

Support for parents

PIP provides support for parents who have a family member accessing our services. Parents' roles as informal educators are invaluable for reinforcing education provided in one-to-one sessions, and workshops are available. Parents may also wish to discuss a particular issue or obtain further information.

Youth workshops

Youth workshops are offered periodically in Perth and country areas, usually in the school holidays. Participants must be a current member of PIP and have completed our referral process.

Professional education

PIP offers a variety of workshops for professionals and service providers, and teaching sessions can be tailored to the needs of individual organisations. Please see our website for a training timetable and upcoming workshops.

People 1st Programme (PIP)

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*Supporting people
with an intellectual
disability in human
relationships,
protective
education and
sexuality*



PIP is a program of FPWA Sexual Health Services

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The People 1st Programme (PIP) supports people with an intellectual disability in human relationships, protective education and sexuality, along with parents, carers and service providers.

Services are available in the Perth metropolitan area and some regional parts of WA.

Topics covered by PIP include:

Self-esteem: understanding and dealing with feelings of inadequacy, and promoting strategies and skills for enhancing wellbeing

Consent and making choices: decisions and related responsibilities

Protective education: strategies and skills for personal safety and wellbeing for all age groups

Public and private places and body parts: what's 'acceptable' and where

Making friends: developing skills needed to establish and maintain networks

Personal and social relationships: understanding different kinds of relationships and the need for healthy relationships

Puberty: dealing with experiences of physical and emotional changes and development

Sexuality and sexual health: understanding contraception, sexual and reproductive health care, sex and the law and safe sex negotiation



PIP Services

One-to-one education

Education sessions are an integral part of PIP's services. Designed to respond to the expressed needs of individuals, one-to-one sessions are provided in Perth, Albany and the South West.

School programmes

PIP offers a comprehensive school programme or short sessions suited for primary and secondary students. Run in consultation with teaching staff, modules on the following topics are available:

- Self-esteem/feelings
- Bullying and teasing
- Our changing body
- Sex and sexuality
- Relationships
- Choices and responsibility
- Public and private
- Women's and men's health
- Dealing with menstruation
- Dealing with masturbation
- Dealing with anger
- Protective education