

# Sarah & Jason



**Looking After Me Project Resources Kit**

**Penrith Women's Health Centre**

Written by Maeve Dunnett, Illustrated by Jennifer Pitty

## **Acknowledgments**

The Looking After Me Project wishes to acknowledge the contributions of staff and clients from the following organisations:

- Penrith Women's Health Centre
- Multicultural Disability Advocacy Association
- Self Advocacy Sydney
- Nepean Sunnyfield Day Program

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**Please feel free to reproduce any part  
of this storybook resource.**

**Copies of the resources are also available  
for free download from the following websites:**

- **Women's Health NSW [www.whnsw.asn.au](http://www.whnsw.asn.au)**
- **Australian Domestic & Family Violence Clearinghouse  
[www.adfvc.unsw.edu.au](http://www.adfvc.unsw.edu.au)**
- **Or Contact: Penrith Women's Health Centre  
Email: [pwhcentre@pwhc.org.au](mailto:pwhcentre@pwhc.org.au)**

### **Printing and Design Information**

Written by Maeve Dunnett

Illustration & design by Jennifer Pitty 2008©



## **Looking After Me Resource Kit Background**

This STORY BOOK is part of a Resource Kit from the Looking After Me Project (LAM). LAM was an innovative three and a half year project that began in January 2004, and received its funding from Western Sydney Area Assistance Scheme (WSAAS). The project was auspiced by Penrith Women's Health Centre and it focused in the Penrith Local Government Area.

LAM provided educational/personal growth groups on issues relating to healthy relationships and domestic violence to women with intellectual disability. It also provided professional development to workers in both the disabilities and mainstream services sector on issues relating to intellectual disability and domestic violence.

LAM's research found that there was a lack of visual tools that targeted women with intellectual disability in relation to understanding domestic violence issues - and very few visual resources that could contribute understanding to the skills needed for healthy relationships. This Resource Kit aims to address that gap. The actual production of the kits was made possible by a further funding grant from the Office of Women, NSW in July 2008.

All parts of the Resource Kit, including this story book, can be used as teaching aids in any educational approach that seeks to enhance the life skills and communication skills of people with intellectual/learning disability. Parts of the Resource Kit can also be given to participants/clients as personal handouts. The whole of the Resource Kit will aid in the understanding of emotions and the development of skills for safe and healthy relationships.

The Resource Kit can also be used as a professional development tool for workers in the disability and mainstream service sectors - to help their services become more inclusive and better able to meet the needs of women with intellectual disabilities in relation to relationship building and awareness of domestic violence issues.

## Story Book Questions

These questions might be helpful to use at appropriate times throughout Sarah & Jason's story to stimulate reflection and discussion.

*p.12 •Why do you think Sarah says she knows that Jason understands her?*

*•How do you think Sarah knows that Jason respects her?*

*•What do you think Jason and Sarah are feeling in this picture?*

*p.13 •What qualities of Jason and Sarah's relationship can we see here?*

*p.14 •What is Jason doing for Sarah?*

*•How do you think Sarah is feeling?*

*p.16 •What qualities can we see in Jason and Sarah's relationship here?*

*•What sorts of things do you think Jason and Sarah might disagree about?*

*p.18 •How do you think Sarah might be kind hearted to Jason?*

*•What do you think makes Sarah know that Jason really cares about her?*



# **Sarah & Jason**

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Sarah and Jason are partners.

They have been together for 5 years and believe that their relationship is a strong and healthy one.

Abby, a support worker who knows Sarah and Jason really well, asked them about their relationship and what they think makes it good.






Sarah told Abby that she and Jason share things and they have respect and understanding for each other.



Jason said if Sarah wasn't around he would miss her company and companionship.


Jason says going out together, talking to each other and just being able to spend time together is really important.



Sarah said when her mum died Jason did lots of things for her like the shopping, cooking and cleaning because she wasn't feeling up to it.

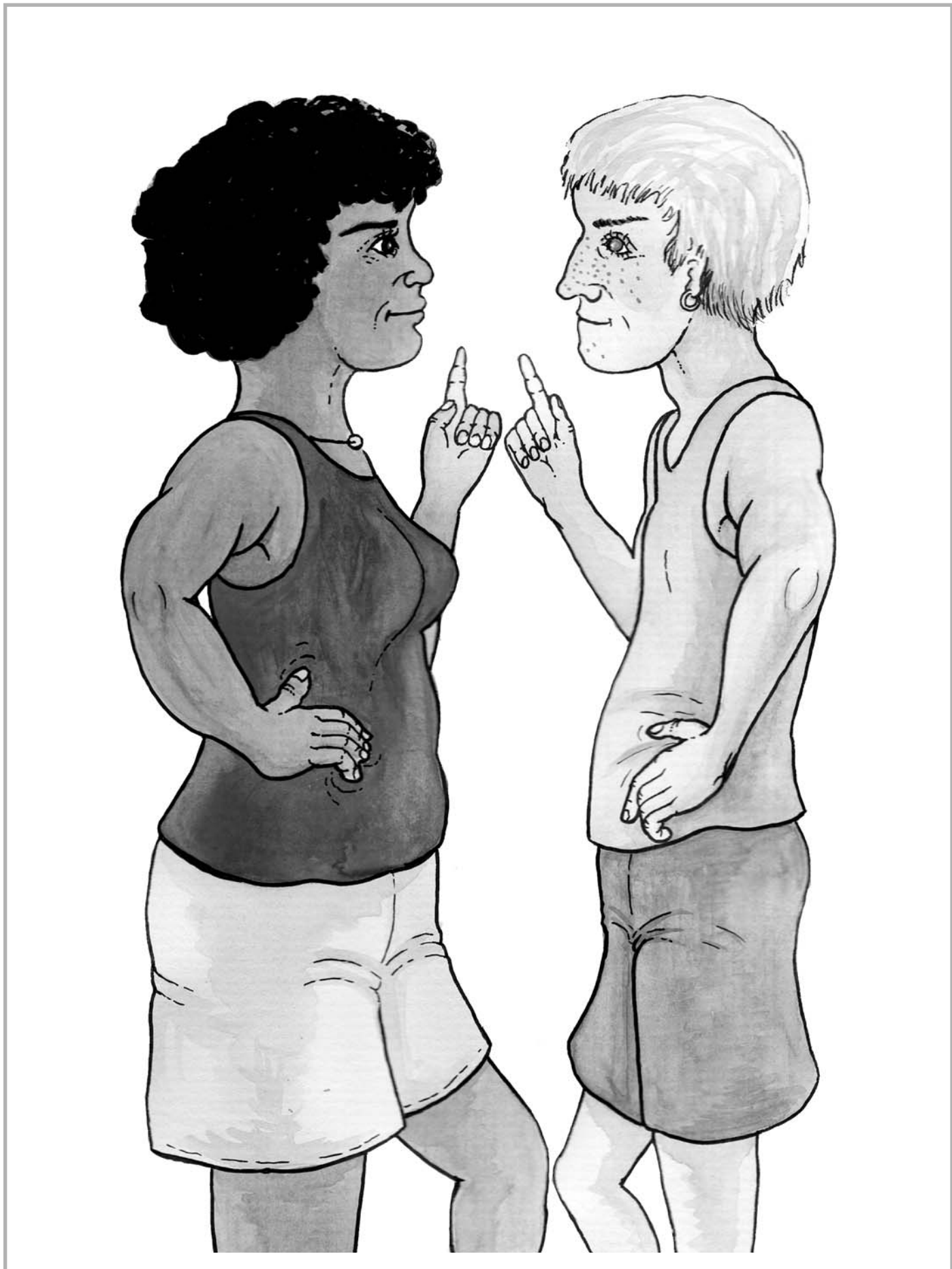
Sarah said that the help Jason gave her was really important.





Sarah said, “Of course we don’t agree all the time about everything and sometimes we argue.

But we respect each others’ difference of opinion. “





Jason said the most important thing for him is that Sarah is kind hearted.

Sarah said that on her birthday last year Jason had baked her a cake and taken her out for tea.

Sarah said she thought that was really nice, “I know he really cares about me.”



