



## Relationships and Sexuality

This leaflet tells you about your rights to make friends and have safe sex if you want to.



Valuing People Now 2009 says that all people with a learning disability have the same rights as other people to make friends, have sex and to get married if they want to



We spoke to some people with learning disabilities and they said that people with learning disabilities should have the choice to learn more about having relationships if they want to

## YOUR RIGHTS:



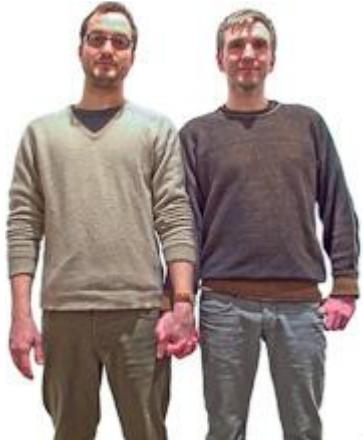
You have the right to learn about:

- How to behave towards other people
- Making friends
- How your body works
- Having a boyfriend or girlfriend
- Safe sex



When you go out you may make new friends.

You may meet someone who you want to be a girlfriend or boyfriend.



You can have a loving relationship with someone if both of you agree that this is OK.



You can get married or live together if you want to. You can get support to help you do this if you want it.



You can learn about different types of contraception for men and women.

Contraception can:

- Stop you having a baby
- Help to keep you safe and healthy



If you want to have a baby or get pregnant you may need to talk to someone about this.



If you do have a baby, you should be able to get support to help you look after your child if you want it



You can ask for help to talk to your family about going out with friends and having relationships.

## THE LAW:

The Law is there to help people who might get hurt or badly treated.



- People should only touch you if you want them to
- If someone is doing something that you don't like, you can tell them 'NO'

There's good touch and bad touch.



- You must not touch someone if they don't want you to
- People should not touch you if you don't want them to
- You don't have to have sex if you don't want to



If someone does not want something to happen in a sexual relationship, or does not understand what is happening to them happen, then the Law says that it is wrong.



The Law says that people with a learning disability have a right to relationships and to a private life.



If you are having sex, you may need to find out more about keeping healthy.



ALL people have the right to have friends and relationships.



Do you want to know more about staying safe?



**Do you want to know more about having a relationship?**



**Do you want to know more about staying healthy?**

**If you want to find out more about any of these things you can:**



**Ask your Key Worker, Care Manager, or Community Learning Disability Team (CLDT)**



**You could ask to go on  
a training course**



**You could talk to  
someone in private.**

**To talk to someone from a Community Learning Disability Team (CLDT), you can telephone them on one of these numbers:**

**Cotswolds, Tewkesbury & Cheltenham**       **01452 321059**

**Forest of Dean**       **01594 827771**

**Gloucester**       **08454 226011**

**Stroud**       **01453 827161**