

Supporting the *Whole* Person: TEACHABLE MOMENTS

ANSWERING QUESTIONS

1. **Reassure** that it is good to ask questions.
2. **Find out** what the person thinks/is really asking.
3. **Decide** what "messages" you want to give.
4. **Answer** simply, using medical terminology.
5. **Encourage** the person to give you feedback.

RESPONDING TO BEHAVIORS & COMMENTS

1. Decide first if it is better to ignore the situation. If ignoring the situation is inappropriate, then continue with the next steps.
2. Name the behavior/comment to the person(s) as you see or hear it; praise if appropriate.
3. Find out the meaning of the behavior/comment to the person(s).
4. Decide what "messages" you want to give.
5. Give the messages by responding simply.
6. Encourage the person(s) to give you feedback.

*The Center for Sex Education, www.SexEdCenter.org

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Supporting the *Whole* Person: SCARBOROUGH METHOD

RESPONDING TO QUESTIONS AND BEHAVIORS

1. **Physical:** what is it, physical aspects
2. **Social:** private, responsibility, laws
3. **Emotional:** feelings connected to it
4. **Feedback:** check for understanding

EXAMPLE

What does “having your period mean?”

- **Physical:** It is a nickname for menstruation which is when blood slowly dips out of the vagina.
- **Social:** It is normal for this to happen, usually once a month.
- **Emotional:** A person can feel grumpy, crampy, or tired during menstruation.
- **Feedback:** What else are you wondering about what “period” means?

*Adapted from Sex Education for Persons with Disabilities that Hinder Learning. Winifred Kempton, 1988.

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