



The Specifics of communication in relation to sexuality III:

Helping professions in relation
to sexuality including persons
with intellectual disability –
Readiness for practice

Dana Štěrbová / Miluše Rašková



Palacký University
Olomouc

Palacký University, Olomouc
Faculty of Physical Culture

The Specifics of Communication in Relation to Sexuality III:

Helping Professions in Relation to Sexuality,
Including Persons with Intellectual
Disability: Readiness for Practice

Dana Štěrbová & Miluše Rašková

Olomouc 2021

This e-book was purchased at vydavatelstvi.upol.cz. Further dissemination is prohibited.

Reviewers:

doc. PaedDr. Ladislav Podroužek, Ph.D.

MUDr. Ivo Procházka, CSc.

Unauthorised use of this monograph shall constitute infringement of copyright and may give rise to civil, administrative, or criminal liability.

First English Edition

Translation from the 2019 Czech Edition “Specifika komunikace ve vztahu k sexualitě III: Pomáhající profese ve vztahu k sexualitě, včetně osob s mentálním postižením: připravenost do praxe”.

© Dana Štěrbová, Miluše Rašková, 2019, 2021

© Palacký University Olomouc, 2021

Translation © Tomáš Vacek, 2021

Cover illustration © Dana Štěrbová, 2019

DOI: 10.5507/ftk.21.24459233

ISBN 978-80-244-5923-3 (online: iPdf)

This e-book was purchased at vydavatelstvi.upol.cz. Further dissemination is prohibited.

Content

Introduction	5
Special acknowledgement	8
Part I “On sexuality – readiness for practice”	9
1 Attitudes in relation to sexuality and sexuality education including persons with intellectual disability	10
1.1 Sexuality, attitudes, prejudice, and the ability to communicate about sexuality among helping professionals	13
1.2 Readiness of helping professionals for education about sexuality and in sexuality including persons with intellectual disability	16
2 Approach of helping professionals to human sexuality education in the context of undergraduate preparation and lifelong learning – basic principles	20
2.1 Examples of good practice in sexuality education in undergraduate preparation with a focus on persons with health disability	22
2.2 Sexuality and undergraduate preparation of helping professionals – an ethical and safe approach	25
2.3 Example of sexuality education in undergraduate preparation	27
2.4 Requirements for readiness of sexuality education teachers	29

Part II Communication and human sexuality in helping professions: “empirical research” – partial conclusions	32
3 Objectives of the research, research sample, data collection methods	33
3.1 Statistical data processing and partial results of the research	37
3.2 Summary of results and conclusions	47
Conclusions	64
Summary	66
Epilogue	68
References	72
The authors	75
Annexes	77

Introduction

Motto:
“Sex is fascinating. Or so it would seem based on how much
we talk about it and what we say.”

Rebecca F Plante
Gary Alan Fine

Our third joint publication builds on previous research and enriches the basic research on helping professions in relation to sexuality with a focus on the personality and attitudes of an individual in the context of readiness for professional practice. At the beginning, let us briefly recapitulate the previous publications.

The first publication (Štěrbová, D., & Rašková, M., et al., 2014) entitled *Specifics of communication in relation to sexuality I: Helping professions in relation to sexuality including persons with intellectual disability* focused on sexuality in the context of communication aspects among helping professionals. The authors focused on the following four key areas: sexuality from a general perspective, education and training, communication, and introduction to an empirical research. The first part of the publication provided definitions of selected terms concerning helping professions, sexual issues, and areas related to sexuality as well as sexual abuse including abuse of persons with intellectual disability. Attention was also on the area of attitudes and sexuality in families of individuals with health disability. The publication also focused on the issue of sexuality and education as defined by applicable curricular documents including specific approaches to educating persons with disability. The publication was also issued in English.

The second publication (Štěrbová, D., & Rašková, M., 2016) entitled *Specifics of communication in relation to sexuality I: Helping professions in relation to sexuality including persons with intellectual disability – from empirical research* builds on the first publication and focuses on communication and approaches to human sexuality in the general population and in persons with intellectual disability. The key issue is the acceptance of homosexuality by society and the problem of communication about homosexuality. The publication also focused on the current state of school-based education and healthcare and social services, also in the context of persons with intellectual disability. The authors of the publication were awarded the 2018 Award of the Rector of Palacký University Olomouc.

Both publications focused on issues that had not been subject to scientific research in the Czech Republic before. In the writing of the publication the authors used their long-term professional knowledge and experience and were supported by other professionals.

The third publication focuses specifically on respondents' attitudes and values in relation to sexuality in general and sexuality in persons with intellectual disability, and on respondents' comfort and problems with communication about human sexuality. In the context of attitudes and values the authors were specifically interested in professional barriers to human sexuality; attitudes, beliefs, and values concerning human sexuality, and diversity of people's attitudes, beliefs, and values relating to human sexuality, including the issue of understanding the importance of the nature and form of education of human sexuality as part of teacher training. In the context of respondents' comfort and problems with communication about human sexuality in general and in persons with intellectual disability the authors focused on problematic areas in communication about sexuality issues with pupils, the skills required for appropriate communication with pupils, as well as the ability to pass on information about all aspects of human sexuality.

We firmly believe that the subject of the third publication, which is based on educational practice, is also highly relevant. Similarly to the previous publications, the issue is associated with a degree of

taboo and a diversity of opinions and attitudes. We believe that any differences in opinions may serve as an impulse for further professional discussion. Nevertheless, we hope that from the perspective of modern education and psychology of the 21st century the publication will bring novel ideas in thinking about human sexuality.

Dana Štěrbová and Miluše Rašková

Special acknowledgement

On the occasion of the publication of the third book on the specifics of communication in relation to sexuality we would like to thank Prof. MUDr. Jiří Šantavý, CSc. for his epilogue and his kind support of our work.

We are very honoured that Professor Jiří Šantavý, a university teacher and a significant geneticist and gynaecologist in the Olomouc region, showed interest in our scientific work. We are linked with Professor Šantavý not only through our alma mater—Palacký University Olomouc—but also through our long-lasting membership in the Czech Family Planning Organization. Professor Šantavý has inspired our scientific endeavours. For his professional contribution and lifelong meritorious work in medical genetics and foetal medicine, in 2016 he received the UP Commemorative Medal.

Dana Štěrbová and Miluše Rašková