



# Relationships and Sexual Wellbeing Policy Accessible Version

**Glasgow  
Learning  
Disability  
Partnership**



**NHS**  
Greater Glasgow  
and Clyde

## This booklet is about the Relationships and Sexual Wellbeing policy.



The policy was written by the Glasgow Learning Disability Partnership and NHS Greater Glasgow.



The policy will be used to talk about the rights of people with a learning disability.



The policy is about supporting people to have positive relationships including sexual relationships.



Workers should take time to help people read and understand this policy.



Workers should also help people to think about and talk about their sexuality and sexual wellbeing.



The policy is an important part of the Care Management, Care Planning and Assessment processes.



We should all work together to give people with learning disabilities the right support to help them to make positive choices in their lives.



# Your Rights

People with a learning disability have the same legal rights as everyone else. This includes the right to have relationships, and good sexual wellbeing.

## What the words mean



### Relationships

There are all kinds of different relationships. Some may be friendships.

Others may be with someone you are attracted to. Some might involve sexual activity but they do not have to.



### Sexual Wellbeing

Sexual wellbeing is about our thoughts, feelings, what we do and how we keep ourselves healthy.

It is feeling good about yourself and having information to help you make safe and healthy choices about relationships and sex.



## Your Rights



You have the right to learn about relationships and sexual wellbeing.

You can ask workers about relationships and sexual wellbeing.

For example



How your body works



Periods



How to say 'no' to unwanted relationships



## Your Rights



You have the right to learn about relationships and sexual wellbeing.

Sometimes workers might not have the answer, but they must get you the answer to your question or find you the right help.

Any information your worker gets you should be given to you in a way that you understand.

### For example



Spending extra time with you to explain things



Information can be given to you on a tape or video.



# Your Rights



**You have the right to have relationships.**

- Workers should support you to have relationships as long as they think that you are safe.
- You can talk to workers about your relationships.
- Workers need to respect your relationship choices.
- People make different relationship choices.

**For example**



**Relationships can be with men or women.**



**Some people choose to have sex; other people do not.**



# Your Rights



You have the right to use health services for sexual wellbeing.

For example



Workers should be able to tell you how to get to sexual health services and support you to go if you want to.



Workers can also support you to find out about condoms or contraception.



## Your Rights



**You have the right to access sexual items.**

You can ask workers to help you get a video or book about sex.

### For example



**Workers can tell you where you can get legal videos or magazines.**

Some people do not like pictures or videos about sex, so you will need to look at them in private.

Some videos and books are not allowed by law.

Your worker can explain this to you and will not help you to get these.

You may also need check with your worker about looking at things on the internet.



# Your Rights



You have right to confidentiality.

Things you tell workers should be kept private.

Workers should ask you first if they want to talk to anyone else about your private information.

**Sometimes this is not possible.**

For example



If a worker is worried about your safety they might need to tell someone else

**but**

workers should always talk to you about this first and let you know what is going to happen.



## Your Rights



You have the right to be safe.

If someone is hurting you or you don't feel safe you must tell a worker.

They must listen to you and respect what you say.

For example



If someone hurts you, tell someone and make a complaint.



## Your Rights



You have the right to be safe.

If you are not sure whether to have sex with someone, you can talk to your worker.

They should listen and help you with that decision.

**For example**



**If you want to learn how to keep safe workers can help you to do this.**



# Your Rights



You have the right to privacy.

Privacy is having your own space and time to yourself.

Workers must respect this privacy.

You can say who you would like to help you to have a bath or go to the toilet.

Workers should try to make sure this happens.

## For example



Workers should knock on your door and wait until you ask them to come in.



If you need to have a bath or go to the toilet this should be done in private so no one else can see you.

# Important rules

Some things you must do in private because you could get into trouble if you do them in public.

For example



If you have sex it must be in a private place.



It is illegal to have sex in public.



Your worker cannot help you to do anything that is against the law.



# Important rules

Workers are not allowed to hurt you.

If you are not happy about the care you get from a worker or health professional (such as doctor, nurse) you should know how to complain and have help to do this.

## For example



**You can ask for support to fill in a complaint form**

This booklet was produced by Common Knowledge for the Glasgow Learning Disability Partnership

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