

## Let's talk about sex: a love & relationships guide



This is an Easy Read guide for young people with a life limiting condition about sex, sexuality, love and relationships.

You can ask someone to read this with you.



This guide is to help people talk about how they feel, what they want and what support they might need.

Everyone has the right to learn about their bodies, sexual health, love and relationships.



We want the sexual freedoms of people with a learning disability to be respected.



This guide has some tips about how to talk about sex and sexuality.



## Thinking about sex

People with disabilities have the power to make decisions about their own sex lives.

Everyone should be free to understand their sexuality and to be themselves.



Sexuality is how you feel about:

- yourself
- your own body
- other people



People who are LGBTQ+ (lesbian, gay bisexual, transgender and questioning) should be treated equally and with respect.



**Private**

Talking about sex and sexuality is private and personal.

It is okay if you do not want to talk about this. It is up to you.



If you want to talk to someone you trust, you can make a plan together to talk about this privately.

## Believing in yourself



We want young people to feel good about themselves.

You deserve to have good support and to feel happy.

You can be whoever you want to be.



If you feel unsure, it is okay. Try to talk to someone you trust in a place that you feel comfortable.



Think about what you want.

Are you looking for a relationship? Think about what you want from a partner.



If you have had bad experiences that you want help with, you can ask to speak to a counsellor.

## Getting good support



If you choose to have a relationship or to have sex, it is important that you get good support and are listened to.



You do not have to talk about something if it makes you uncomfortable.

It is up to you if you want to talk about sex and relationships.



You have the right to accessible information so that you can understand it and communicate your views, choices and decisions.



If you have a care plan, you can ask that your wishes and decisions about sex and sexuality be a part of this.



If someone does not want to support you with this, try to find someone else who you can talk to.



## What the Law Says

The Mental Capacity Act is about making sure that people have the support they need to make as many decisions as possible.



Young people with life-limiting conditions have the same right to sex and relationships as anyone else as long as no one is harmed.



They should be supported to make as many decisions for themselves as possible.



Some people might need advice and support to help them to be safe in their friendships and relationships.

For more information please see:  
<https://www.open.edu/openlearn/health-sports-psychology/young-peoples-health/lets-talk-about-sex-intimacy-and-relationships>

