

Guidance and information about sexuality and relationships for people with a learning disability



If you, or someone you know has a learning disability, this list of resources will help you find more information about sexuality and relationships.



If you have any questions about sexuality, relationships and learning disability, [visit our website](#).



Or contact our Learning Disability Helpline by:

- Phone 0808 808 1111



- Email to helpline@mencap.org.uk

About these relationships and sexuality resources



The following external resources have been grouped into ten sections:

1. [General relationships and sex education resources](#)
2. [Body awareness resources \(puberty, masturbation, menstruation\)](#)
3. [Resources for people who are lesbian, gay, bisexual or transgender \(LGBT+\)](#)

4. [Friendships and relationships](#)
5. [Contraception and safe sex](#)
6. [Sexually transmitted infections and HIV](#)
7. [Pregnancy](#)
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1. General relationships and sex education resources

Recommended general relationships and sex education resources are:

- [BILD.org.uk: information and resources](#) about friends and relationships.
For: People with a learning disability and their supporters.
Cost: Some items are free, others have a cost.
- [Changepeople.org: Easy Read books](#) with information about friendships and relationships, sex and masturbation.
For: People with a learning disability.
Cost: £6.99 per book or £25.00 for the collection.
- [FPA.org.uk: information and educational resources](#) on sexuality and relationships.
For: People with a learning disability, their families and professionals.
Cost: Varies upon resource.
- [NSPCC.org.uk: Love.Life films and supporting activities](#) explore emotions, relationships, identity and how to stay safe as you grow up and become more independent.
For: Young people with a learning disability aged 11-25 years, their parents and educators.
Cost: Free.
- [RSHP.SCOT: Sexual Health, relationships and parenthood workbook](#) for young people with a learning disability.
For: Teachers, parents, carers and other professionals.
Cost: Free.
- [MSH Leeds: Puberty and sexuality for children and young people with a learning disability resource pack](#) to support relationships and sex education.
For: Professionals working with children and young people with a learning disability age 9-18.
Cost: Free.
- [Bodysense.org.uk: Picture yourself teaching resource](#) including line drawings and photographs which explore different aspects of personal, social and sex education.
For: People with a learning disability, their families and supporters.
Cost: £15.00 for Picture yourself 1, £20.00 for Picture yourself 2, or £30.00 for the collection.
- [Pavilion Publishing: Sex and the 3 R's: Rights, Risk and Responsibilities - a sex education resource pack](#) which provides a framework for staff to undertake which acknowledges the realities of sexual relationships for many people with a learning disability.
For: Professionals.
Cost: £130.00
- [Life Support Productions: Relationships and sex education online resources or DVD's](#) with accompanying lesson plans.
For: Children and young people with a learning disability, their supporters and educators.
Cost: £19.99 - £149.99.
- [Pavilion Publishing: Sexuality and Learning Disabilities handbook](#) which covers the latest approaches to supporting relationships and sexuality, the internet, domestic violence and supporting people with a learning disability who identify as LGBT+
For: Professionals.
Cost: £26.95.
- [Easy Health: Easy Read factsheets](#) on personal and sexual health.
For: People with a learning disability.
Cost: Free (you need to sign up to be a member to download resources).



2. Body awareness resources (puberty, masturbation and menstruation)

Recommended body awareness resources are:

- [Life Support Productions: online and DVD resources](#) about relationships and sex education.
For: People with a learning disability, their supporters and educators.
Cost: £19.99 - £149.99.
- [Downs Syndrome Scotland: Let's talk puberty Easy Read booklet](#) about growing up.
For: Young people with a learning disability.
Cost: Free.
- [Central Sexual Health: Preparing for Puberty guide](#) to support young people with a learning disability through puberty.
For: Parents
Cost: Free.
- [Jessica Kingsley Publishers: When young people with intellectual disabilities and autism hit puberty Q&A book](#) which gives honest answers to challenging questions and provides solutions to the dilemmas many parents face.
For: Parents.
Cost: £13.99.
- [Bodysense: Desmond and Daily](#) - anatomically correct male and female cloth models available in standing and sitting versions, which aid learning about the human body and sexual issues.
For: People with a learning disability.
Cost: £450.00 for a pair of standing models.
- [Books Beyond Words: Susan's growing up picture book](#) which explores what can happen to a girl when she starts her periods.
For: People with a learning disability.
Cost: £10.00
- [Bodysense: I change my pad purse book](#) which functions as a reminder of when, and how, to change a sanitary pad.
For: People with a learning disability.
Cost: £2.50.
- [Easy Health: Easy Read information about periods.](#)
For: People with a learning disability.
Cost: Free (you need to sign up to be a member to download resources).
- [Bodysense: Periods, a practical guide](#) is a book and a CD to teach girls and young women with a learning disability about menstruation.
For: People with a learning disability, their parents and carers.
Cost: £12.00



3. Resources for people who are lesbian, gay, bisexual or transgender (LGBT+)

Recommended LGBT+ related resources are:

- [University of Bristol: Secret loves, hidden lives Easy Read](#) is a summary of what people with a learning disability said about being lesbian, gay or bisexual.
For: People with a learning disability.
Cost: Free.
- [University of Bristol: Challenging homophobia and heterosexism](#) is a resource to accompany work on diversity and equality issues.
For: People with a learning disability.
Cost: Free.
- [Change: Lesbian, gay, bisexual and trans Easy Read booklet](#) covers sexuality, being lesbian, gay, bisexual and/or trans, and talks about your sexuality, bullying and safe sex.
For: People with a learning disability.
Cost: £6.99.
- [The Norah Fry Research Centre: Jan's story](#) and [Phil's story](#) are photo-stories on same sex issues.
For: People with a learning disability.
Cost: Free.
- [The Social Care Institute for Excellence: Working with lesbian, gay, bisexual and transgender people: Richards story](#) is a video which highlights the need for staff to support people to live an inclusive and empowered life.
For: People with a learning disability, their families and professionals.
Cost: Free.



4. Friendships and relationships

Recommended friendship and relationship resources are:

- [Easy Health: Love, Sex and You Easy Read guide](#) about intimate relationships.
For People with a learning disability.
Cost: Free (you need to sign up to be a member to download resources).
- [NSPCC.org.uk: Love.Life films and supporting activities](#) explore emotions, relationships, identity and how to stay safe as you grow up and become more independent.
For: Young people with a learning disability aged 11-25 years, their parents and educators.
Cost: Free.
- [Books Beyond Words](#) have a variety of accessible books about friendship and relationships.
For: People with a learning disability.
Cost: £10.00 per book or £36.00 for a mini set.



5. Contraception and safe sex

Recommended contraception and safe sex resources are:

- [Change: Easy Read booklet about safe sex](#) covers STI's and how to avoid them, types of contraception and how to use them, and where to go for advice and support.

For: People with a learning disability.
Cost: £6.99.

- [Bodysense: Condom Cards](#) provides drawings showing how to use a condom.
For: People with a learning disability.
Cost: £3.50 per set.
- [Easy Health: Easy Read leaflets](#) about contraception.
For: People with a learning disability.
Cost: Free (you need to sign up to be a member to download resources).
- [NHS Highland](#) have a video demonstration about condoms.
For: People with a learning disability and their supporters.
Cost: Free.
- [NHS Lanarkshire](#) have a range of accessible information on contraceptive choices, safe sex and sexual health checks.
For: People with a learning disability.
Cost: Free.
- MacMillan Cancer Support: Stay healthy, have safe sex is an accessible booklet about having safe sex.
For: People with a learning disability.
Cost: Free.
- [The Centres for Disease Control and Prevention: How to use a dental dam](#), [How to use a male condom](#) and [How to use a female condom](#).
For: People with a learning disability and their supporters. Note: these instructions are not designed specifically for people with a learning disability so support to explain the visuals may be required.
Cost: Free.



6. Sexually transmitted infections and

HIV

Recommended STI and HIV related resources are:

- [NHS Lanarkshire](#): Accessible information about a range of sexually transmitted infections and sexual health checks.
For: People with a learning disability.
Cost: Free.
- [Change: What is Hepatitis? Easy Read](#) fact sheet about Hepatitis, its' different forms, how it is transmitted, symptoms, getting tested and treatment.
For: People with a learning disability.
Cost: Free.



7. Pregnancy

Recommended pregnancy related resources are:

- [Easy Health: Easy Read leaflets](#) about maternity.

For: People with a learning disability.
Cost: Free (you need to sign up to be a member to download resources).

- [Department of Health: Having a Baby, Your NHS Care Easy Read leaflet](#) about your care choices during pregnancy.
For: People with a learning disability.
Cost: Free.
- [NHS Lanarkshire: Health Before Pregnancy Easy Read booklet](#) about preconception health.
For: People with a learning disability.
Cost: Free.
- [Change: My Pregnancy Easy Read book](#) covering all aspects of antenatal care, from fetal development, problems during pregnancy, to the first days with your baby.
For: People with a learning disability.
Cost: £45.00
- [NHS Leeds: Maternity care information](#) which includes an Easy Read guides to pregnancy, a birth plan and caring for yourself after a baby.
For: People with a learning disability.
Cost: Free.



8. Parenting

Recommended parenting related resources are:

- [Easy Health: Accessible information about parenting.](#)
For: People with a learning disability.
Cost: Free (you need to sign up to be a member to download resources).
- [University of Bristol: Helping parents with learning difficulties to speak up Easy Read](#) about how advocacy support can help parents with a learning disability.
For: People with a learning disability.
Cost: Free.
- [Change: You and Your Baby 0-1 Easy Read book](#) covering feeding, hygiene, safety, teething, health checks and managing a baby's routine.
For: People with a learning disability.
Cost: £45.00 or £125.00 for the full pregnancy and parenting collection.
- [Change: You and Your Little Child 1-5 Easy Read book](#) covering nutrition and healthy eating, hygiene, setting routines (potty training, bathing and bedtime), learning through play, going to nursery, and how to develop positive parenting skills and support good behaviour in young children.
For: People with a learning disability.
Cost: £45.00 or £125.00 for the full pregnancy and parenting collection.



9. Recognising abuse and how to get help

Recommended recognising abuse and how to get help resources are:

- [Books Beyond Words: Accessible books](#) about surviving abuse.
For: People with a learning disability.
Cost: £10.00 per book or £72.00 for the full set.
- [Change: Understanding Sexual Abuse Easy Read booklet](#) covering how to recognise and report abuse, saying 'no', rape, pornography, the law, disclosure, and where to get help.
For: People with a learning disability.
Cost: £6.99.
- [Easy Health: Accessible information](#) about abuse.
For: People with a learning disability.
Cost: Free (you need to sign up to be a member to download resources).
- [Respond: Rachel's Story](#) is a short film which explores the impact of sexual exploitation and the power of therapeutic treatment.
For: People with a learning disability.
Cost: Free.
- [Friend or Fake: a booklet](#) about how to recognise the signs of mate crime.
For: People with a learning disability and their supporters.
Cost: Free.
- [Easy Health: What is domestic abuse?](#) An accessible fact sheet about abuse.
For: People with a learning disability.
Cost: Free (you need to sign up to be a member to download resources).



10. Organisations that offer advice and guidance

Recommended organisations where you can get advice and guidance are:

- [BILD](#) - information and resources about friendships and relationships to support people with a learning disability to have a great life.
- [Brook](#) - services across the UK providing free and confidential sexual health services to young people under 25.
- [Family Planning Association](#) - relationships and sex education resources for people with a learning disability. They also offer training courses for professionals working with people with a learning disability.
- [NSPCC](#) - guidance on safeguarding children and preventing abuse. They have relationships and sex education resources for children and young people with a learning disability.
- [Respond](#) - work with children and adults with a learning disability who have experienced abuse or trauma, as well as those who have abused others, through psychotherapy, advocacy, campaigning and other support.
- [Stonewall](#) - campaigns for the equality of lesbian, gay, bisexual and trans people across Britain. They offer help and support, and can signpost to local LGBT services and community groups.
- [Supported Loving](#) - campaign set up by Choice Support to highlight the importance of good support in helping people with a learning disability find love.
- [Terrence Higgins Trust](#) - provides HIV and sexual health services in the UK, and runs community projects for people living with HIV.
- [The Sex Education Forum](#) - works to achieve quality relationships and sex education for all children and young people in England. They provide resources and training to teachers and professionals, to support the delivery of relationships and sex education.



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