



Love,
sex and
you

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you



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**Relationships,
gender, sexuality**



**Sex, pregnancy,
consent**



Being safer



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About this book



This booklet has been written for people with learning disabilities.

We have used clear language, large text and photographs.



People may still need help and support to go through the information.



It is a short introduction. Please do not use it instead of more in-depth education.

**“People with learning disabilities enjoy sex.
It is a fact of life”**

Relationships



Acquaintances:

people you do not know very well. For example, a neighbour, shopkeeper or someone at work. Acquaintances do not normally have much physical contact.



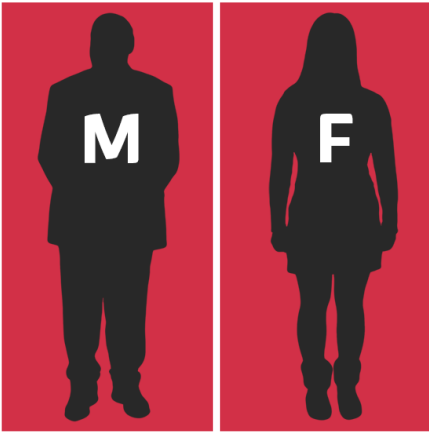
Friendship:

someone you know well. You might sometimes hug or hold hands.



Romantic relationship: someone you feel very attracted to. You might hug, kiss, and have sexual contact too.

Gender Identity



Your **gender identity** is the gender you feel that you are, not what your body looks like.



This may be the same as the gender you were born with.

It may be different.



For example, you may have been born with male genitals, but feel that you are a woman.

...or the other way around.

Sexuality



Your **sexuality** is about who you feel attracted to.

There are many different sexualities. Here are a few;



Heterosexual

- Men who are attracted to women.
- Women who are attracted to men.



Homosexual

- Men who are attracted to men: **gay**
- Women who are attracted to women: **gay or lesbian**

Sexuality



Bisexual

People who are attracted to both men and women.

Asexual

People who are not sexually attracted to anyone.



Pan-sexual

People who are attracted to people of any gender.



There is a Mencap video with more information.

Search YouTube for:
You being you: your gender and sexuality

Relationships



A new relationship can be very exciting!



It could be with a new friend, or you might feel stronger feelings than that.



You might not be able to think about anything else!



It is fun and sometimes a little bit scary!

Relationships



You might need support to keep in touch with the person you are interested in.



Not everything is easy and fun, even when a relationship is working well.



The relationship might end one day.



If this is upsetting, you might need support from your friends, family, or from support staff.

Sex



Before people have sex, they might kiss, touch and stroke each other.

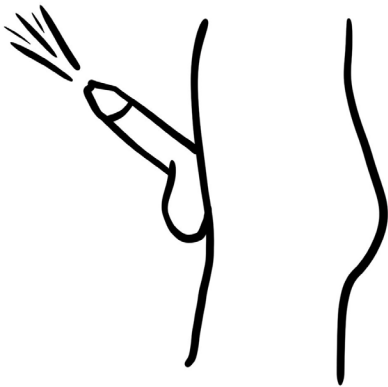
Sex can include:

- Intercourse or “having sex”
- Oral sex or “blow job” - using your mouth
- Anal sex
- Masturbation

Sex: man + woman



When a man and a woman have sex, the penis goes inside the vagina.



When the man orgasms or 'cums', liquid spurts out of the man's penis and into the woman's vagina.



There might be a tiny egg inside the woman. If the sperm from the man meet this egg, then the woman may get pregnant.



To stop this from happening, use a condom or other **contraception**.

Contraception



You might want to have a baby, but is a very big decision.



If you don't want to have a baby, talk to your doctor or clinic about contraception.



Examples of contraception are condoms, injections, implants and the pill.



If you are already pregnant and do not want to have the baby, contact your doctor or nurse as soon as possible.

Pregnancy



If you think you might be pregnant, get a test from the doctor or chemist.

You might be pregnant if:



- you have had sex without using a condom or other contraception



- you have not had a period when you expected to



- you have been feeling sick, tired, had headaches or backache

Consent



It is wrong for someone to force you to have sex or touch you in a way you do not like.

It is called sexual assault or sexual abuse. It is against the law.



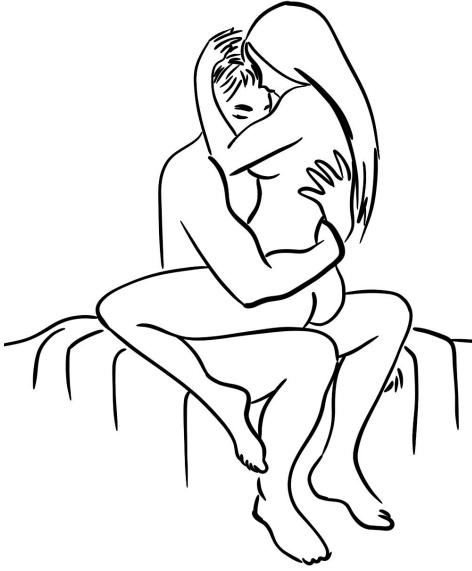
If you do not want to be touched or have sex, it is your right to say **NO!**



Tell someone you trust:

- a friend or relative
- the police
- a carer or support worker

Being safer



If you have sex...

Including oral sex...
(using your mouth)



You can catch infections
that could make you, and
other people, very unwell.

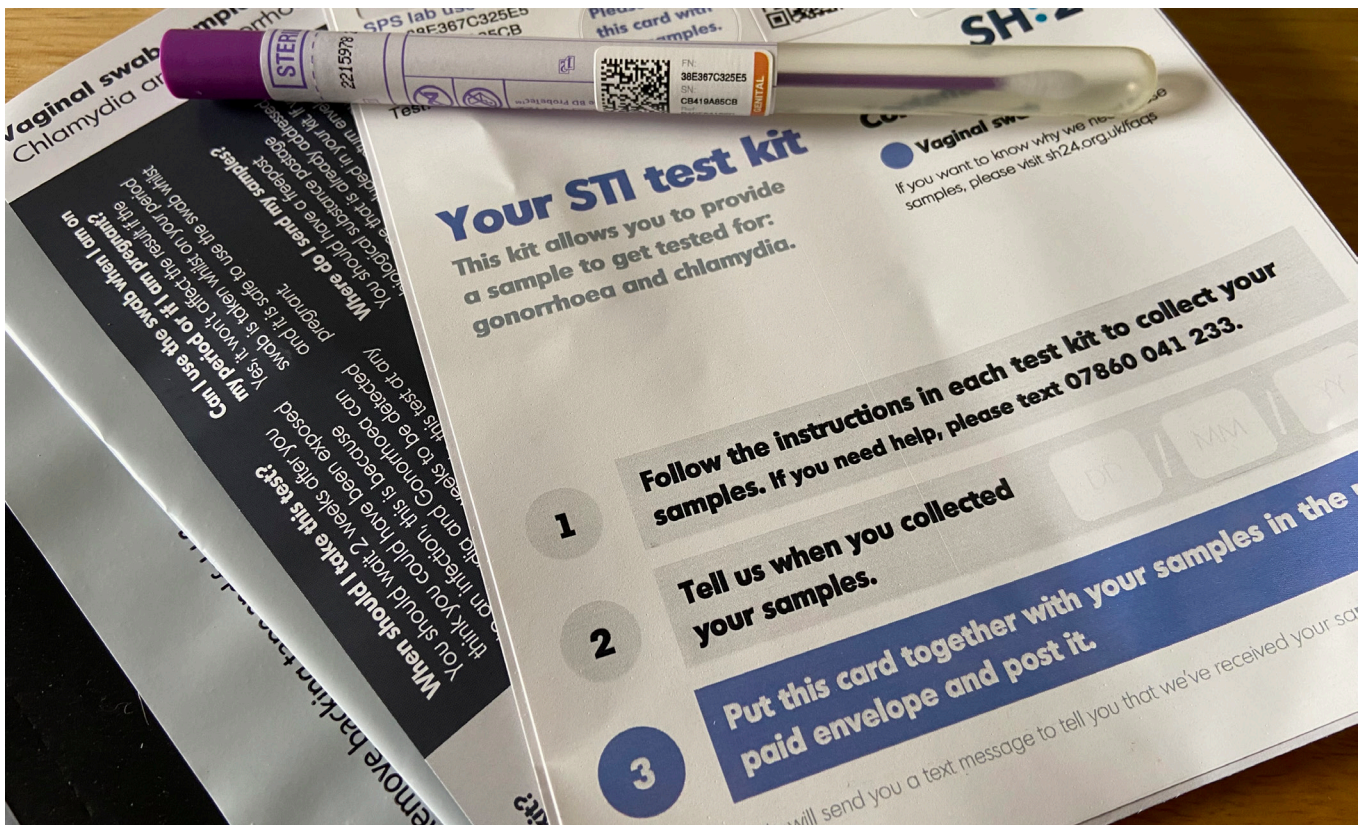


So always use a condom!

Being safer

You can catch sexually transmitted infections (or **STIs**) during sexual contact with another person. Some STIs have no symptoms, so you might feel fine.

Chlamydia is a common infection. It can make you infertile, so you can never have a baby.



Get a test for chlamydia and other infections at a sexual health clinic or by post.

If you have an STI, it is good to tell everyone you have had sex with.

Being safer

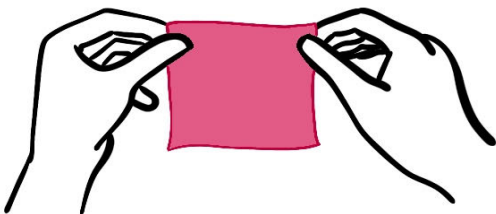


The pill, and other types of contraception, do not protect you against infections.



Condoms do help to protect you. Learn how to put them on properly.

[This YouTube video shows you 5 steps to putting on a condom.](#)



A **dental dam** is a sheet of latex to protect you during oral sex. You can make one from a condom.

Your body - men



Testicular cancer: learn to examine your own testicles.

Roll each one between your thumb and fingers. It should not hurt.



If you can feel anything unusual, see your doctor as soon as you can.



The earlier cancer is found, the easier it is to treat. You might go to the hospital for more tests and treatment.

Your body - women



Breast cancer: if you feel anything unusual, see your doctor as soon as you can.



Cervical cancer: smear tests can find the early signs of cancer.

If you are over 25 and have had sex, you will be invited for a test at your GP surgery every 3-5 years.



Teenagers are offered the **HPV vaccine**. It makes females less likely to get cervical cancer in future.

Your body - changes



Boys' and girls' bodies change a lot at **puberty**. This change usually starts between 8 and 15 years old.



Girls develop breasts and their periods start.



Boys' voices deepen and they grow hair on their face and body.

Women go through another change - **menopause** - when their periods stop. It usually happens when they are between 45 and 55.

Where to learn more



Sexual Health Dorset

- Free contraception
- Sexual health advice
- Pregnancy tests
- Sexually Transmitted Infection tests and treatments



Website:

www.sexualhealthdorset.org



Phone:

0300 303 1948

Open Monday to Friday

- 8.15am - 12.30pm
- 1.30pm - 4.45pm

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