

Tools for professionals to talk about online sexuality with young people with (mild) intellectual disabilities.



HELPWANTED

Conversation opener

What forms of online abuse do you encounter at work with clients?



Statements/Discussion

- 1) Do your clients engage in sexting? How do you discuss this with them?
- 2) Sometimes nude photos or videos are circulating of someone who has not given permission. How do you and your clients deal with this?
- 3) Sexting is a normal part of sexual development. Do you agree or disagree?
- 4) My clients know what their wishes and boundaries are online. Agree or disagree?



Case Discussion

How would you approach this situation?

Name: Layla

Age: 17 years old

Background: Layla has a mild intellectual disability and lives independently in an adapted living arrangement.

Interests: She has a recent interest in exploring her sexuality. She is active on social media and has met a number of peers online. Layla occasionally shares photos of herself on social media and does interact with boys. Layla would like to learn more about (online) relationships and (online) sexuality. She is honest and direct in her contact with others, but sometimes she finds others' intentions difficult to assess.

Approach: Layla has mentioned that she has had intimate contact online and would like to talk to you about relationships and sexuality (online). How do you start this conversation?



A few tips when discussing sexuality online with the target group

It is important that the client understands what sexting means, what consent means and that they make the choice voluntarily.

Have conversations about healthy relationships, mutual consent and online safety.

Helping the client set boundaries and understand when sexting may be inappropriate or potentially harmful.

The goal should be to support the client in making healthy decisions and ensuring their safety and well-being.



Sample questions to ask the target group

I'd like to talk to you about something that is important to a lot of people, about how we communicate with others, especially online. Is it okay if we talk about that?

Many people use their phones to talk to others, and sometimes they share photos or messages that are a little more intimate in nature. Have you ever thought about or experienced this?

I understand that this might be a little uncomfortable to talk about. But it is important because we want you to be safe and happy in your relationships and communication with others.

Have you ever thought about sharing intimate photos or messages with someone through your phone? (If so) Would you like to talk about that?

Let's think about a situation where two friends want to share photo's with each other. What do you think is important in such a situation?

What is important in sharing intimate photos is consent. That means that both persons are okay and like what is happening. How would you give and receive consent?

