SECCA

Ability
Relationships
Sexuality

The SECCA App

www.app.secca.org.au

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SEXUALITY

EDUCATION

COUNSELLING

CONSULTANCY

AGENCY

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Research shows that relationships and protective education:

- improves self-esteem;
- reduces rates of unwanted pregnancies and unsafe abortions;
- prevents STIs;
- reduces risk-taking behaviour;
- reduces the incidence of abuse and sexual violence;
- delays sex among young people;
- promotes respectful relationships;
- promotes personal safety;
- provides skills to deal with life's challenges.

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The SECCA App

We developed the first version of the SECCA App for the most vulnerable of our community - people with intellectual disability.

Click on the play button to watch the SECCA App video

The App is a teaching tool designed for teachers, therapists, and carers. Features of the App include:

- **More than 2000 images**
  Over 1800 illustrations in a range of skin tones and over 350 photographic images.
- **Over 170 preloaded lesson plans aligned to the National Curriculum**
  Lessons focus on key relationships and sexuality concepts such as puberty, emotions, menstruation, sexual health, sexual intercourse, public and private concepts, rights, and more.
- **Ability to create custom lessons and tiles**
  Individual lesson plans and images can be created, making learning experiences unique and individualised to each user.
- **A Kimberley Kriol translation**

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An Inclusive Approach to Different Abilities

People with …

- Autism Spectrum Disorder
- Intellectual Disabilities
- Learning Difficulties
- Impaired Vision
- Impaired Hearing
- Impaired Motor Control

Accommodations we can make …

- Visual information
- Low reliance of text
- Tell-it-how-it-is information
- Scalability of images
- Audio options
- Pair with accessibility options

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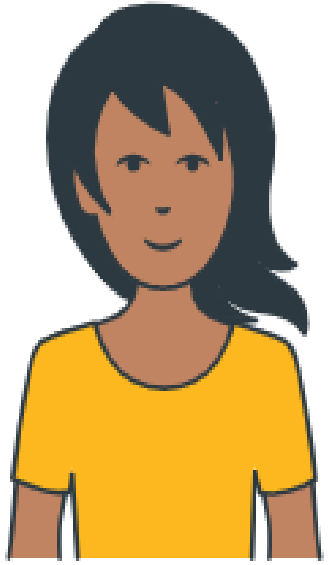
A Brief Case Example

- 19 year old girl
- FASD Diagnosis
- Intellectual disability
- Referral concerns included:
  - Contact with the police regarding an alleged assault
  - Stalking behaviours
  - Poor understanding of relationship boundaries



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Client Goals & Concerns

- Never had a female friend
- Preoccupation with sexual experiences
- Wanted a boyfriend – in particular one boy she had seen on social media sites
- Trying to adjust to life after foster care

Friends

Lonely

Boyfriend

Sexy touch

Family

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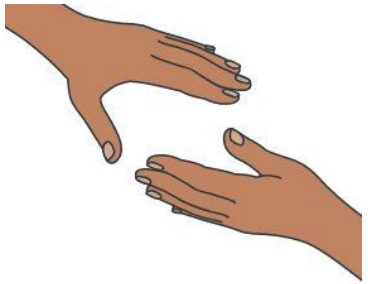
Healthy Relationships

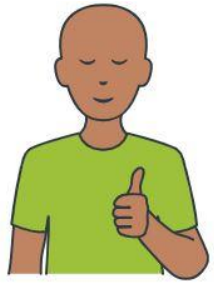
Comfortable

Consent



Help

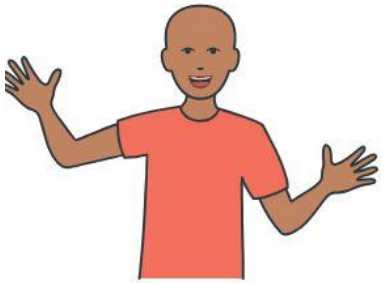
I love you



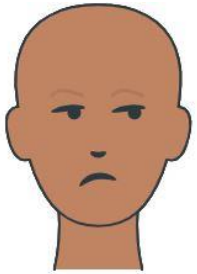
Safe

constant text

Emotional abuse

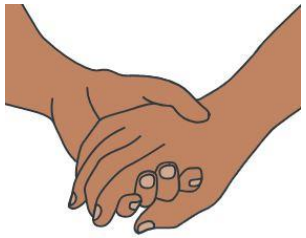


Happy



Jealous

No consent



Trust

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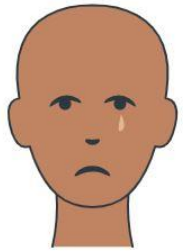
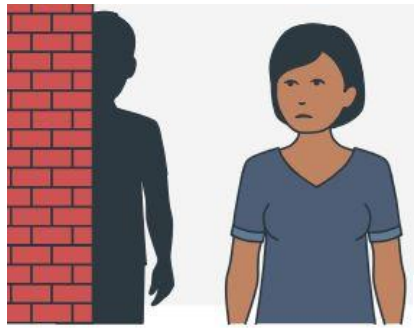
Unhealthy Relationships

Alone

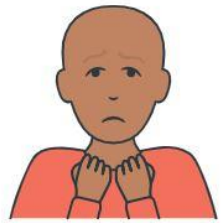
No consent



Sad

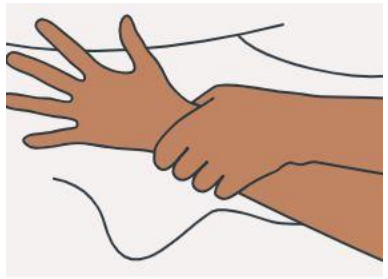


Stalking

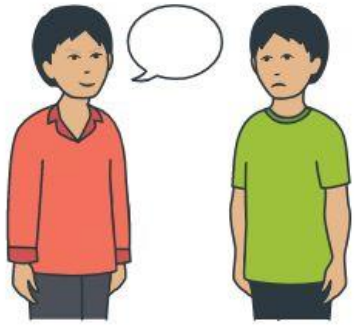


Unsafe

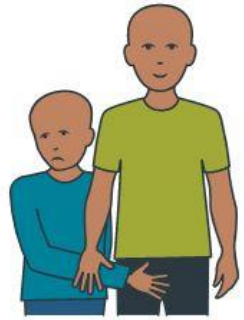
Financial abuse



Force



Put downs



Sexual abuse

Threaten

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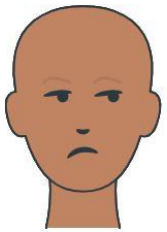
Addressing the Gaps

Healthy Relationships =

Emotional abuse


Jealous

No consent

Unhealthy Relationships =

Alone

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Intervention

- Using this sorting activity as something to be curious about
- Using safe and comfortable feelings as a starting point for understanding healthy relationships
- Considering scenarios in her life, how she felt at the time, then revisiting how she had sorted the images
- Developing insight and reflective thought
- Developing empathy, then revisiting how she had sorted the images.
- Psychoeducation topics about legal issues surrounding stalking, abuse, and consent
- Helping her to discover activities she enjoyed doing on her own

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A Hard Copy Version

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Further Support

- The App and resources on the supporting website are freely available.
- Contact us if you have any difficulties
- Webinars are in development
- Training packages are available

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