



# Autism and Relationships, Puberty, Sex and Sexuality

**Tuesday 4 October 2011** - Park Inn Hotel, Cardiff

Providing you with tools and strategies to help you talk confidently and competently about relationships and sexuality with children and adults with autism.

## Featuring:

- › Lynne Moxon, **ESPA (Education and Services for People with Autism)**
- › Phoebe Caldwell, **DSc., Intensive Interaction Practitioner**
- › Lesley Kerr-Edwards, **Image in Action**
- › Anya Ustaszewski, **Autism Awareness Trainer and Campaigner**

Get  
our early  
booking rate  
– register by  
29 July 2011!



Accept difference. Not indifference.

# Autism and Relationships, Puberty, Sex and Sexuality

**Most of us benefit from the sense of closeness and mutual support that comes from having a network of relationships, including friendships and more intimate relationships.**

Learning about relationships, sex and sexuality can be difficult for anybody. However, for people with autism – who may find that even ordinary, everyday conversation and social interaction can lead to misunderstandings, confusion or upset – negotiating the ‘minefield’ of more intimate relationships can be much harder.

Not knowing how to behave or the consequences of sexual activity can also leave people with autism vulnerable to getting into trouble, abuse or exploitation. It is vital that they develop the knowledge and skills they need to keep them safe. The support of professionals, parents and carers can be crucial.

Relationships and sexuality are difficult subjects for most people to talk about and many parents and professionals feel they lack the confidence and skills to offer information and advice. This conference will give you the skills you need to teach people with autism about relationships and sexuality. It will aim to increase your confidence and competence in discussing relationships and sexuality, and help you to support people with autism to develop their relationship and social skills.

Discover useful tools and strategies to use at home, in the classroom or in other learning environments so that you can offer information and support, and help people with autism to make the right choices for them.

As well as keynote presentations discussing inappropriate behaviour and sexual awareness and identity, the conference will feature interactive seminars focused on key issues such as keeping safe, sexual health, puberty and the legal framework for teachers and support workers.

## About the organisers

**The National Autistic Society (NAS)** is the leading UK charity for people with autism (including Asperger syndrome), their families and the professionals who work with them. We provide information, support and pioneering services, and campaign for a better world for people with autism.

This event is a great opportunity to hear and network with acknowledged experts in the field, and to gain a wealth of knowledge, engage in debate and exchange new ideas.

**Take advantage of our Early Booking rate – register by Friday 29 July and save £50!**

[www.autism.org.uk/conferences/relationships2011](http://www.autism.org.uk/conferences/relationships2011)

## Key topics:

- Teaching the difference between public and private space
- Sex and relationships education in schools
- Keeping children and adults with autism healthy and safe
- The legal framework for education and support professionals
- Preparing young people with autism for puberty
- Building relationship and dating skills
- Setting up social groups
- Building a relationship with someone who is non-verbal

## Why attend?

- hear about the latest best practice from experts in the field
- learn practical strategies for developing social and communication skills
- discover new ways to help support people with autism to build friendships and more intimate relationships
- increase your confidence and competence in discussing sex and sexuality
- network with other professionals and experts in the field.

## Who should attend?

- Clinicians across the professional field, including psychiatrists, clinical psychologists, paediatricians, GPs and nurses
- Directors / Service Managers / Team Leaders of CAMHS teams
- Commissioners for services for people with autism
- Social workers and support workers
- Education professionals from mainstream schools, special schools and local authorities
- Voluntary sector groups and not-for-profit organisations

## Sponsorship and networking opportunities

For bespoke sponsorship packages please contact **Kate Laird** on **020 7923 5734** or email [conference@nas.org.uk](mailto:conference@nas.org.uk)



## Plenary Sessions

- |       |  |       |   |
|-------|--|-------|---|
| 08:45 | Registration and refreshments  | 10:50 | Q&A session   |
| 09:30 | <b>Welcome by the Chairperson</b><br><b>Hugh Morgan</b><br>CEO, Autism Cymru and Expert Advisor for ASD to the Welsh Assemblies Government   | 11:00 | Refreshment Break   |
| 09:40 | <b>Keynote address: The importance of sex and relationships education for young people and adults with autism</b><br>Speaker to be confirmed                                       | 11:30 | <b>My body keeps changing - a personal perspective on autism and puberty</b><br><b>Anya Ustaszewski</b><br>Autism Awareness Trainer and Campaigner, and Composer/Musician |
| 10:10 | <b>Keynote presentation: "Inappropriate" behaviour – teaching the 3 P's</b><br><b>Lynne Moxon</b><br>Consultant Psychologist, ESPA (Education and Services for People with Autism) | 12:05 | Q&A session   |
|       |  | 12:10 | <b>Changeover into seminar streams</b>  |

12:15	<b>Stream A</b>	<b>Stream B</b>
	<b>Teaching SRE for children and young people with autism</b> <b>Lesley Kerr-Edwards</b> Director, Image in Action	<b>Sex, autism and the law - balancing the rights and empowerment of people with autism against safeguarding issues</b> <b>Dr Celia Harbottle</b> Freelance Lecturer, Celia Harbottle: Education, Training and Consultancy
12:50	Lunch	
13:45	<b>Delivering effective groupwork on sex and relationships to people with autism</b> <b>Joseph Hinchliffe</b> FPA Project Officer, Project Jiwi	<b>Preparing a child with autism for puberty</b> <b>Lynne Moxon</b> Consultant Psychologist, ESPA (Education and Services for People with Autism)
14:20	Transition between seminars	
14:25	<b>Enabling safe sexual expression</b> <b>Dimpi Hirani</b> Sexual Abuse and Domestic Violence Dramatherapist, Respond and <b>Debbie Adamson</b> Young People's Sexual Abuse and Domestic Violence Project Coordinator, Respond	<b>Making friends - the transformational relationship between autism and youth work</b> <b>Hannah Clarke</b> Senior Youth Worker, Youth Inclusion Project
15:00	Refreshment break	

## Plenary Sessions

- |       |  |       |   |
|-------|--|-------|---|
| 15:30 | <b>From isolation to intimacy – making friends without words: using body language to tune in to children and adults on the autistic spectrum</b><br><b>Phoebe Caldwell, DSc.</b><br>Intensive Interaction Practitioner | 16:20 | <b>Closing remarks by the Chairperson</b> |
| 16:10 | Q&A Session  | 16:30 | Conference ends                           |

The NAS reserves the right to make amendments to the advertised conference programme and speakers.



# Autism and Relationships, Puberty, Sex and Sexuality

Tuesday 4 October 2011 - Park Inn Hotel, Cardiff

Rates	Early booking rate Book by 29 July 2011	Standard rate
Delegate rate	<input type="checkbox"/> £175 + VAT	<input type="checkbox"/> £225 + VAT
NAS members		<input type="checkbox"/> £150 + VAT
Individuals on low income*		<input type="checkbox"/> £75 + VAT
Exhibitor rate	<input type="checkbox"/> £395 + VAT	For full details of what the exhibitor rate includes, please visit the website: <a href="http://www.autism.org.uk/conferences/relationships2011">www.autism.org.uk/conferences/relationships2011</a>

\* Including people receiving: 1) Income Support 2) Employment Support Allowance 3) Disability Living Allowance 4) Carers Allowance

**Please confirm which stream you would like to attend:**

Stream A  Stream B

Brochure code:

## To make a booking:

[www.autism.org.uk/conferences/relationships2011](http://www.autism.org.uk/conferences/relationships2011)

**Email** conference@nas.org.uk

**Tel** 0115 911 3367

**Fax** 0115 911 3362

**Post** NAS Conference and Events Team  
6th Floor, Castle Heights  
72 Maid Marian Way,  
Nottingham NG1 6BJ

## Delegate details

Title	First name	Surname
Job title		Tel
Organisation		Fax
Email		
Keeping in touch with you via email can help to keep our costs down. <b>Please tick this box if you are happy to receive emails from us</b> <input type="checkbox"/>		
Address		
	Town	County
Postcode	Country	

The National Autistic Society would like to update you from time to time in order to inform you about our work.

If you **do not** want to receive any mailings from The National Autistic Society, **please tick this box**

**NAS membership number:**

**Any special requirements**  
e.g. Access/Dietary/Support/Other?

**How did you hear about this conference?**

Please write here

## Booking contact

If you are booking on behalf of someone else, please provide your contact details here.

Title	First name	Surname
Job title		Tel
Email		

## Payment details

**CHEQUE**

Please find enclosed a cheque for £

Please make all cheques payable to The National Autistic Society

## INVOICE Please complete all details below

Invoice for the attention of		
PO Number (if applicable)		
Address		
Postcode	Tel	
Email		

## CREDIT CARD

Card type	Card number	
Start date	Expiry date	Security code (3 digits on reverse)
Name on card		
Signature		

**Terms & conditions**

**Conference fees**  
All prices include entrance to the conference and seminar sessions, lunch, refreshments and comprehensive delegate documentation. Fees do not include delegate accommodation and travel and The National Autistic Society (NAS) is not responsible for arranging these.

**Payment**  
Payment must be received before the conference date. If payment is not received by this time, delegates will be required to guarantee payment by credit card on the day of the conference. Cheques should be in pounds sterling and should be made payable to "The National Autistic Society".

**Cancellations and Refunds**  
Delegates who wish to cancel their places must do so in writing. If notice of cancellation is received at least 21 days prior to the event, the NAS will refund the full registration fee less £50 administration charge. If notice of cancellation is not received within 21 days prior to the conference, then we regret that no refund can be made.

Substitutions can be made without charge up to 3 days prior to the event. In the event that the NAS has to cancel the event, delegates will be given as much notice as possible and given a full refund (if paid in full) or a credit note (where payment is not yet made). We regret that we will be unable to compensate delegates for any travel or accommodation costs incurred.

**Overseas Delegates**  
EU countries: Delegates attending from EU countries are exempt from paying VAT only when their organisation is VAT registered within their own country. Confirmation of the VAT registration number is required at the time of booking. Non-EU countries: VAT will be charged on the invoice but you are able to claim back the VAT charge.