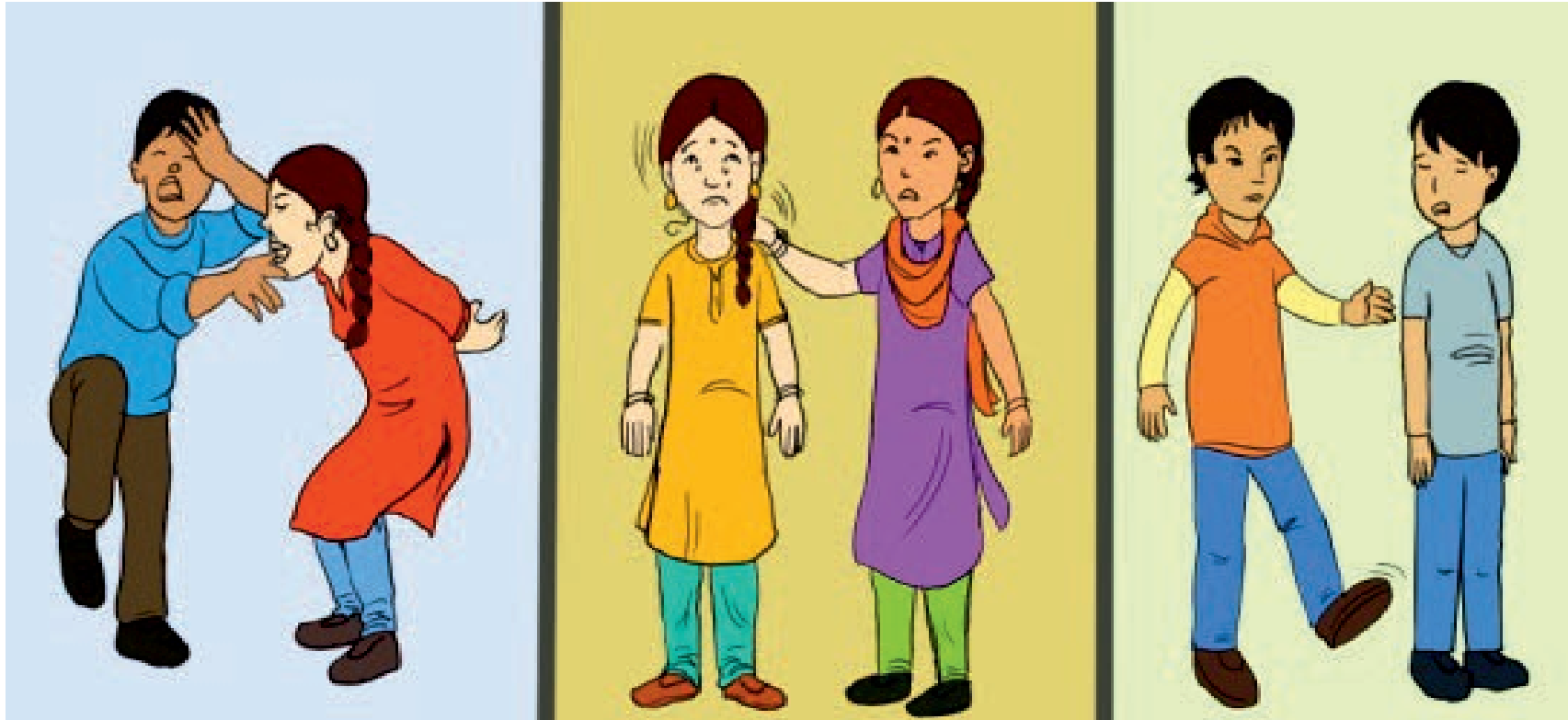
Pat on the back by Father

**Mother's touch while giving bath,
Doctor's touch during examination of the patient are
examples of good touch.**



Bad touch

The touches that hurt my body or feelings (for example biting, beating and kicking) are called bad touch.

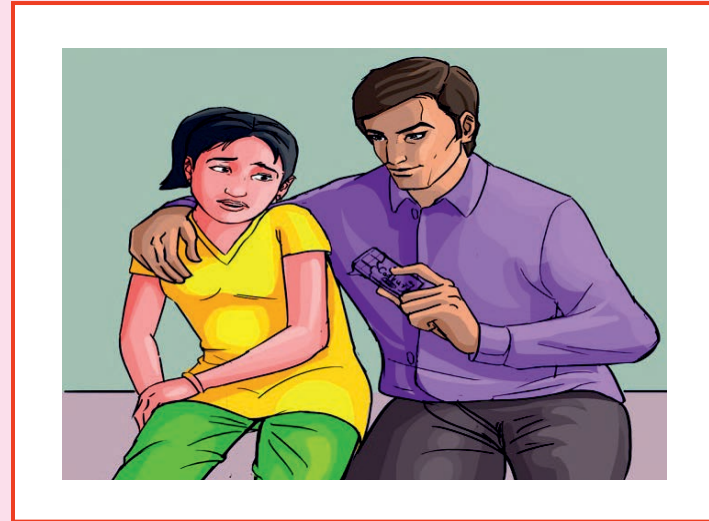


Kicking – Bad Touch



Bad touch

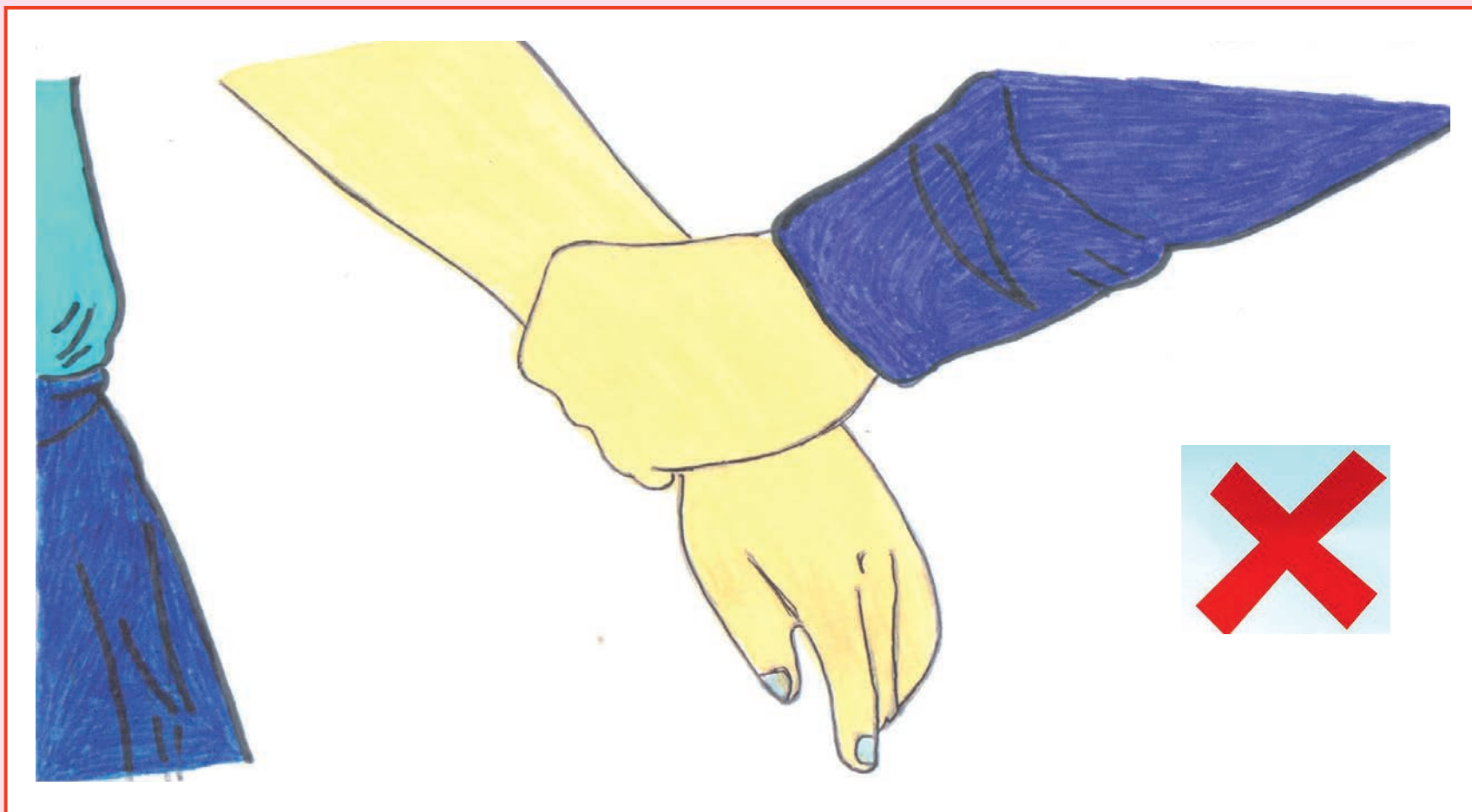
Touching unnecessarily and inappropriately is bad touch.



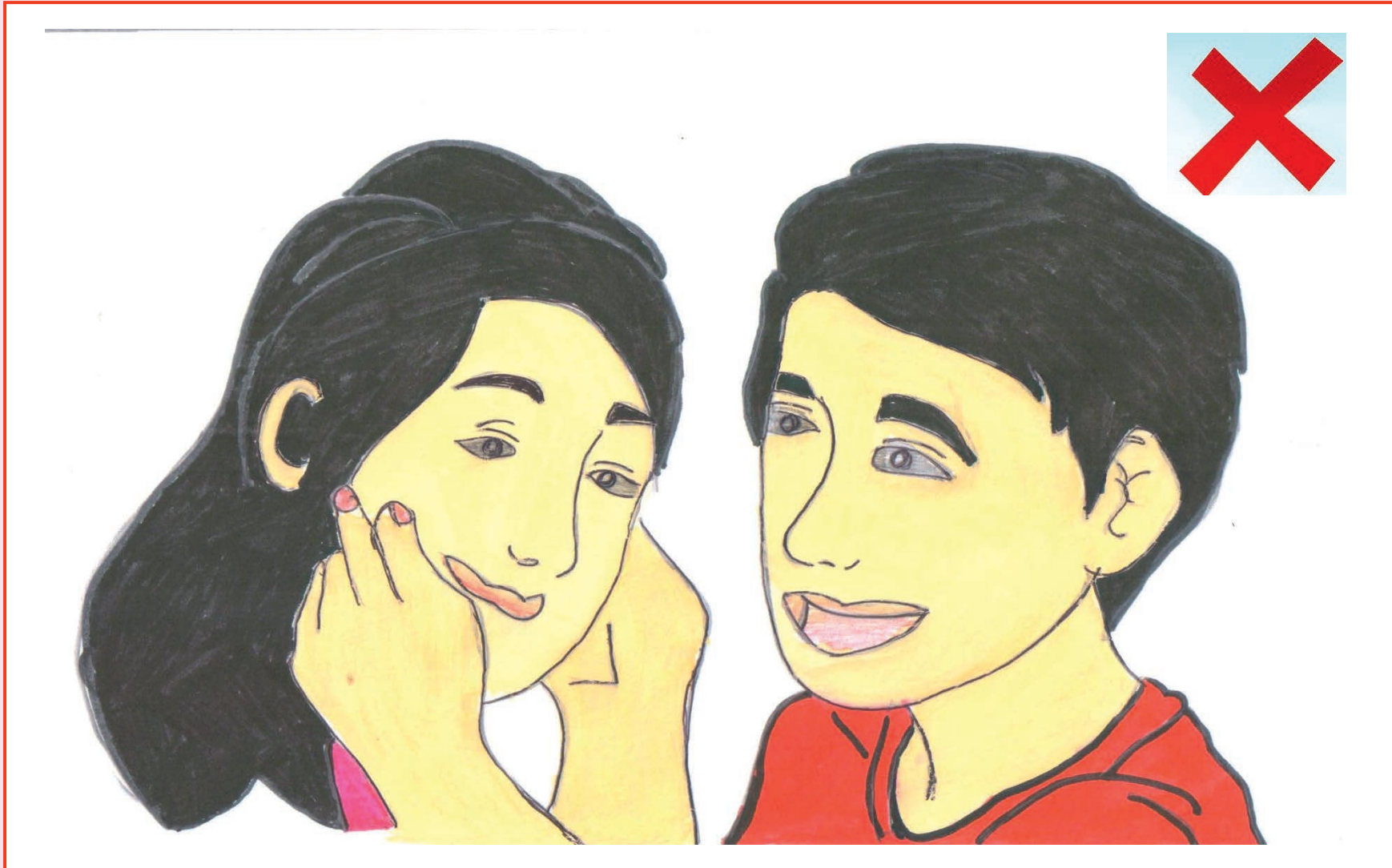
I should not touch anyone unnecessarily.



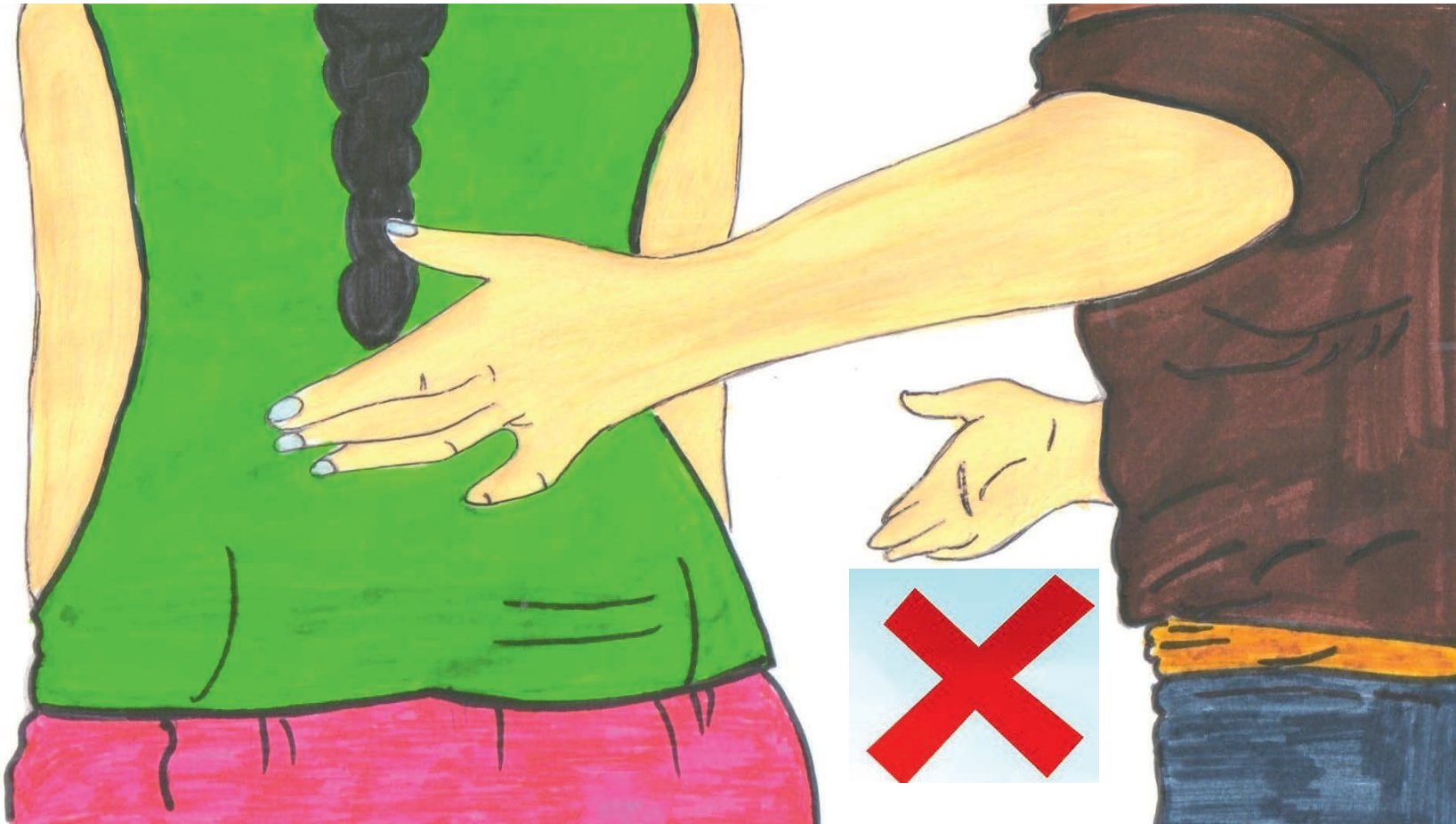
It is not okay to hold someone's hand without their consent or permission.



It is not okay for someone to touch my face.



It is not okay for someone to touch my body parts inappropriately.



**It is not okay for someone to force me
for a physical contact.**



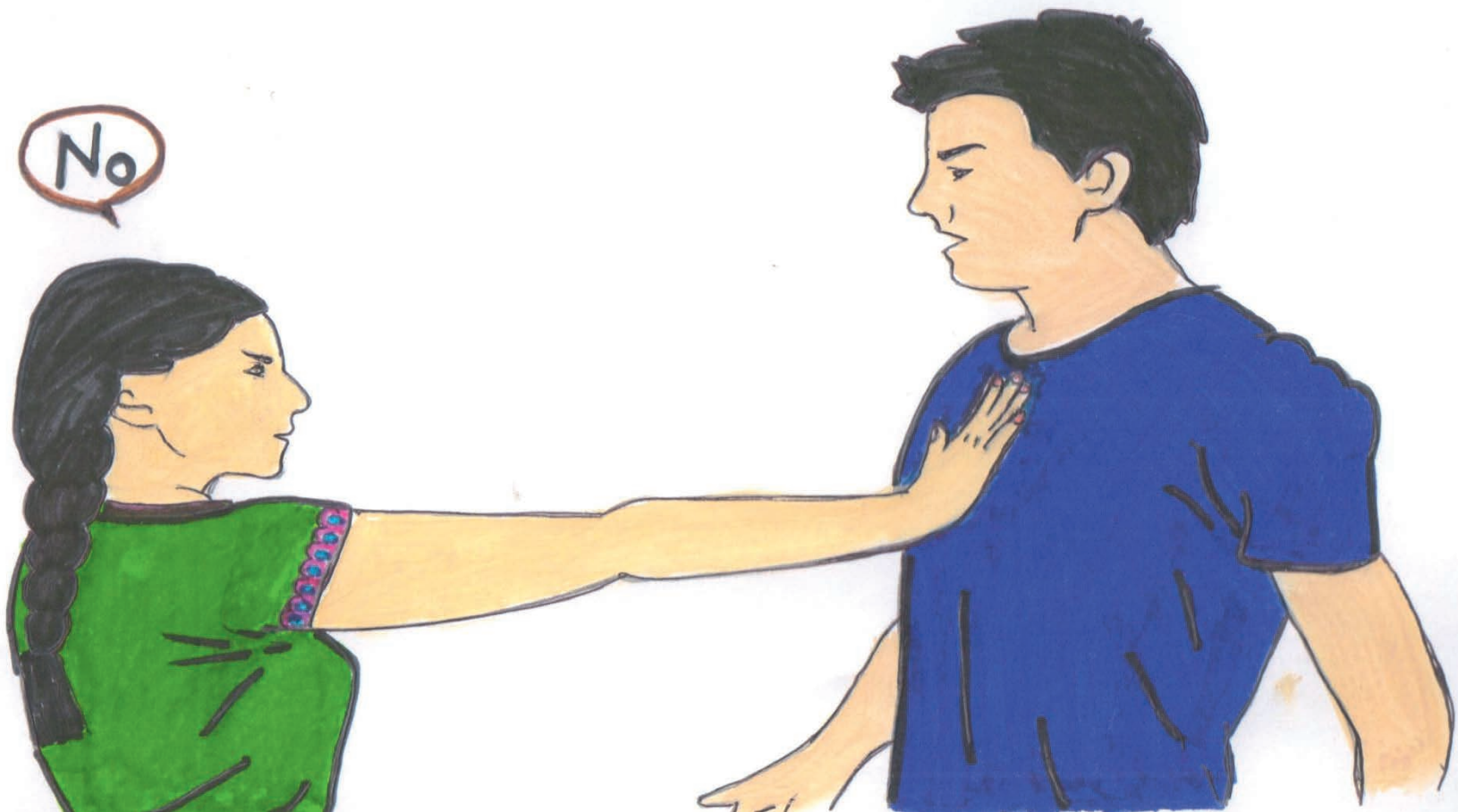
It is not okay to allow others to touch my private parts.



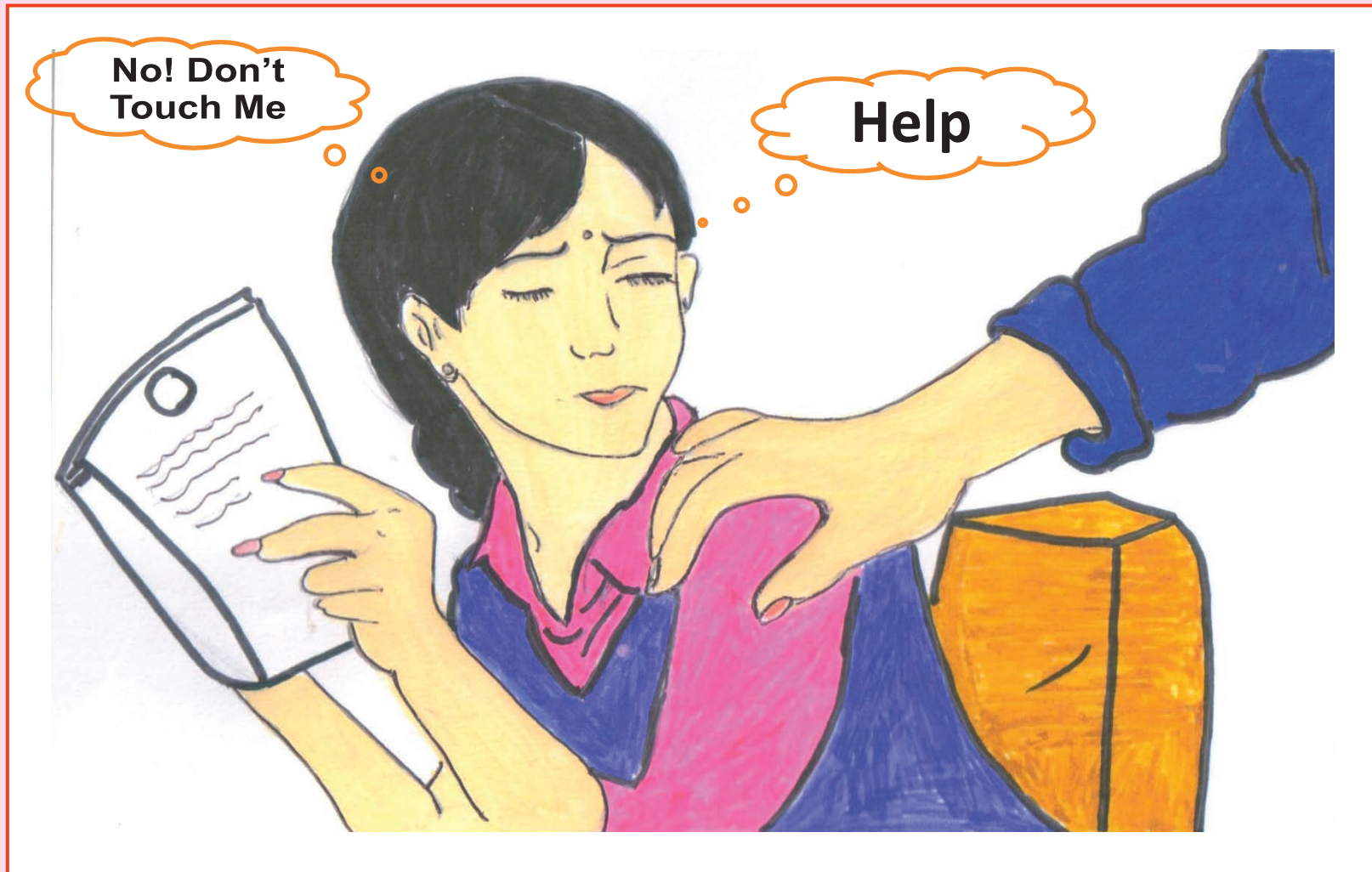
It is not okay to ask someone to touch the private parts.



**I say 'NO', when someone touches me.
I tell the person that I don't like it
and I don't want to be touched.**



For help, I scream and shout loudly.



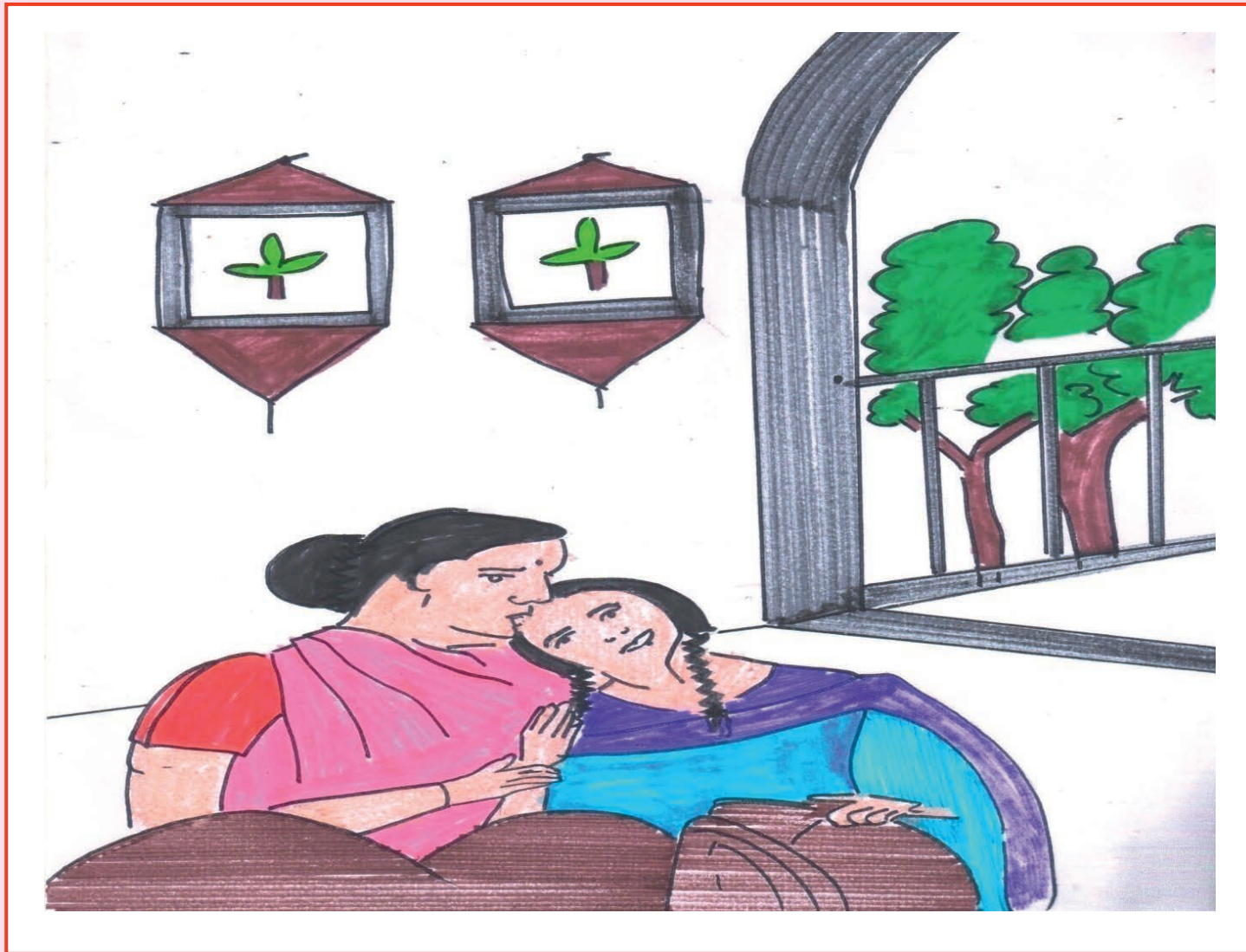
I never stay alone with that person ever again.



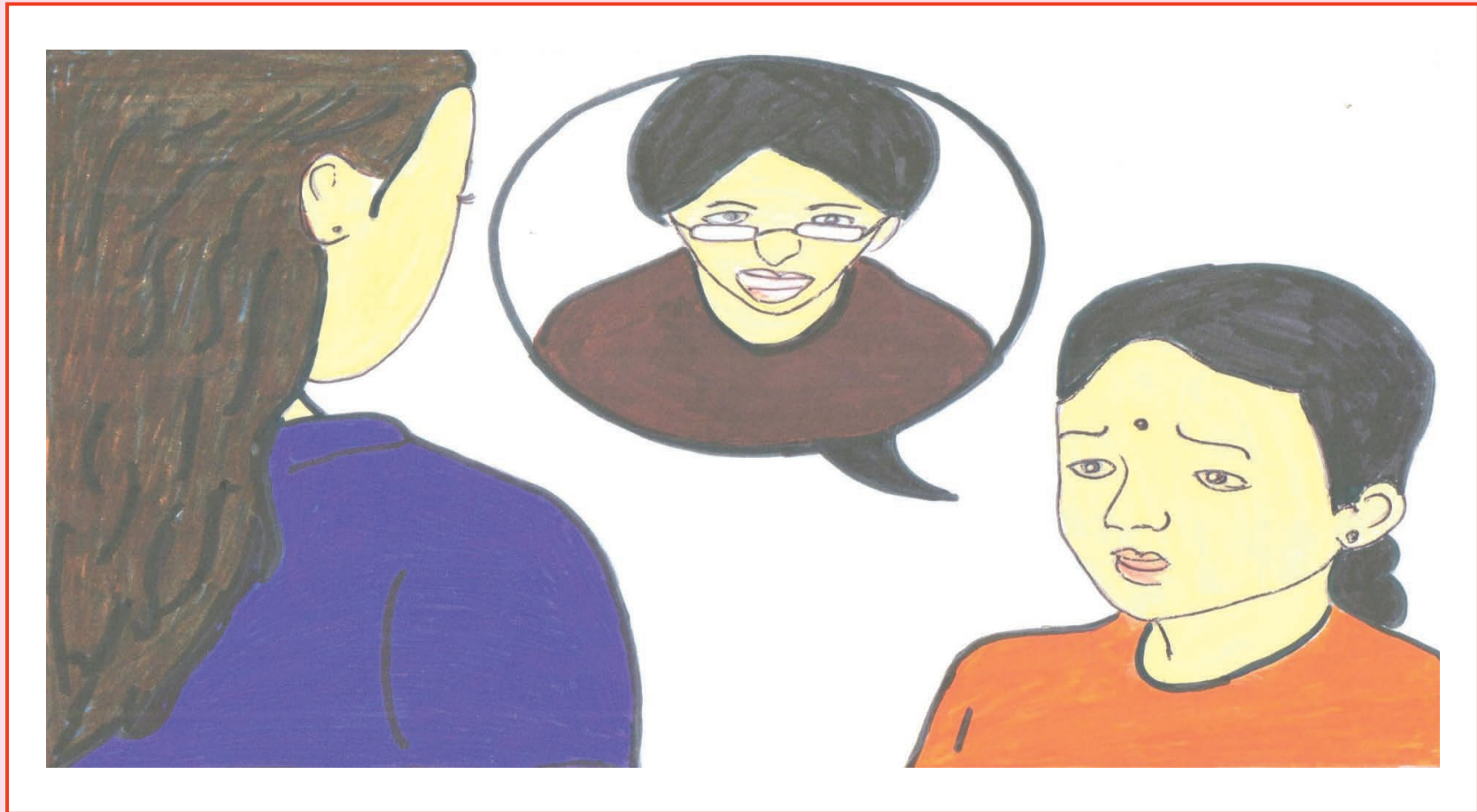
**I tell someone whom I trust what has happened
(Father).**



**I tell someone whom I trust what has happened
(Mother).**



**I tell someone whom I trust what has happened
(Teacher / Guardian).**



I believe in myself that, I did nothing wrong.



Lets Learn About

Stranger Danger

I have rules to follow to make sure that I am safe at school and other public places.



I play only on the playground at school.



**I do not leave the playground without
my Mom or Dad or a Teacher.**



I stay close to my Mom or Dad.



**A stranger is any person I do not know.
It can be a man or a woman.**



I don't take any gifts from a stranger.



I don't accept gifts from strangers.



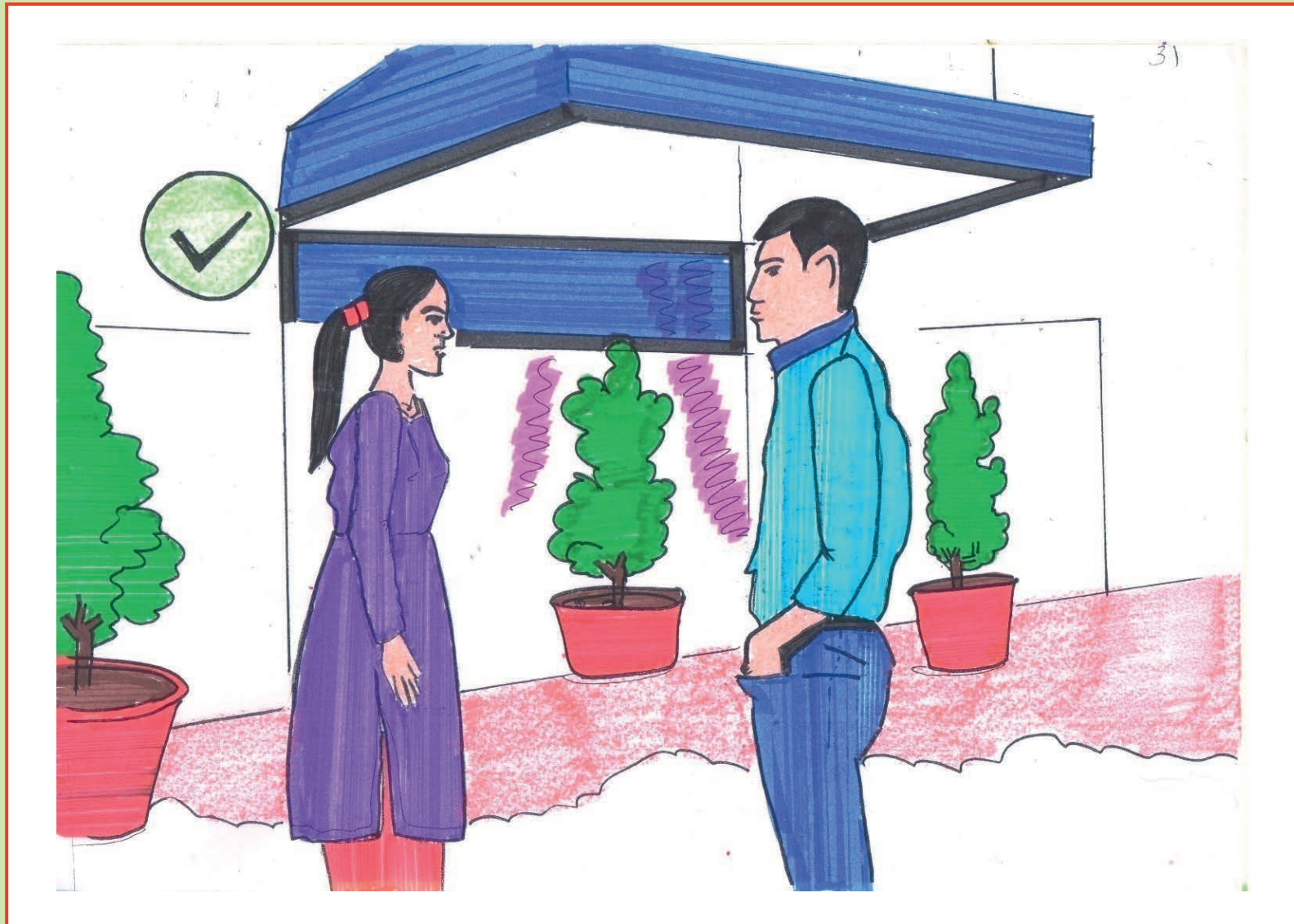
I don't take any gifts from a stranger.



I don't take any sweets from a stranger.



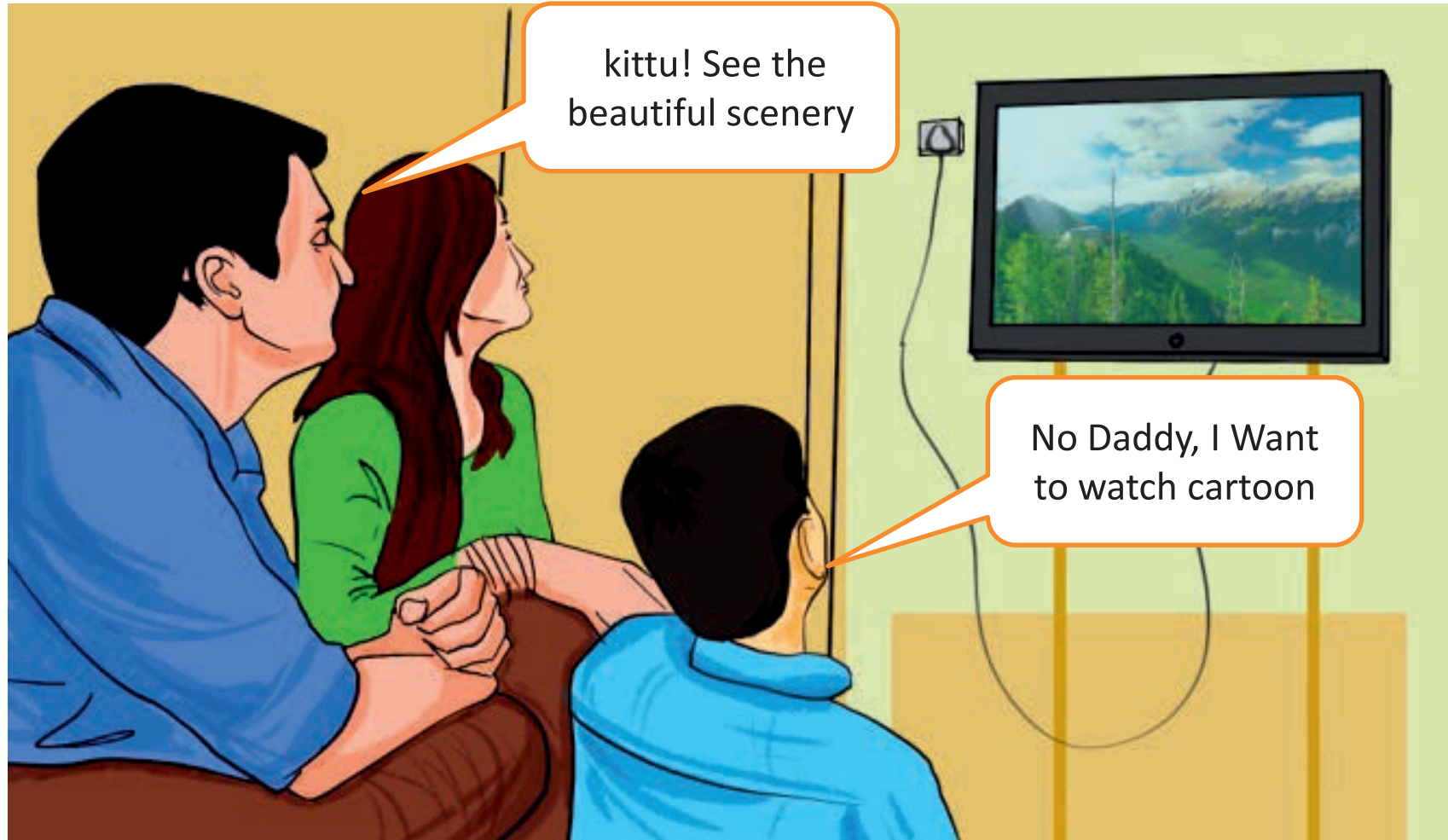
I maintain 1 arm distance while talking with others.



Let us Learn About

Saying 'No'

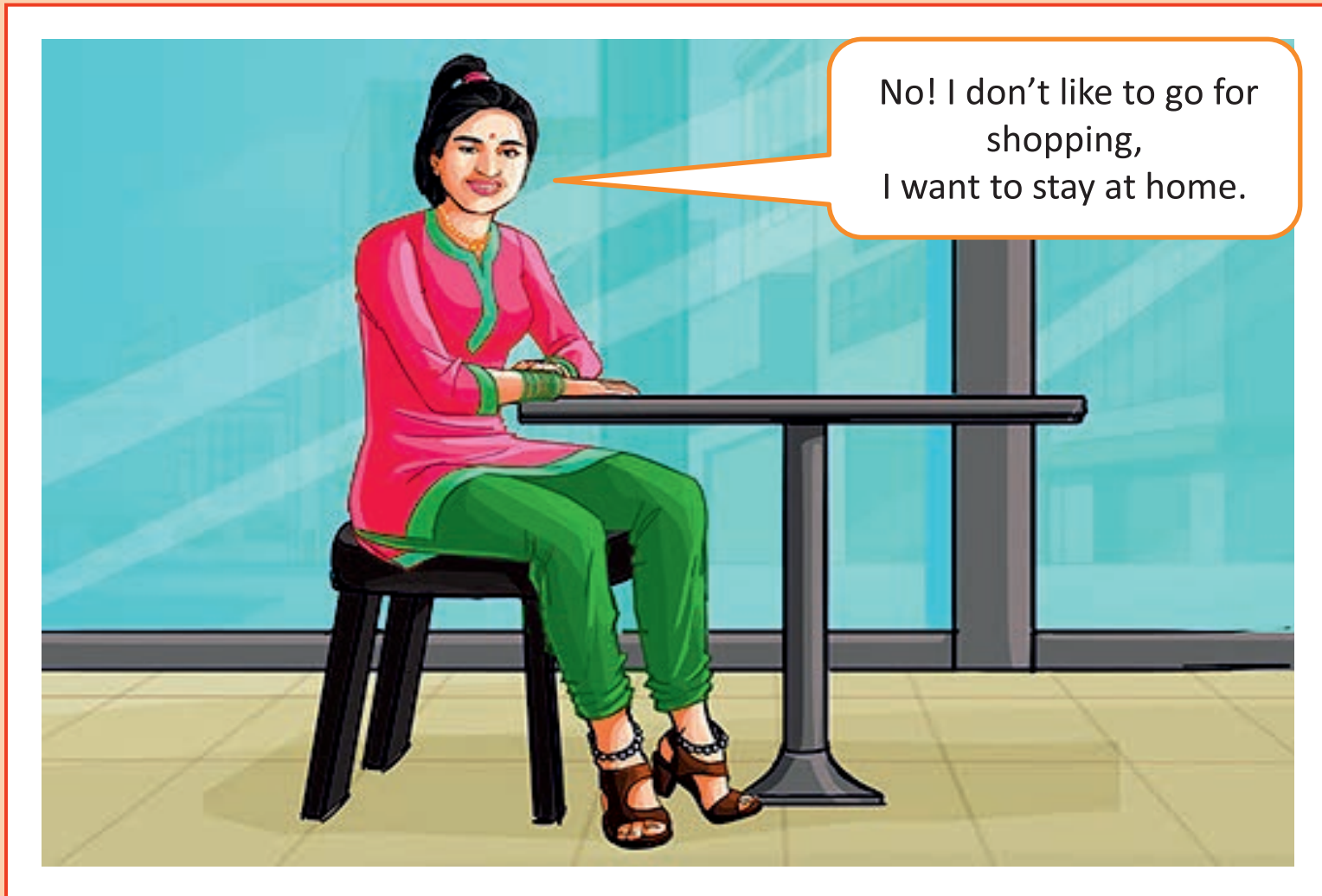
I say 'No', when I am not interested to watch a channel.



I say 'No' when I don't like to eat a particular food.



**I don't want go out for shopping,
so I say 'NO'.**



I say “No” when a stranger gives the sweets.



I say “No” & don’t accept the gifts from strangers.



I say 'No' when someone is trying to come closer.



**If someone bothers me,
I 'Yell' / shout or scream for help.**



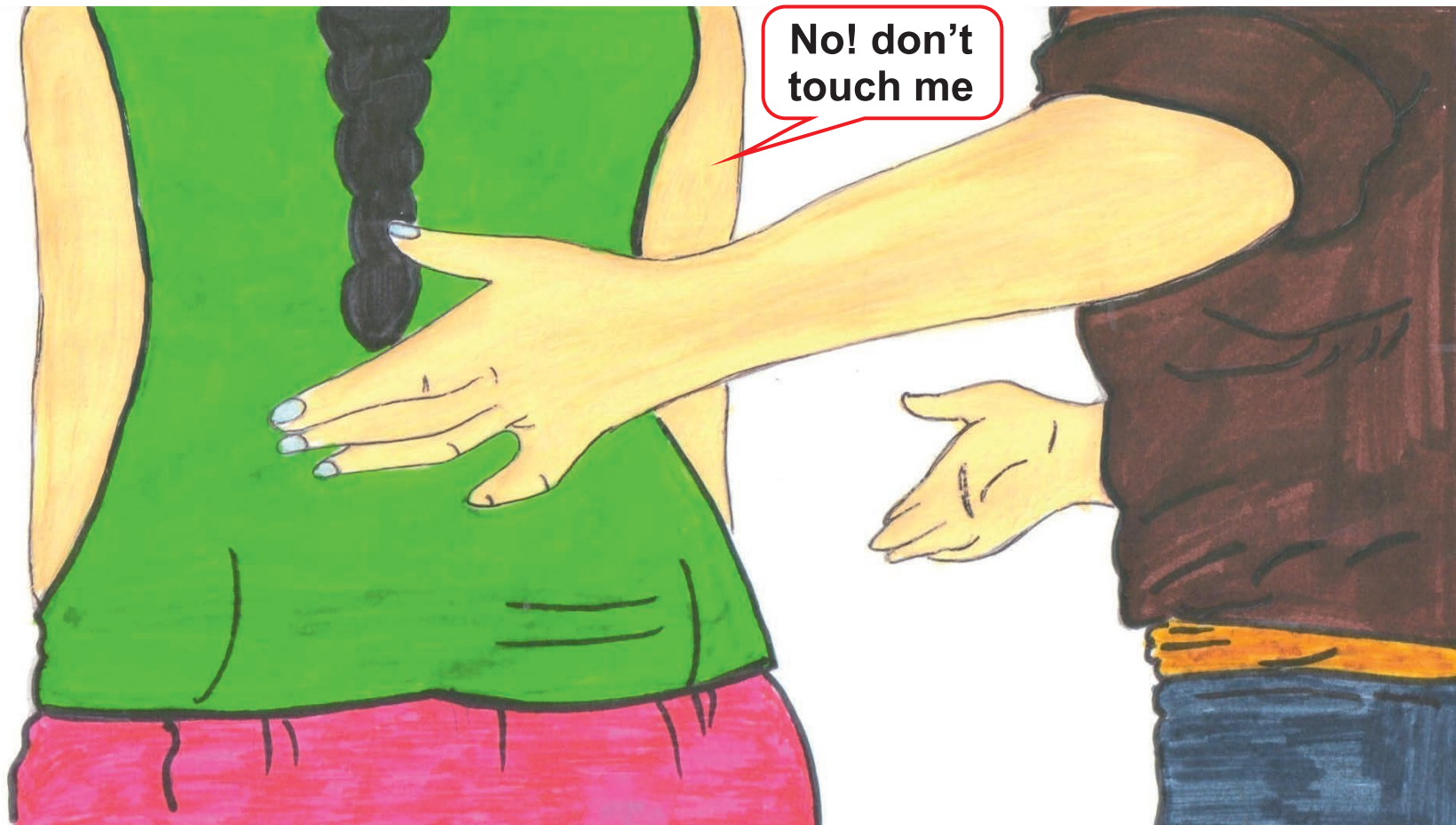
**I say 'NO' firmly and loudly
even if it is a known person.**



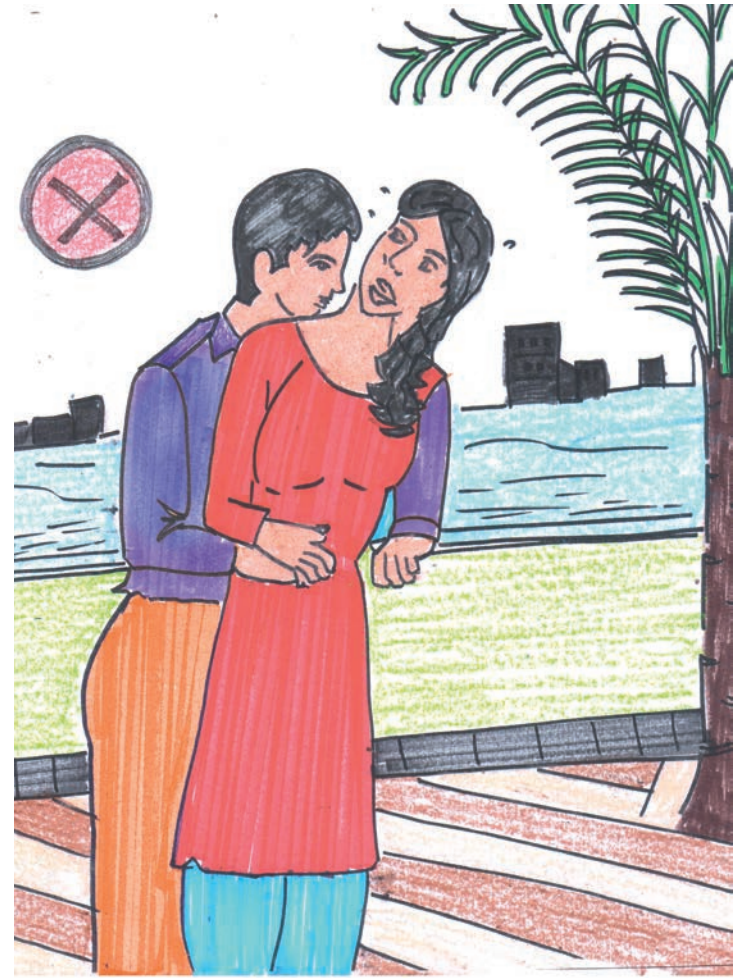
I say 'NO', when someone is touching me unnecessarily.



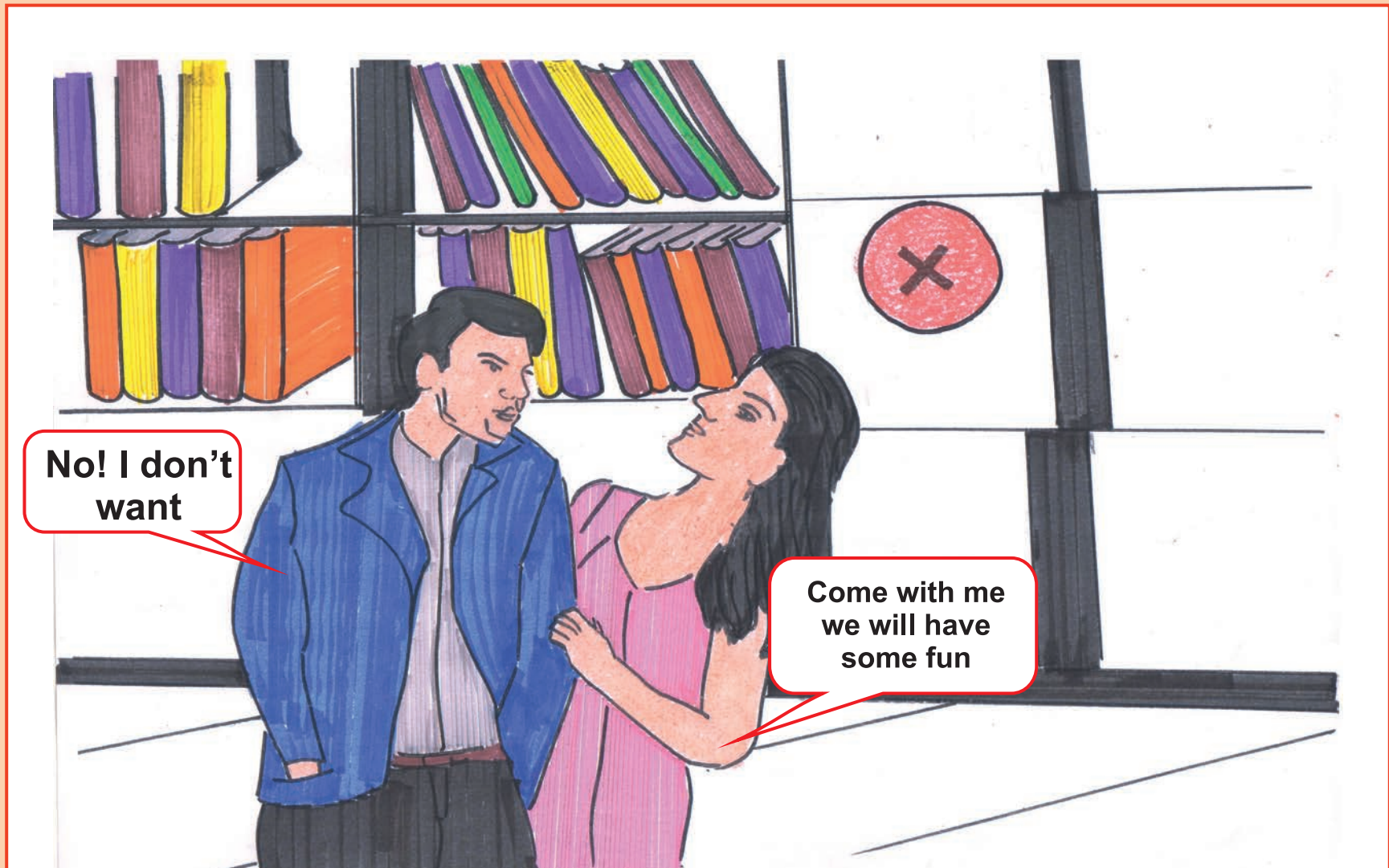
I say 'NO', when someone is touching me inappropriately.



I say 'NO', when someone is forcing me to have intimate relationship.



I say 'NO', when I don't want to go with someone.



No! I don't want

Come with me we will have some fun

I tell my mother / teacher about that person.



Let us Learn About

*Protecting from
Sexual Abuse*

Protecting from Sexual Abuse



Situation 1

**When the children are
playing outside**

Stranger taking Harini's and Raju's photographs.



Stranger is warned by them for taking the pictures.



Harini took a bold step of taking the stranger's picture with the camera.



They called others for help and to report about the incident.



Situation 2

**Geetha's
neighbourhood**

Geetha's neighborhood



Geetha talking with the familiar people

Geetha, where are your
Friends Ramu and
Suma?.
They are not to be seen.



All my friends have gone
for summer holidays
Uncle. I am playing
alone.



Yes, Geetha Even I too
did not see them from few
days.



A familiar person waiting for the chance to take advantage



A person trying to grab and force Geeta



Bite and Run away to protect yourself



Situation 3

Vidya in the Shopping Mall

Vidya in the Shopping Mall



It is not okay for anyone to touch, look at or pass on indecent comments on you.



If it happens or I feel uncomfortable,
I say “No” and run away.



I will tell a trusted adult until I get a help.



What happened
My child?
Who is that
Man? show me.

Aunty,
see this man is
talking to me
with indecent
Comments.

Always report/tell to a trusted adult about the incident happened with you.



Mummy, one
uncle in the shopping mall
Misbehaved with me.

What happened
Vidya,
why are you crying?

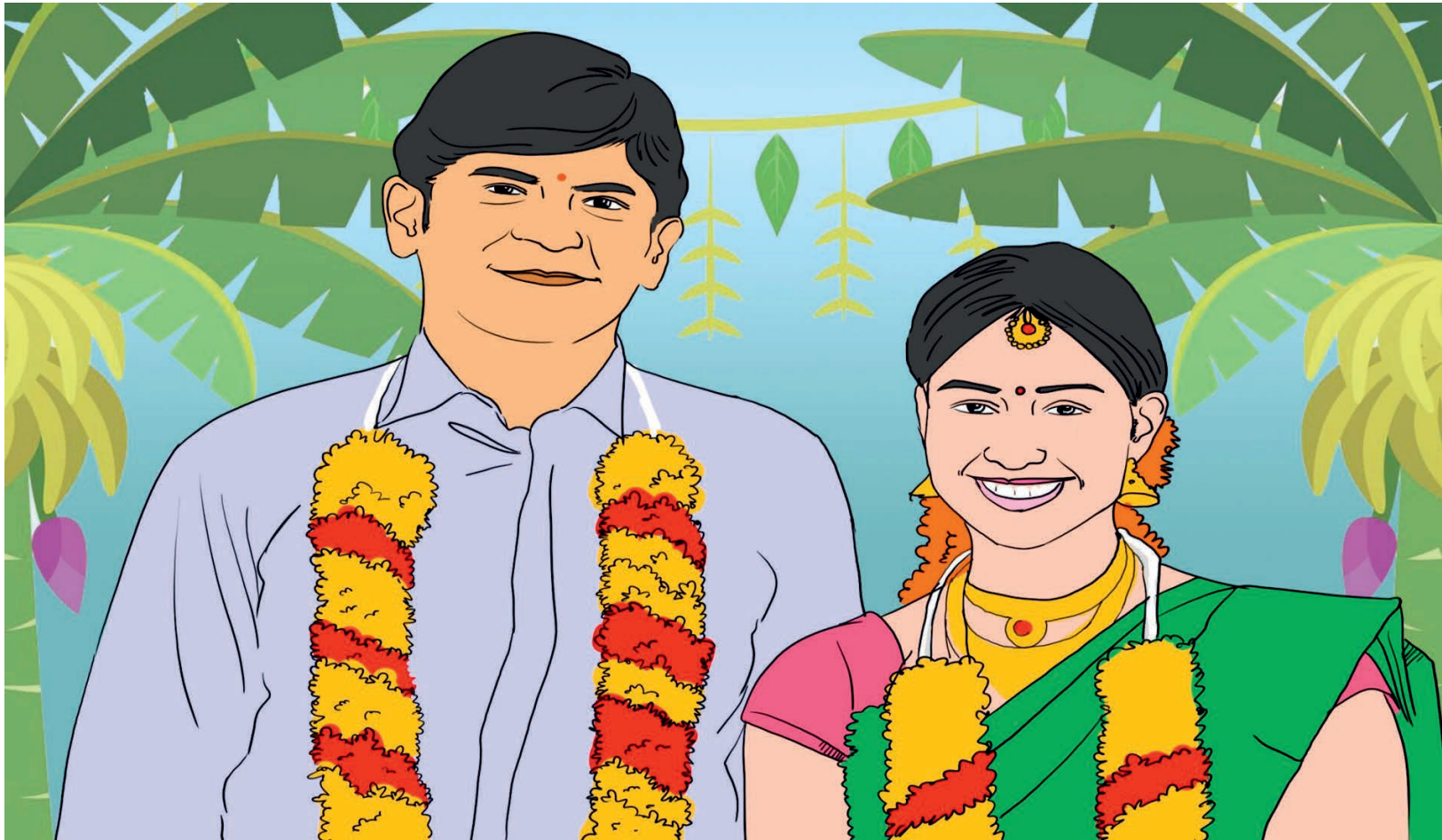
About

Marriage

Different religious people follow different cultures and traditional procedures.



**Marriage is not about function, food or jewellery.
It's all about the taking up
responsibilities of a family.**



After marriage, responsibilities of a husband includes working for livelihood, taking care of children and other family members, bringing grocery items etc.



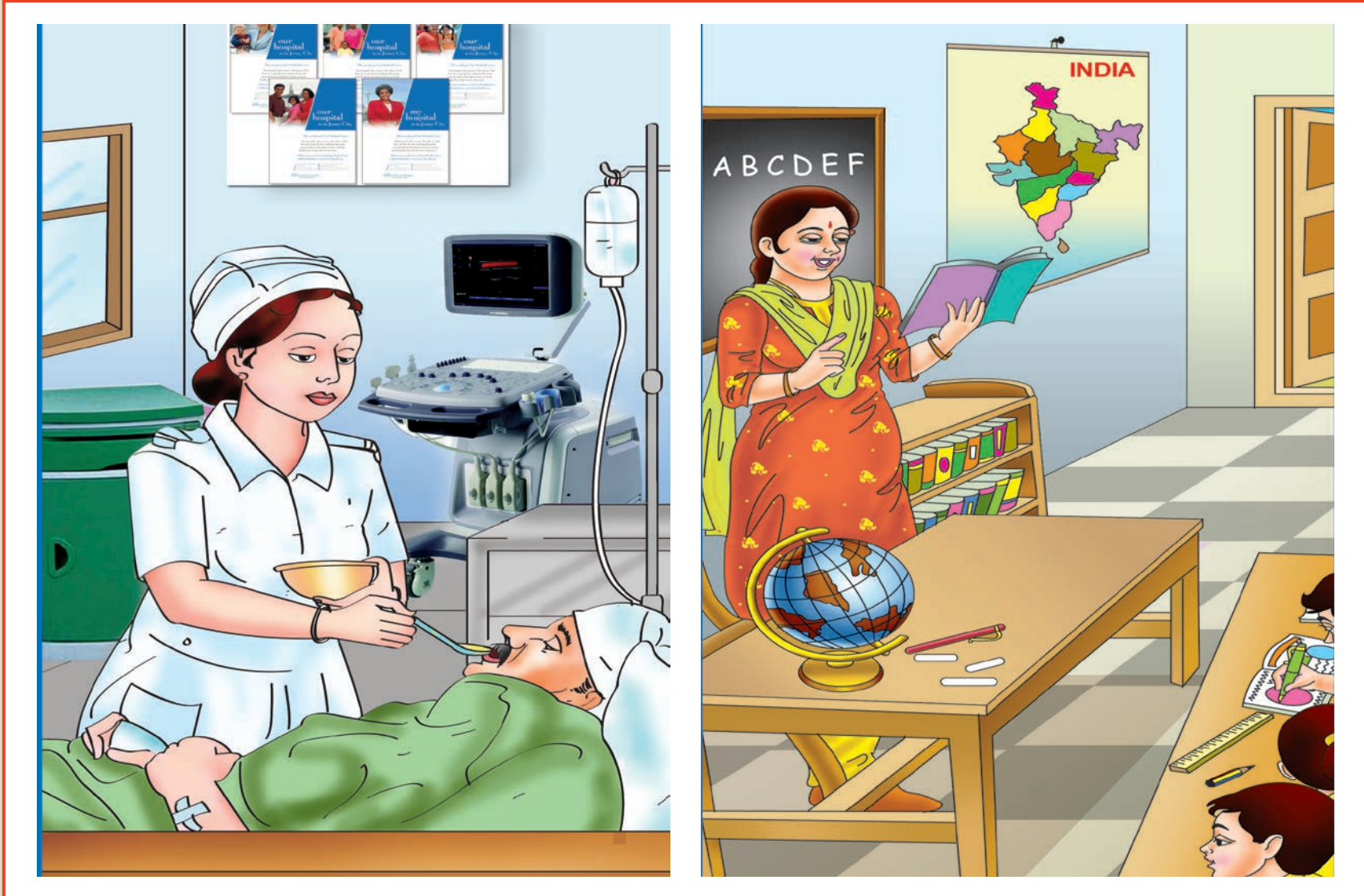
Responsibilities of a wife includes taking care of children, cooking and serving etc.



Women usually takes care of household things.



Women can also work in different places.



Both the parents work together to complete the household work.



**Both the parents are equally involved
in meeting the family needs.**



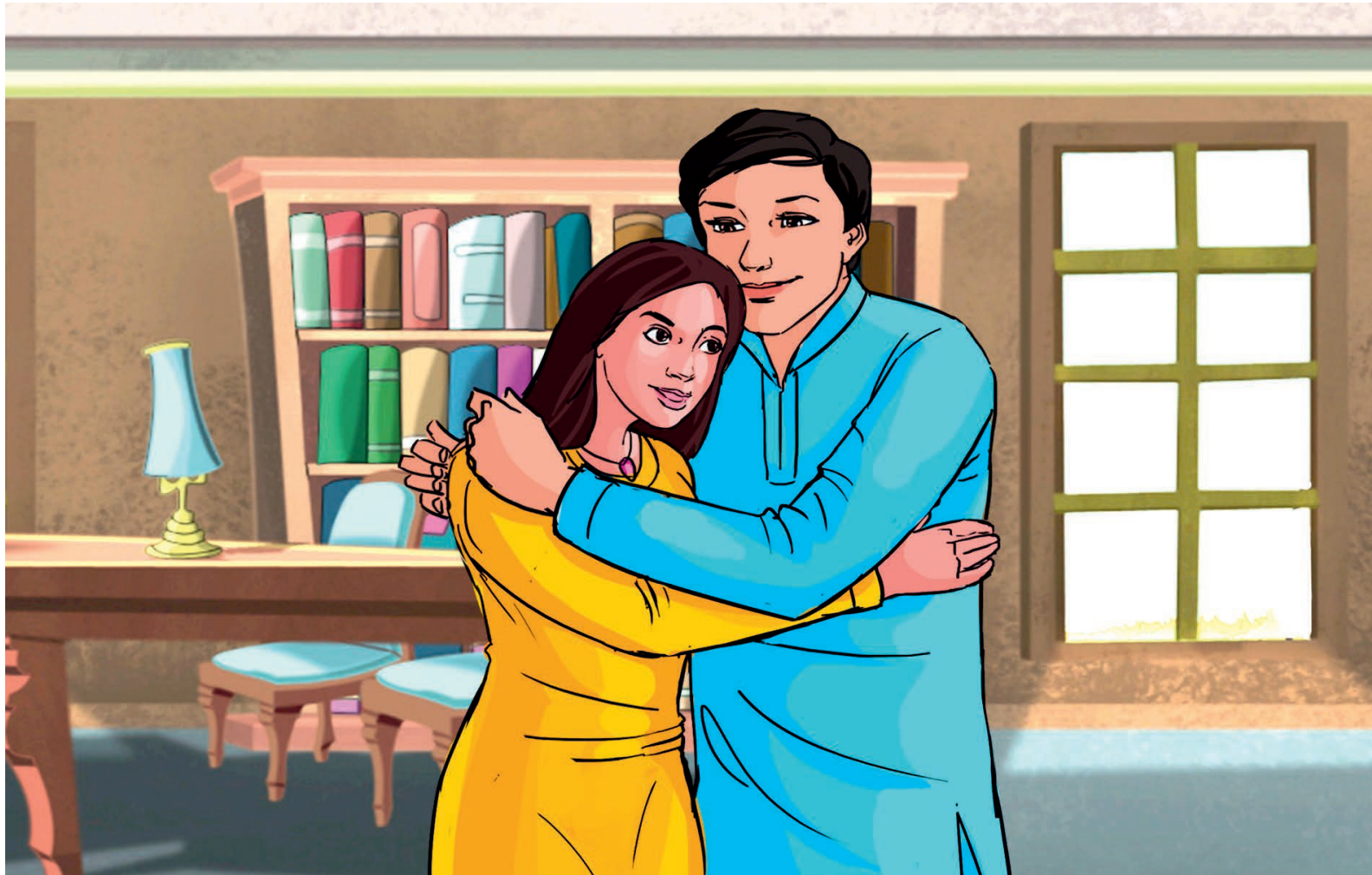
I look for privacy before I make intimate relationship with my partner.



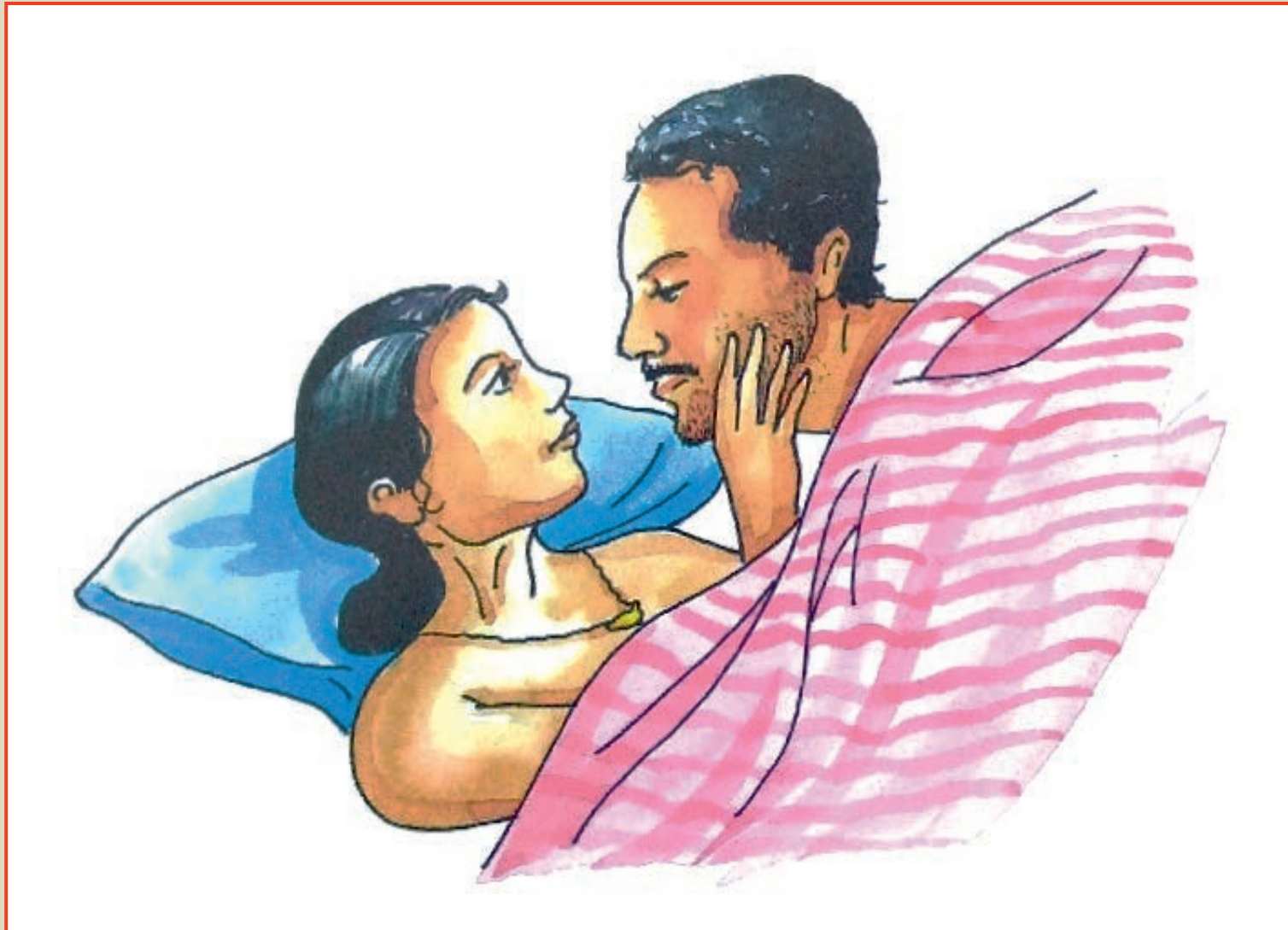
**When I initiate for intimate relationship with my partner,
I take care of privacy.**



I need to wait for the voluntary consent from my partner.



I know that sexual intimacy leads to pregnancy.



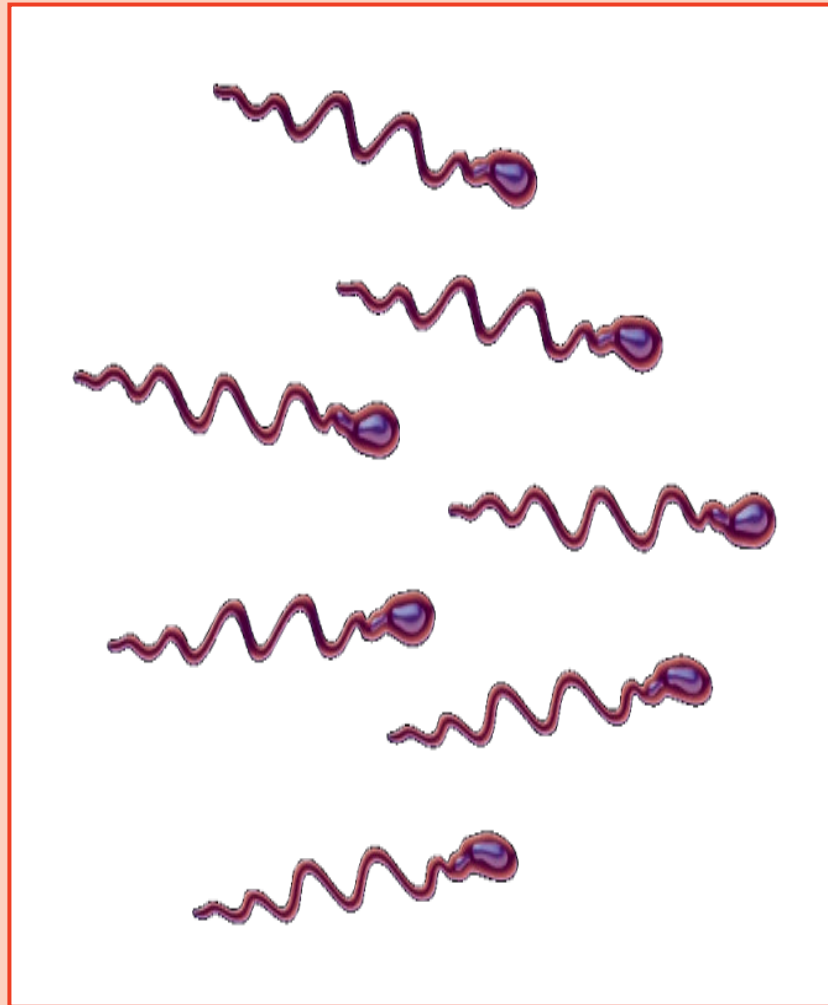
About

Fertilization

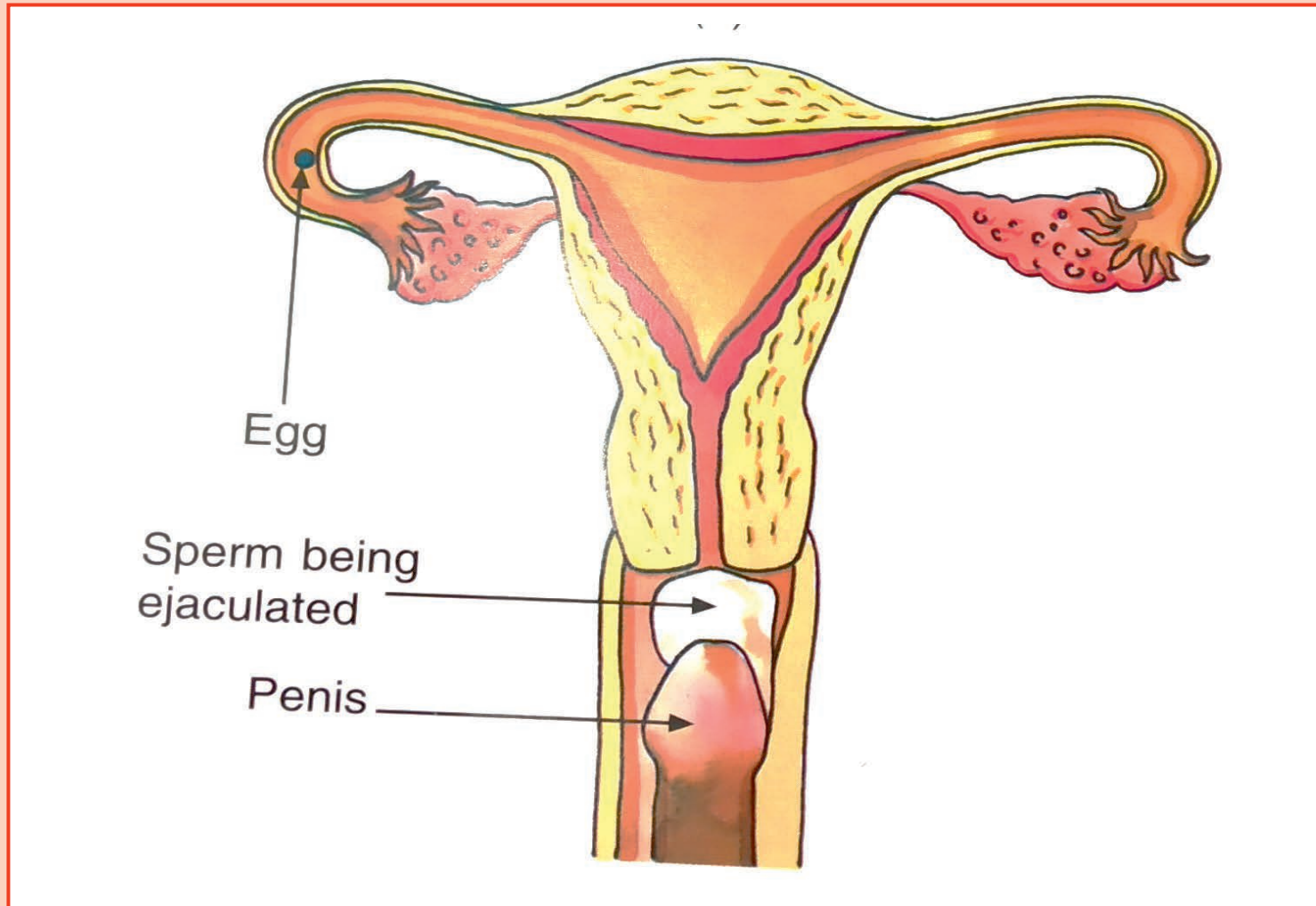
I am aware, that sexual intimacy leads to pregnancy.



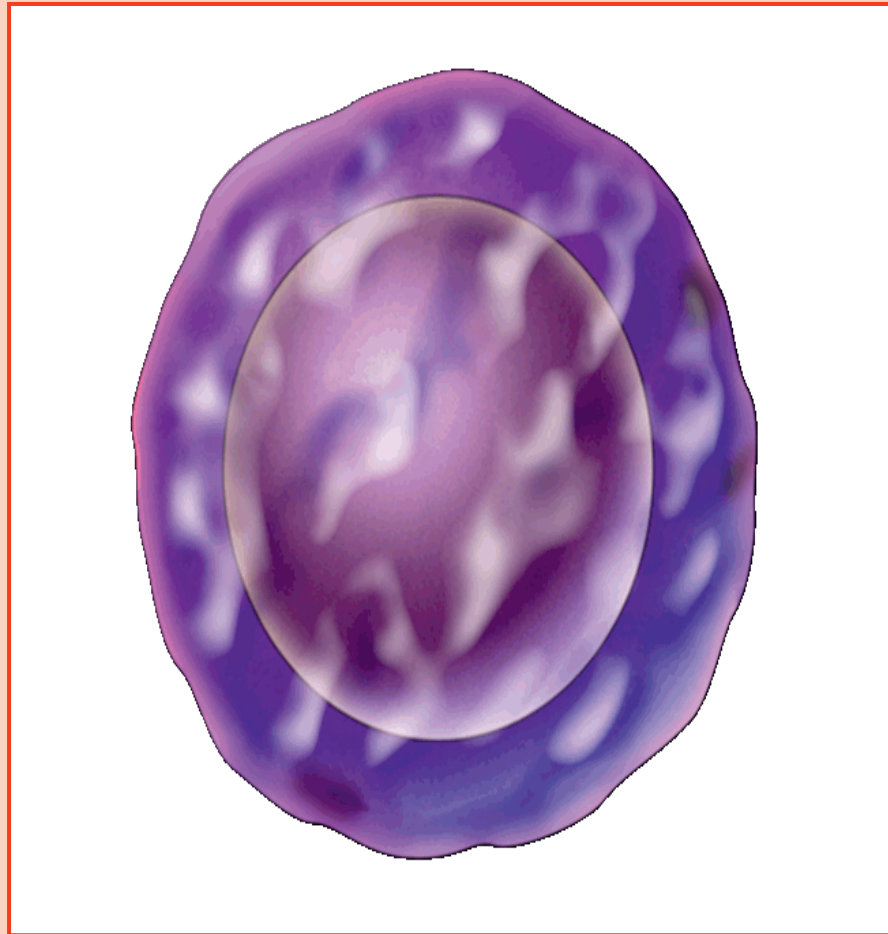
Sperm comes from penis when it's ejaculated.



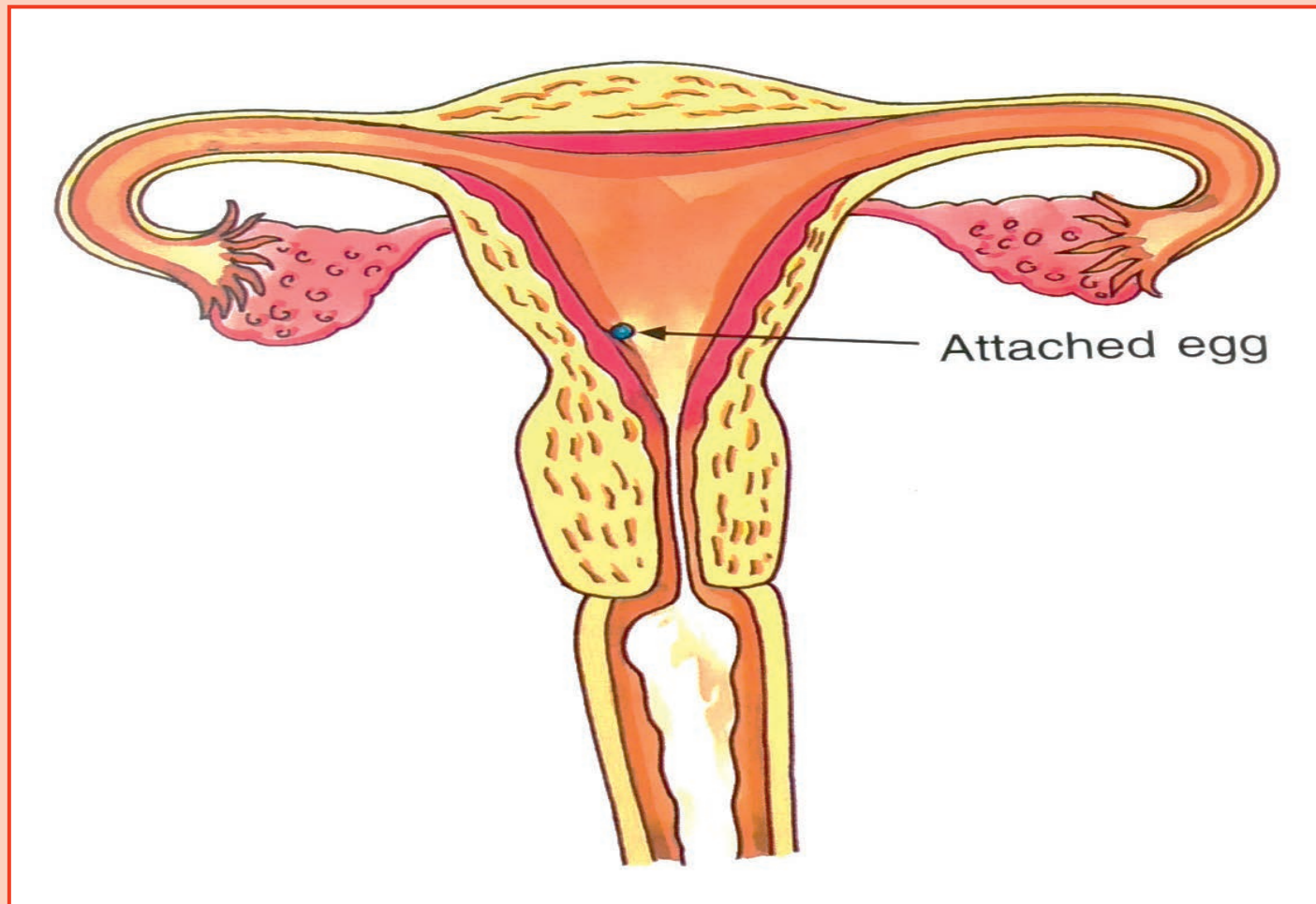
**Sperms are released from penis
when it's ejaculated.**



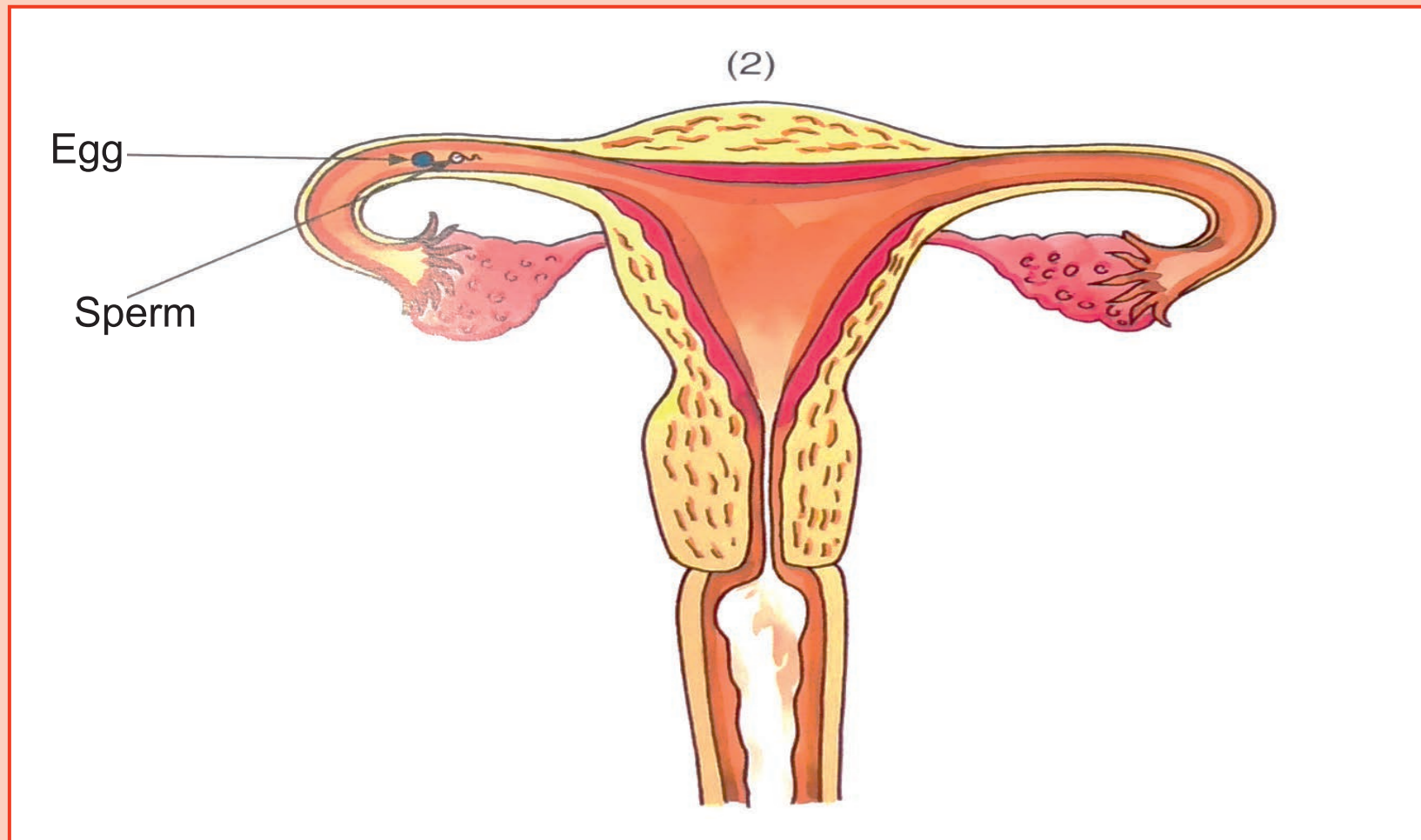
Ovum is an egg which comes from fallopian tubes of a female body.



Sperms unite with the ovum which is released from the fallopian tube to form an egg.

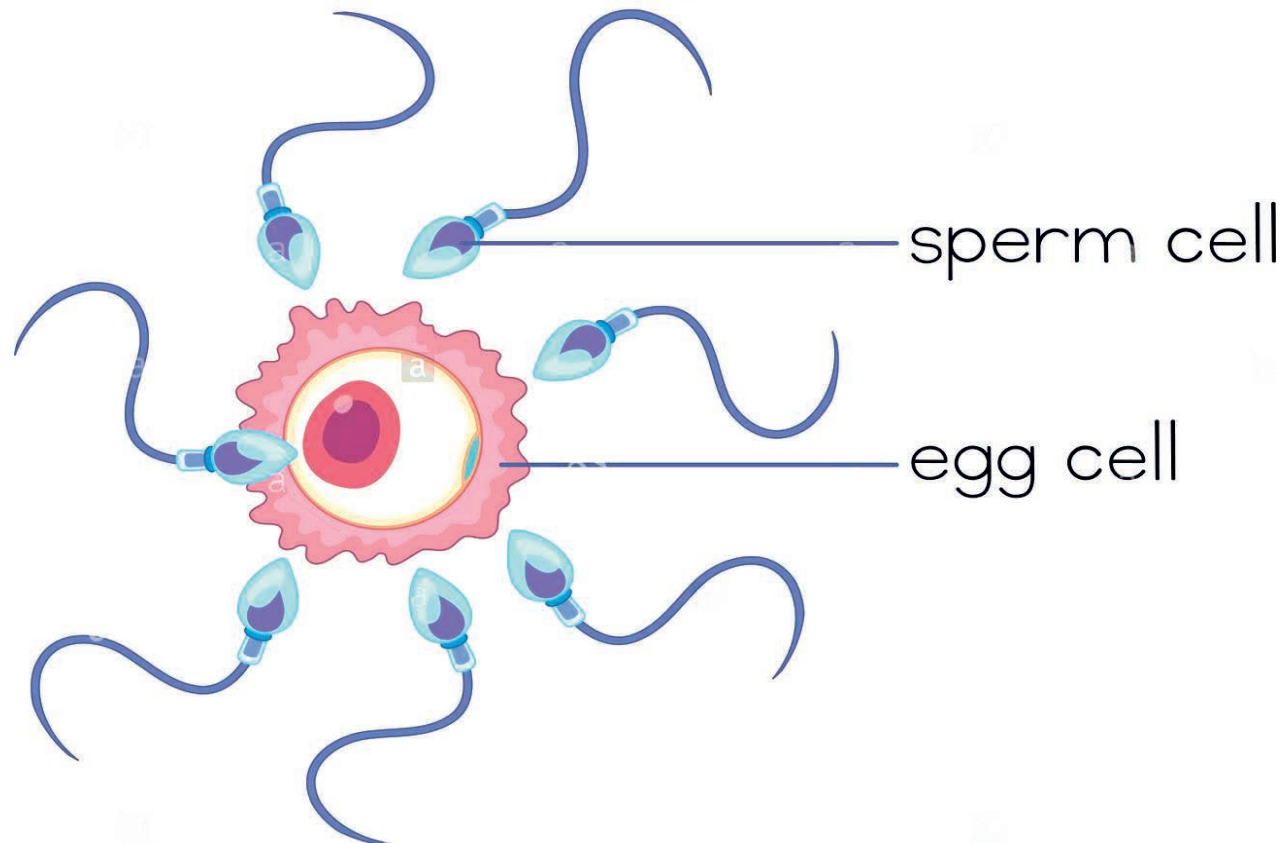


Conception of a baby is an egg being fertilized with the sperm and the ovum.

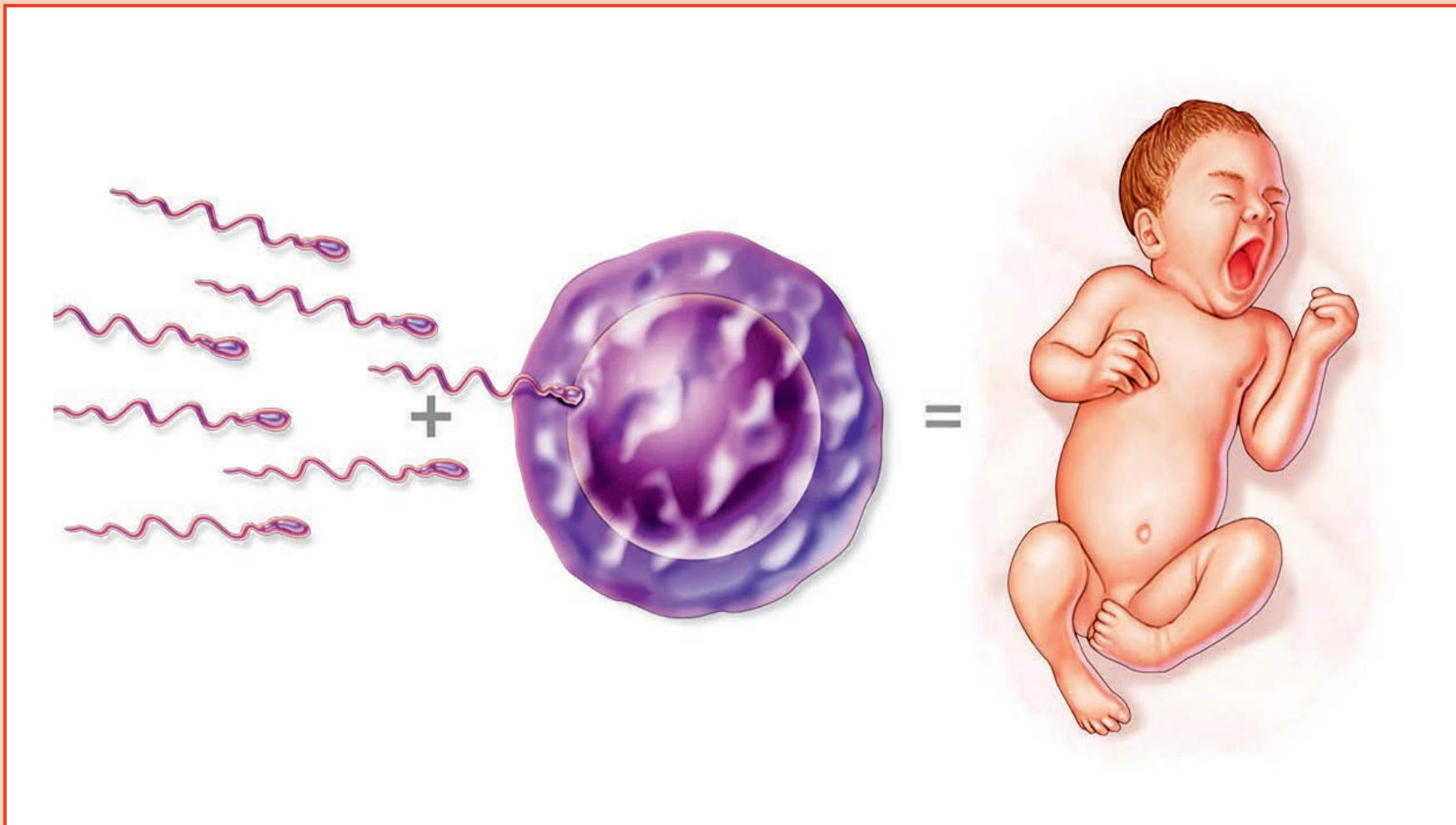


Fertilization Process

Fertilisation (egg and sperm)

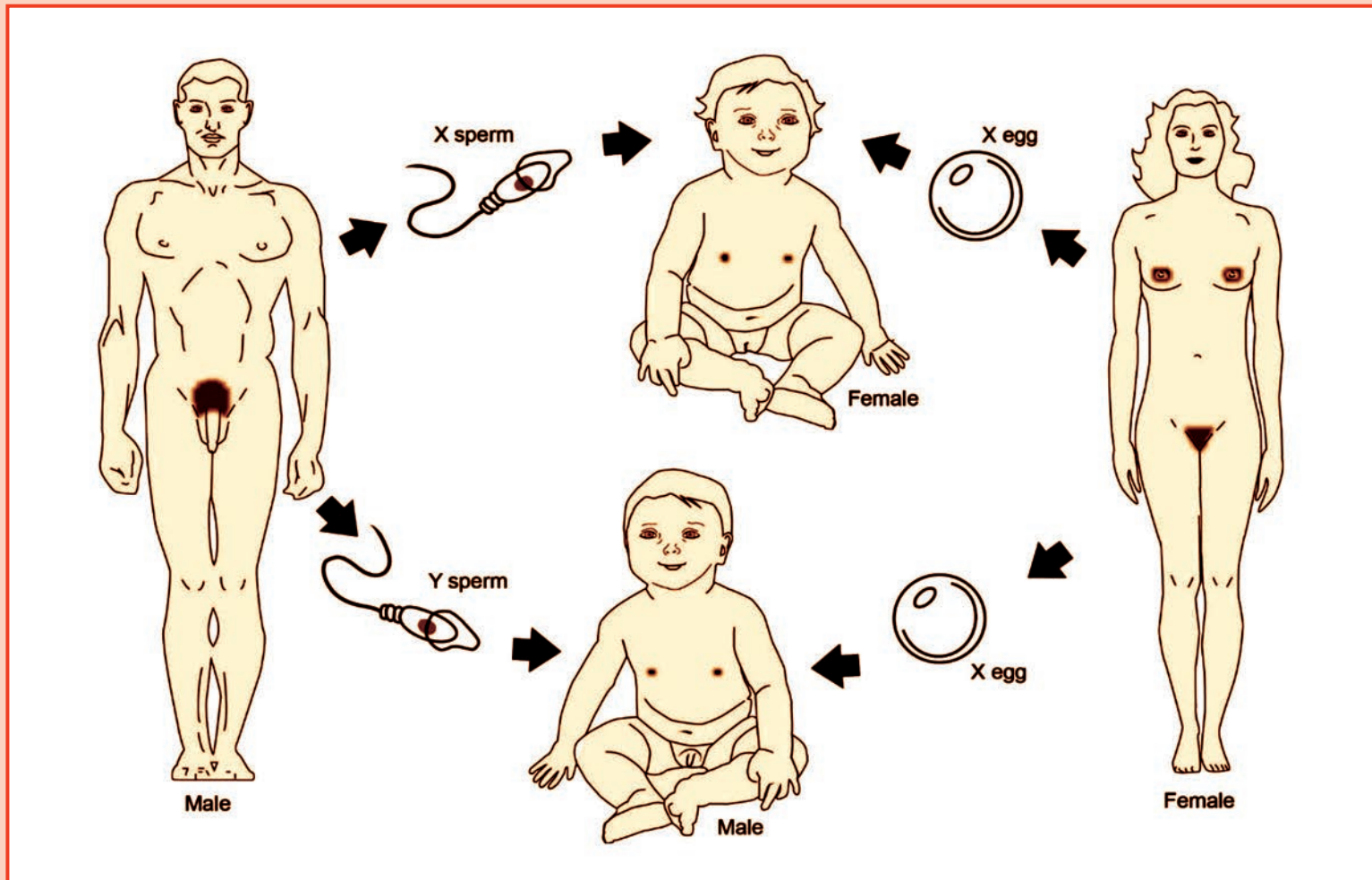


**Sperm unite with Ovum and form as embryo
and grown as a baby.**

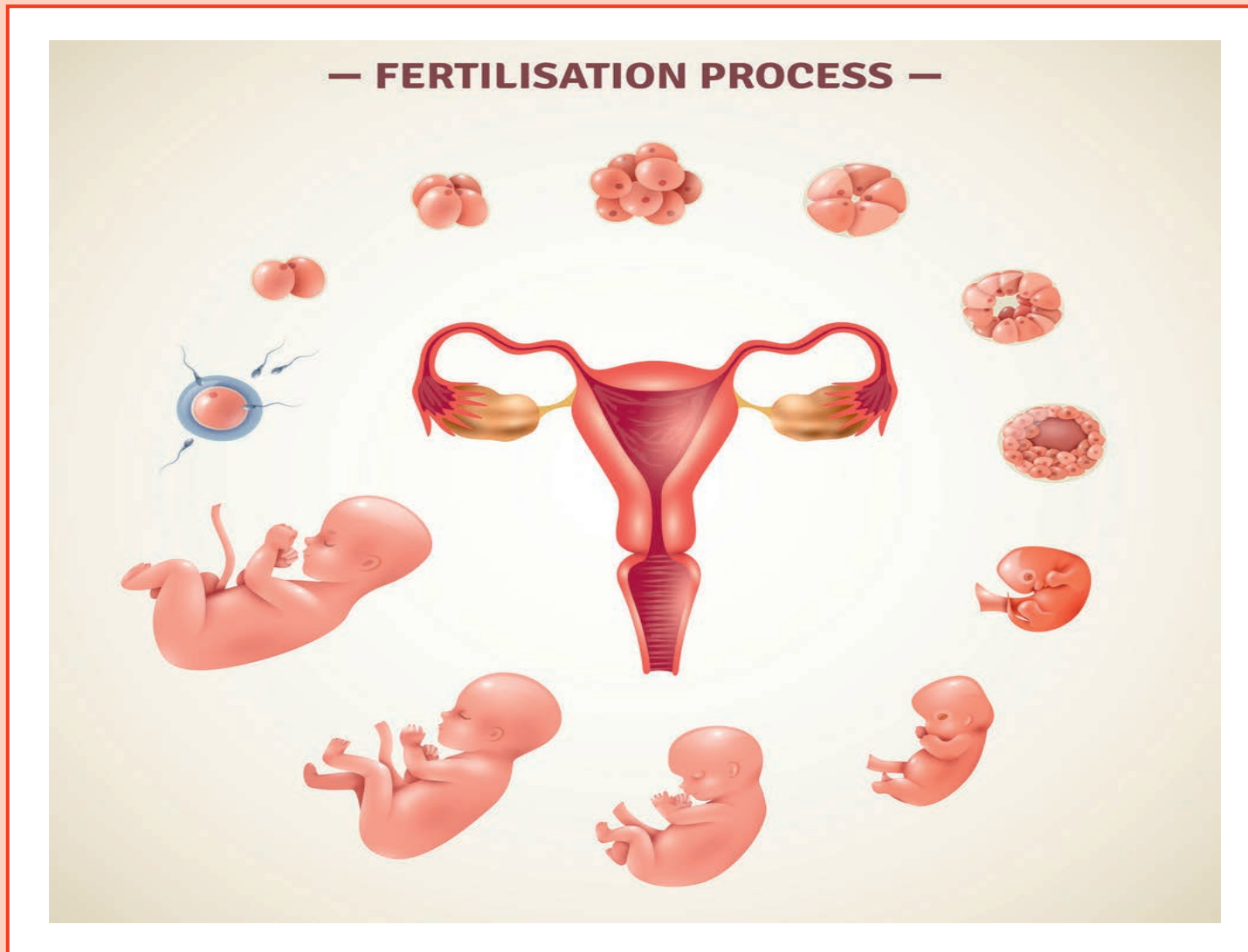


From male and female 'x' chromosome is passed on - female baby can be formed.

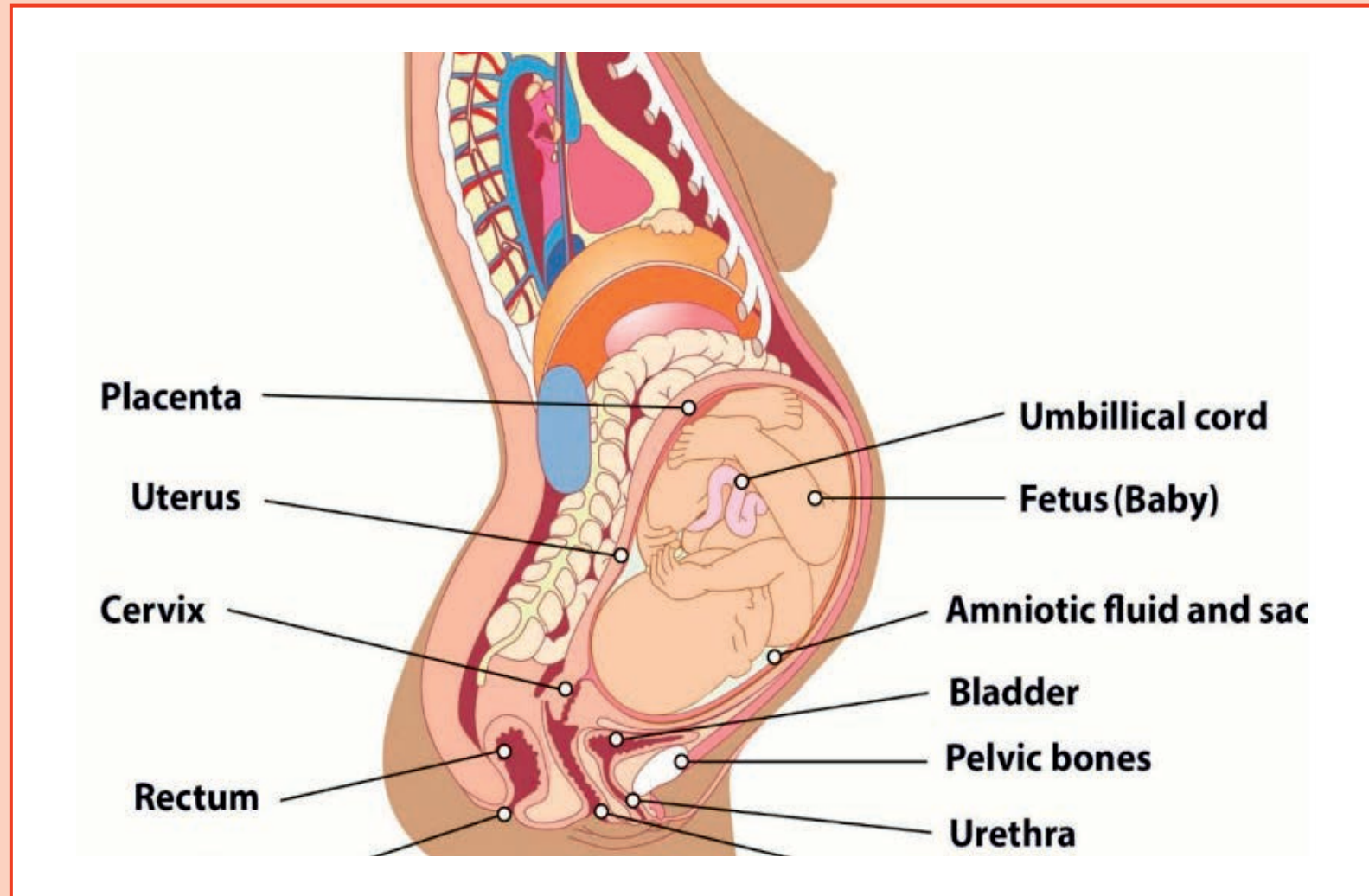
If 'y' chromosome from male, 'x' chromosome from female it is a male baby.



Baby grows slowly during 9 months of pregnancy in a mother's womb.



**Usually the baby is born after 9 months.
Babies are born in the Hospital.**



If you don't want a baby, select appropriate contraceptive method in consultation with the doctor and your partner.

