

# Cygnets Programme information for parents and carers

## Puberty, sexual wellbeing & Relationships course

A 3-week course for parents and carers of children and young people aged 9-18 on the Autistic Spectrum



These additional three sessions to the Cygnet core programme should last about 3 hours and will be delivered by parents and professionals who have received training from Barnardo's to deliver the course.

The PSR sessions can be delivered as stand-alone sessions or all 3 together as a package.

Topics covered by the sessions are as follows:

### ***Puberty***

- What is puberty
- Understanding our body
- Looking after our body
- When and where to display our body

### ***Sexual Wellbeing***

- What is sex about?
- Focus of arousal
- Masturbation
- Sex and the law
- Touch and personal space

### ***Relationships***

- Types of relationships
- Building a relationship
- Feelings and emotions
- Engaging with others
- Keeping safe and bullying

## **PSR aims and learning outcomes**

For parents to develop their understanding and confidence relating to puberty, sexual wellbeing and relationships and how they may impact on children on the autistic spectrum.

To offer parents the opportunity to participate in activities that they could use to explore puberty, sexual wellbeing and relationships with their children at home

## **Who can attend?**

Parents/carers should only access these additional sessions once they have attended the Cygnet core programme or other relevant parenting support programmes e.g. What Now, NAS Early Bird or Early Bird Plus programmes. Knowledge gained from these foundation programmes is needed to underpin discussion of the themes covered in these three sessions.

The Cygnet programme can be accessed by either parents or carers. Carers can be anybody with meaningful direct involvement in a child's life, eg, grandparents, uncles, aunts, shared carers or support workers from school. They should attend a programme with the consent and alongside the child's parents.

## **Course delivery**

These three additional PSR sessions have a different delivery style to the Cygnet core programme. Because of the nature of the subject matter and again after consultation with parents it was felt that a far more activity-based programme would put parents at ease more quickly and therefore enhance learning and mutual support.

For more information, please contact:

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