

Real Talk helps create more open **conversations** between people with cognitive disabilities and their supporters about dating, love, relationships, and sex



We are a sexual health initiative aimed at people with cognitive disabilities and their supporters. We aim to make these topics more visible, and less awkward to talk about for people with cognitive disabilities and their friends, family and paid supporters.

WE ARE...



A diverse team of certified sexual health educators, trained facilitators, a sociologist, as well as award-winning service designers and cinematographers who share a passion for enabling better support around sexuality.

OUR PARTNERS & COLLABORATORS



FUNDED BY



Public Health
Agency of Canada

Agence de la santé
publique du Canada

START A CONVERSATION WITH JOHN

john@real-talk.org



REAL TALK



DOES SEXUALITY EVER
COME UP FOR SOMEONE
YOU SUPPORT?

Worried that talking about this stuff might lead to inappropriate behaviours or expectations?

Not sure how to start talking about this stuff with someone you support?

Do you find these conversations uncomfortable?

WE HELP ADULTS LIVING WITH
A COGNITIVE DISABILITY AND
THEIR SUPPORTERS TO

Feel more comfortable having open conversations about dating, sex, love and relationships.

Identify a trusted supporter in their life who they can talk to about these things.

Acknowledge their right to pursue romantic relationships if they want to.

Recognize that excellent support can include support around sexuality, and support around pursuing romantic relationships.

Experience more positive outcomes in this area of life.

WE OFFER

Free, safe and inclusive events led by certified sexual health educators.

Folks with a cognitive disability watch videos of people having conversations about these topics and then discuss their own experiences.

Families, friends and staff share success, frustrations and strategies for the people they support.

SEE FOR
YOURSELF

[http://real-talk.org/
videos/intro](http://real-talk.org/videos/intro)

