Unit 4222-376 Principles of supporting individuals with a learning disability regarding sexuality and sexual health (LD 307)

Level: **3**
Credit value: **3**
UAN: **A/601/6274**

Unit aim

The unit introduces the principles of supporting individuals with a learning disability regarding sexuality and sexual health. It gives a broad summary of sexuality, sexual development and sexual health. The unit also introduces relevant legislation that relates to the development of sexuality for an individual with a learning disability.

Learning outcomes

There are **five** learning outcomes to this unit. The learner will:

1. Understand the development of human sexuality
2. Understand how the sexual development of individuals' with a learning disability can differ
3. Understand the issues of sexual health and how these can be supported
4. Understand relevant legislation influencing the support of sexuality and sexual health for individuals with learning disabilities
5. Know how to support the sexual expression of an individual with a learning disability

Guided learning hours

It is recommended that **21** hours should be allocated for this unit, although patterns of delivery are likely to vary.

Details of the relationship between the unit and relevant national standards

This unit is linked to HSC 311, 331, 332, 356.

Support of the unit by a sector or other appropriate body

This unit is endorsed by Skills for Care and Development.

Assessment

This unit needs to be assessed in line with the Skills for Care and Development QCF Assessment Principles

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Assessment Criteria

Outcome 1 Understand the development of human sexuality

The learner can:

1. define the terms: sexuality, sexual health, sexual orientation, and sexual expression
2. explain main sexual development milestones throughout an individual's lifespan.

Outcome 2 Understand how the sexual development of individuals' with a learning disability can differ

The learner can:

1. describe how genetic factors can influence the sexual development, sexual expression and sexual health of an individual with a learning disability
2. describe how socio-cultural factors and religious beliefs can influence an individual's sexual development
3. explain how **mental capacity** can influence sexual development, sexual experiences, sexual expression and sexual health.

Outcome 3 Understand the issues of sexual health and how these can be supported

The learner can:

1. explain the **key features of sexual health** and well-being and how this relates to an individual's overall health and well-being
2. identify sexual health issues that differently affect men and women
3. explain how sexual health issues can be supported within **plans for healthcare**
4. identify local services that exist to support sexual health for individuals.

Outcome 4 Understand relevant legislation influencing the support of sexuality and sexual health for individuals with learning disabilities

The learner can:

1. explain key parts of **relevant legislation** relating to sexuality and sexual health for individuals and how this influences practice.

Outcome 5 Know how to support the sexual expression of an individual with a learning disability

The learner can:

1. explain how own values, belief systems and experiences may impact on support for individuals with learning disabilities
2. explain why the development of a meaningful relationship can be important to the development of an individual's sexuality
3. describe different ways an individual can express themselves sexually and how individual preferences can be supported
4. explain how to support an individual to keep safe sexually, to minimise sexual vulnerability, and to avoid instances of abusive experiences.

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Additional guidance

- An **individual** is someone requiring care or support
- The principles of human rights underpin this unit. Where mental capacity is referred to it should be remembered that the **Mental Capacity** Act (2007) states that everyone should be treated as able to make their own decisions until it is shown that they are not
- **Key features of sexual health** may include: contraception, hygiene, sexually transmitted infections etc
- **Plans for health care** – in England this refers to / should include Health Action Plans
- **Relevant legislation** – any legislation related to supporting individuals with learning disabilities with sexuality and sexual health.