<table>
<thead>
<tr>
<th>Component</th>
<th>Student/Client Needs</th>
<th>Helper Role Characteristics</th>
</tr>
</thead>
</table>
| **Permission** | Most people simply need permission to talk and learn about sexuality and explore their own attitudes and responses. | Helper should be able to provide “permission-giving” statements to students creating an atmosphere of comfort and acceptance. Permission is the most important level of the model. Attitudes, knowledge and skills required: 
  - acceptance of sexuality as positive force
  - ability to discuss sexuality w/ease & comfort
  - relate to & accept the person being counseled
  - address needs at their level
  - compassion, warmth, and trustworthiness |
| **Limited Information** | In addition to permission, some people need limited information to begin to explore their own sexuality and/or explore with another person. | Helper should have basic information about sexuality. At this level, myths and misconceptions should be clarified and corrected. Information provided is specific to the question or concern being expressed. Attitudes, knowledge and skills required: 
  - above characteristics
  - accurate information about sexuality issues. |
| **Specific Suggestion** | For some people, the addition of a specific suggestion can be useful. For example, suggesting a relaxation exercise or an activity for learning about one's own sexual response | Options for managing sexuality related concerns/difficulties are developed at this level. Counseling skills are required and a designated place is helpful. Attitudes, knowledge and skills required: 
  - more advance counseling and education
  - increase knowledge on sexuality and disability
  - problem solving abilities
  - behavior modification techniques |
| **Intensive Therapy** | In addition to above needs, a smaller number of people will need intensive therapy to help them address sexuality issues. | Intensive therapy takes a great deal more time, and is provided by a trained counselor. For sexual issues, intensive therapy often involves work that addresses all aspects of a person’s experience i.e. emotional, physical, interpersonal, spiritual, intellectual. |