



**právo
na sex**

PROJECT: RIGHT FOR SEX

ORGANIZATION: BLISS without RISK, registered association

COUNTRY: The Czech Republic

WEBSITE: www.sexualniasistence.org, www.rozkosbezrizika.cz

PROJECT TARGET:

The aim of the project was to open up the topic of intimate and sexual assistance (the SA) in the Czech Republic and launch a discussion to address the topic of sexuality among people with disabilities, a codex for an intimate or sexual assistance and push the Czech Republic closer to the Western countries, where the sexuality of people with disabilities is already being solved.

We believe that people with disabilities have their right to live their sexuality at the same level as healthy people. Their rights to sexuality are not sufficiently supported in the Czech Republic yet, as it is abroad, eg. in Switzerland. This leads to the denial of basic human rights, although they passed the responsibility for sexuality and there are still myths about the sexuality of people with disabilities.

We like very much the quote of Martina Venglářová (in Sexuality of people with disabilities and handicaps, Portal, 2013) "There is no big difference between the ideas, wishes and desires of each of us. But what is very different, the ways to meet them. "

The project partners were InSeBe, the Swiss organization that oversaw and prepared the training and gave us their know-how on the topic of sexual assistance. Furthermore, the project has been supported by sexual educator Catherine Agthe Diserens and Nina de Vries, which deals with sexual assistance for people with intellectual disabilities and instructor of the training for the sexuality of people with disabilities. The project organized four workshops dedicated to the topic of sex and sexuality assistance for people with disabilities and the first international conference was held as well as an internship in Switzerland. The theme of sexuality and sexual assistance of people appeared not only in all Czech media but also beyond the borders and the Slovak Republic, Hungary and Poland. We became the first post-communist country to introduce sexual assistance.

More about sexual assistance: <http://rozkosbezrizika.cz/aktuality/rozhovor-lucie-sidova-o-dvou-letech-projektu-pravo-na-sex-a-zavadeni-sexualni-asistence-v-cr>

WHAT IS SEXUAL ASISTANCE AND WHY IS IT SO IMPORTANT?

Sexual assistance is paid service carried out by trained sexual assistants, helping people with disabilities, people with mental disabilities, elderly and other disadvantaged people to work



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with their sexuality.

Sexual assistants provide their services systematically, with respect to a particular personality and handicap.

Sexual assistance is not just about sexual intercourse, but touches, intimacy, common nudity, massages, hugging, education etc. It is based on the idea that people with disabilities have sexual needs as well as people without disabilities, but it is not in their power to satisfy them. Repressed sexuality can lead to physical and mental health problems, eg. depressions, anxiety or aggression. People fail to create a relationship with their body, hate it, which can lead to hate of each other and aggression against each other, to resign, to decreased self-esteem, self-harm and the like. Sexuality also perform a social role, used to communicate, to establish relationships, expression of power, so it is reflected in the entire complex surrounding social environment. Sexuality constantly affects socialization and cultural lifestyle.

Sexual assistance may not suit everyone. It is intended for those who are interested in it. It is not a solution, but it is a way to fulfil their sexual needs as you build confidence, how can someone talk and not be ashamed to talk about his body, respect to him, about his sexual fantasies, or experience the intimacy, tenderness or joint nudity or to learn how to handle a relationship in his personal life.

We realize that these people would welcome and would be much happier if they'd have somebody beside them, whom they could live with and experience their sexual needs. And that ideally they would not need any sexual assistance. But the reality is different, and therefore, according to our opinion, necessary that there is a possibility of sexual assistance. Every man has according to the Declaration of Sexual Rights as defined by the World Association of sexology WAS (1999) the right to sexual freedom, sexual anatomy, sexual manifestation of feelings, be free of sexual decision-making, comprehensive sex education and so on.

For more visit the website: <http://www.sexualniasistence.org/sex-asistence>

WHY IT IS PROPRIATE TO SOLVE SEXUALITY OF PEOPLE WITH HANDICAP OR THE ELDERLY:

Sexuality is not just about sex, but includes the need of contact with a loved one, feel a strong feeling of belonging, intimacy, satisfaction, sexual satisfaction, ancestry and its solution helps reduce aggression and increase self-esteem, reduce vulnerability and marginalization, gaining personal power and energy, create a relationship with your body.

Every man has according to the Declaration of Sexual Rights as defined by the World Association of sexology WAS (1999) the right to sexual freedom, sexual anatomy, sexual manifestation of feelings, be free of sexual decision-making, comprehensive sex education and so on.

PROJECT ACTIVITIES:



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Within the project the following activities were carried out. They led to the introduction of sexual assistance and opening of the topic of sexuality of people with disabilities:

a) Training in Switzerland - a visit to a partner organization to gain the know-how on the topic of implementation of sexual and intimate assistance in the Czech Republic

b) The implementation of 4 international workshops with the participation of foreign teachers and lecturers who are dedicated to the implementation and training assistance sex in Switzerland and other European countries. Some are themselves sexual assistants. The workshops were intended both women and men from helping professions, parents, people with disabilities, R-R workers, intimate assistants.

60 people have been trained.

c) Organizing of an international conference with the participation of foreign partners. The conference was held in November 2015, and was attended by **124** people. It was the first conference of this topic in the country. Info about the conference and of the training of 5 sexual assistants took place in almost all media, not only in the Czech Republic but also in the media in the Slovak Republic, Poland and Hungary.

WHAT HAVE WE ACHIEVED OVER THE PAST TWO YEARS FROM THE EARLY IMPLEMENTATION OF SEXUAL ASSISTANCE AND DESTROYING OF TABOO OF SEXUALITY OF PEOPLE WITH DISABILITIES?

- Presentation of the topic of sexual assistance at the international conference called “From sex industry to labour market”, 2013;
- Publication of article about sexual services and sexual assistance in the brochure “From sex industry to labour market, <http://www.rozkosbezrizika.cz/ke-stazeni/soubory/od-sexualnich-sluzeb-k-sexualni-asistenci/detail>, 2013;
- **Project Right to sex has been granted, 2014:**
- 4 workshops organisation, international conference to the topic of sexual assistance and sexuality of people with handicap, 60 people trained, 124 conference participants;
- SA Terminology implementation;
- SA Logo make up;
- Making of promotional stuff;



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- Getting an opinion from the Ministry of Interior on the topic of SA. The project does not conflict with the Criminal Code of the Czech Republic;
- Create and manage of the web to SA, which summarizes and promotes topic: www.sexualniasistence.org;
- Round tables to SA organisation;
- Making of ethical codex for sexual assistants: <http://www.sexualniasistence.org/eticky-kodex>;
- **The introduction of sexual assistance in the country. Trained 5 sexual assistants and coronation of first sexual assistants;**
- A total of **38 articles** have been translated from abroad which are being published on the web;
- Media coverage of the topic - the topic has appeared in almost all media in the Czech Republic, also in Poland, Hungary and the Slovak Republic. In total we held out **50 media outlets**;
- We answered about **200 questions** on the topic;
- We held an additional **10 meetings** and lectures on the topic;
- The TV spot has been made to the topic of SA: <http://rozkosbezrizika.cz/aktuality/sexualni-asistence-ano-nebo-ne>;
- There were stickers created that have pointed out that people with disabilities have their own sexual identity



- With our support the documentary was filmed about sexual assistance, which will have premiere at festivals and on TV this year;
- The theme of sexual assistance gets into the book with the topic of sexuality of people with disabilities, which will be issued this year by Grada Publishing, a. s.;
- A group of professionals and experts has been introduced; they will assist the development of sexual assistance further. The group includes people with disabilities.

WORKSHOPS AND PROJECT FEEDBACKS:

"Today's workshop is a major shift for the country. It gives shapes to what I have been just writing about for last 8 years."



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"SA among people with disabilities is an important step on the path to full freedom, including the right under the UN Convention on sexuality."

"Thank you for realization of such thing and going into it straight ahead. Something like that is worthy of admiration. Thank teachers for access and openness, I greatly appreciate it. And I'm looking forward to next time."

"I certainly thank you very much for the opportunity to join the workshop. Thanks to Bliss for the project and all the organisational stuff and for being brave to open such controversial topic among society and legislation. Thanks to lecturers for conveying their experience, dignity and respect which they approached the topic with."

FEEDBACK OF MAN, WHO USED THE OFFER OF SEXUAL ASSISTANCE:

"I am a 44 year old disabled pensioner and would like to take this opportunity and wanted to thank the team RR for their sexual assistance project through which I had the first opportunity to get to know what it's like touching a woman's body. So, thank you very much and I wish you good luck and good nerves with our legislators, who might impede your work."

PROJECT FINANCING:

The project was supported by the **Program of Swiss-Czech cooperation. Now it is funded from its own resources of organization BLISS without RISK. We are waiting for the approval of the related project filed under the program Daphne, together with other non-profit organizations and universities from 8 other European countries.**

ABOUT BLISS without RISK:

Bliss without Risk (hereinafter RR) is a unique organization with the longest tradition in the provision of the target group of sex workers in the Czech Republic. In 2012, it has celebrated the 20th anniversary of the organization and has also won awards of the Czech Streetwork Association (CAS) for a long-term contribution to the field and the work team of the year. In 2013, outreach service programs successfully passed the evaluation of quality inspection. We have the know-how in the field of working with sex workers, have already published (publication "The sex industry in the labour market", 2013), we teach, cooperate at an international level. Concrete action of R-R lies in prevention, diagnosis and treatment of sexually transmitted infections, provision of social and therapeutic services and promoting the rights of sex workers. Within the organization stands a theatre group Bliss, which includes sex



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workers too. In total, they played 12 plays and won several theatre awards. R-R currently operates three counselling and health centres (Prague, Brno, and Ceske Budejovice). 9 outreach teams (social worker and a nurse) operate in the areas of concentration of prostitution (clubs, apartments, street), and in 12 regions of the country. R-R uses also mobile ambulance for its outreach work that includes a safe environment for testing of sexually transmitted infections and giving the counselling to the target group. The R-R database consists of over 20000 clients. **We are not afraid to tackle taboo subjects.**



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