



Personal and sexual relationships policy for adults with learning disabilities



This paper tells you how the people around you (your parents, family or staff) at your home, day centre or college can support you in your relationships and sexuality.

A relationship is:



- the different ways you can be with another person, like a friend you enjoy going out with, or a partner you fancy (and who might be your boyfriend or girlfriend).

Sexuality is:



- Your feelings of love or attraction for another person – this could be a man or a woman. You might call this fancying someone.



- The way you look after yourself, like your personal care (going to the toilet, bathing, washing, dressing, make up and haircut).



- Feeling good when you touch yourself or someone else who has agreed (said yes) to being touched.

Sexuality is:



- Spending time with another person.



- How you enjoy having sex (kissing, touching, making love).

Sexuality is:



- **Respecting each other's choices about if you want to have sex.**



- **The way you are healthy and protect yourself and others from infections and abuse, for example, using a condom to be safe from infections.**

**Rights
Now**



This paper also tells you about your rights and how people supporting you can help you to get those rights.

These rights are:



- **The right to enjoy your sexuality including:**
 - **touching yourself (masturbation)**
 - **having sex with another person who says yes to it**
 - **and having a partner.**



- **The right to have your sexuality recognised by others.**
- **The right for others to support your sexuality.**

These rights are:



- The right to get information and education about:



- sexuality (feelings, personal care, different relationships, masturbation, having sex).



- sexual health

how to use a condom to stop you and others from getting an infection or from having a baby
using other contraception to stop you or your partner having a baby
how to check for lumps in your testicles or breasts that can become a serious illness (cancer).



- what the law says about:

the age you are allowed to have sex (you and your partner need to be 16 years old)
about consent (saying YES or NO to sex)
about having sex in a private place (like your bedroom).

These rights are:



- **The right to privacy to express your sexuality. This means having your own space, like your bedroom.**

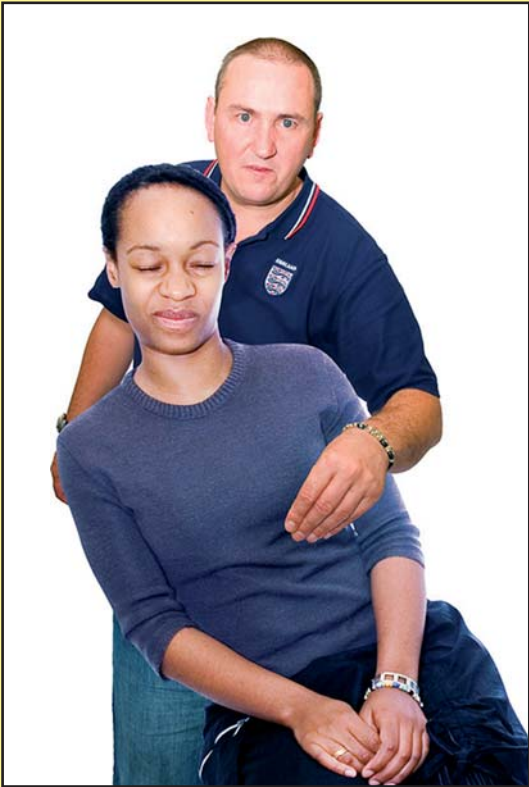


- **The right to confidentiality. This means the people supporting you have to keep the things you tell them to themselves.**



- **The people supporting you can not do this if you tell them about abuse, things that hurt you or make you ill or unhappy. They will ask you for permission when possible to tell others and stop this abuse.**

These rights are:



- You have the right to be protected from abuse.



- The right to enjoy sexy magazines, movies and internet sites (that are allowed by the law) in your own private space.

These rights are:



- The right to choose, when possible, who will help you with personal care (going to the toilet, bathing, washing, dressing, make up and haircut).



- The right to have relationships and to:
 - live together
 - have a civil partnership
 - get married.

This right should be supported by the people around you.



These rights are:



Yes?
No?

- **The right to decide whether you have or do not have the baby when you get pregnant. You need to be supported by being given information about your choices.**



- **The right to be a parent and to be supported to understand what this means. You have the right to look after your child and meet their needs.**

Important things



1. The people supporting you need to help you to understand these rights. They need to get training and to be educated.

They also need to have a paper like this one to know what support they can give you.



2. The people supporting you will encourage you to talk to your family about your personal relationships and sexuality. They will respect you if you do not want to.



3. The people supporting you can not help you to do anything that is against the law.

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Westminster Learning Disability Partnership.
Tel: 020 7641 7411.



City of Westminster



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