

## Sexuality and relationships resources

Whether you or someone you know has a learning disability, this list of recommended resources can help you find good quality information and guidance on sexuality and relationships.

If you have any questions about sexuality, relationships and learning disability, check out our FAQ section [here](#), or get in touch with the Learning Disability Helpline by phoning 0808 808 1111 or emailing [helpline@mencap.org.uk](mailto:helpline@mencap.org.uk)

We have grouped resources into the following 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](#)
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The links to these resources were last checked February 2019.

### 1. General relationships and sex education resources

Resource details	Who is it for?	Where can I get it?	Is there a cost?
Information and resources about friendships and relationships.	People with a learning disability and supporters.	<a href="#">BILD</a>	Some items are free, others have a cost.
<b>Easy read</b> booklets with information on friendships and relationships, sex and masturbation.	People with a learning disability.	<a href="#">Change</a>	£6.99 per book or £32.00 for the collection.

Information and educational resources on sexuality and relationships, including <a href="#">All About Us</a> and <a href="#">Talking Together</a> .	People with a learning disability, professionals and families.	<a href="#">Family Planning Association</a>	Cost varies depending on resource.
<i>Keeping It Safe</i> – a practical toolkit offering information about sex and relationships.	For professionals to use with young people with a learning disability (aimed at 16-19 year-olds).	<a href="#">Milton Keynes Council</a>	Free.
<i>Love.Life</i> is a set of films and supporting activities to help young people explore emotions, relationships, identity and how to stay safe as you grow up and become more independent	Young people with a learning disability, aged 11-25 years, parents, supporters and educators.	<a href="#">NSPCC</a>	Free.
<i>Sexual Health, Relationships and Parenthood</i> – a workbook for young people with a learning disability.	Teachers, parents, carers and other professionals	<a href="#">NHS Forth Valley</a>	Free.
<i>Puberty &amp; Sexuality for Children and Young People with a Learning Disability</i> – a resource pack from MHS Leeds to support relationships and sex education.	Professionals working with children and young people with a learning disability aged 9-18.	<a href="#">RSE Hub</a>	Free.
<i>Picture Yourself</i> – a teaching resource consisting of line drawings and photographs that explore different aspects of personal, social and sex education.	People with a learning disability, families and supporters.	<a href="#">Bodysense</a>	£15.00 for Picture Yourself 1, £20.00 for Picture Yourself 2 or £30 for the collection.

<p><i>Sex and the 3 Rs: Rights, Risk and Responsibilities</i> – a comprehensive sex education resource pack that provides a framework for staff to undertake sex education work which acknowledges the realities of sexual relationships for many people with a learning disability.</p>	<p>Professionals.</p>	<p><a href="#">Pavilion Publishing</a></p>	<p>£125.00.</p>
<p>Relationships and sex education DVDs for children and young people with a learning disability, with accompanying lesson plans.</p>	<p>People with a learning disability, supporters and educators.</p>	<p><a href="#">Life Support Productions</a></p>	<p>£24.99-£39.99.</p>
<p><i>The Highland Learning Disabilities Relationships Toolkit</i> – an interactive course covering sexuality, sexual health and relationships.</p>	<p>Professionals and carers.</p>	<p><a href="#">NHS Highland</a></p>	<p>Free.</p>
<p><i>Sexuality and Learning Disabilities</i> – a handbook intended to guide anyone working with people with a learning disability.</p> <p>It covers the latest approaches to supporting relationships and sexuality, the internet, domestic violence and supporting people with a learning disability who identify as LGBT.</p>	<p>Professionals.</p>	<p><a href="#">Pavilion Publishing</a></p>	<p>£25.99.</p>

<i>Exploring sexual and social understanding</i> –a flexible visual resource that can be used to assess sexual knowledge and capacity to consent, and help to teach and discuss appropriate social and sexual behaviour.	Professionals.	<a href="#">BILD</a>	£30.00.
<i>Let's Do It, Let's Plan it</i> and <i>The Confidence Factor</i> come with a variety of activities and session plans to support the delivery of relationships and sex education for children, young people and adults with a learning disability.	Professionals.	<a href="#">Image in Action</a>	£28 to £29.
<b>Easy read</b> factsheets on personal and sexual health for people with a learning disability.	People with a learning disability.	<a href="#">Easy Health</a>	Free.

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

Resource details	Who is it for?	Where can I get it?	Is there a cost?
<i>Jason's Private World</i> – an interactive DVD that covers body changes, personal hygiene, self-examination, bathing and privacy, among other relationships and sex education topics.	People with a learning disability, with support from professionals and or family if needed.	<a href="#">Life Support Productions</a>	£24.99.

<p><i>Let's Talk Puberty</i> – an <b>easy read</b> booklet by Downs Syndrome Scotland about growing up for young people who have a learning disability.</p>	<p>People with a learning disability.</p>	<p><a href="#">Downs Syndrome Scotland</a></p>	<p>Free.</p>
<p><i>Preparing for Puberty</i> – a guide to supporting young people with a learning disability with this issue.</p>	<p>Parents and carers.</p>	<p><a href="#">Central Sexual Health</a></p>	<p>Free.</p>
<p><i>When Young People with Intellectual Disabilities and Autism Hit Puberty: A Parents' Q&amp;A Guide to Health, Sexuality and Relationships</i> – a book that gives honest answers to challenging questions and provides solutions to the dilemmas that many parents face.</p>	<p>Parents.</p>	<p><a href="#">Jessica Kingsley Publishers</a></p>	<p>£12.99.</p>
<p><i>Kylie's Private World</i> – an interactive DVD, covering topics such as body changes, personal hygiene, bathing and privacy, periods, self-examination and privacy, among other relationships and sex education topics.</p>	<p>People with a learning disability, with support from professionals and or family if needed.</p>	<p><a href="#">Life Support Productions</a></p>	<p>£24.99.</p>
<p><i>Desmond and Daisy</i> – anatomically correct male &amp; female cloth models in standing and sitting versions, that aid learning about the human body and sexual issues.</p>	<p>People with a learning disability.</p>	<p><a href="#">Bodysense</a></p>	<p>£400 for the pair of standing Models.</p>

<i>Susan's Growing Up</i> – a picture book that explores what can happen to a girl when she starts her period.	People with a learning disability.	<a href="#">Books Beyond Words</a>	£10.00.
<i>I Change My Pad</i> – a purse book which functions as a reminder of when and how to change a sanitary pad.	People with a learning disability.	<a href="#">Bodysense</a>	£2.50.
<b>Easy read</b> information on periods.	People with a learning disability.	<a href="#">Easy Health</a>	Free.
<i>Keep Yourself Healthy</i> – an <b>easy read</b> guide to having a period by Health Scotland	People with a learning disability.	<a href="#">Health Scotland</a>	Free.
<i>Periods, a Practical Guide</i> is a book and CD designed to teach girls and young women with a learning disability about menstruation.	People with a learning disability, parents and carers.	<a href="#">Bodysense</a>	£12.00.
<i>Things Tom Likes: Sexuality and Masturbation for Boys and Young Men With Autism</i> – an accessible and positive resource which helps parents and carers teach boys about masturbation.	People with a learning disability, parents and carers.	<a href="#">Family Planning Association</a>	£8.99.
<i>Things Ellie Likes : A Book About Sexuality and Masturbation for Girls and Young Women with Autism and Related Conditions</i> – an accessible resource to help parents and carers teach girls and young women about masturbation.	People with a learning disability, parents and carers.	<a href="#">Family Planning Association</a>	£8.99.

<p><i>What's happening to Tom: A Book About Puberty for Boys and Young Men With Autism and Related Conditions</i> – this covers the changes that boys and young men will experience, both emotional, such as new feelings, and physical, such as wet dreams.</p>	<p>People with a learning disability, parents and carers.</p>	<p><a href="#">Family Planning Association</a></p>	<p>£8.99.</p>
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### 3. Resources for people who are lesbian, gay, bisexual, or transgender (LGBT)+

Resource details	Who is it for?	Where can I get it?	Is there a cost?
<p><i>Secret Loves, Hidden Lives</i> – an <b>easy read</b> summary of what people with a learning disability said about being lesbian, gay or bisexual.</p>	<p>People with a learning disability.</p>	<p><a href="#">University of Bristol</a></p>	<p>Free.</p>
<p><i>Challenging homophobia and heterosexism</i> – a resource to accompany work on diversity and equality issues.</p>	<p>People with a learning disability.</p>	<p><a href="#">University of Bristol</a></p>	<p>Free.</p>
<p><i>Lesbian, Gay, Bisexual and Trans</i> – an <b>easy read</b> booklet covering sexuality, being lesbian, gay, bisexual and/or trans, talking about your sexuality, bullying and safe sex.</p>	<p>People with a learning disability.</p>	<p><a href="#">Change</a></p>	<p>£6.99.</p>

<p><i>Eric and Fraser</i> – an accessible photo-story about two men exploring their feelings for one another and what it means to be a gay man.</p>	<p>People with a learning disability.</p>	<p><a href="#">Central Sexual Health</a></p>	<p>Free.</p>
<p><i>Transgender, an <b>easy read</b> guide</i> – an information booklet exploring what it means to be transgender and the issues you or someone you know may experience.</p>	<p>People with a learning disability.</p>	<p><a href="#">Care Management Group</a></p>	<p>Free.</p>
<p><a href="#">Jan's story</a> and <a href="#">Phil's story</a> – photo-stories on same sex issues aimed at people with a learning disability.</p>	<p>People with a learning disability.</p>	<p><a href="#">The Norah Fry Research Centre</a></p>	<p>Free.</p>
<p><i>Working with lesbian, gay, bisexual and transgender people: Richards Story</i> – a video that highlights the need for staff to support people to live an inclusive and empowered life.</p>	<p>People with a learning disability, professionals and families.</p>	<p><a href="#">The Social Care Institute for Excellence</a></p>	<p>Free.</p>

## 4. Friendships and relationships

Resource details	Who is it for?	Where can I get it?	Is there a cost?
<i>Love, Sex and You</i> – an <b>easy read</b> guide on intimate relationships.	People with a learning disability.	<a href="#">Easy Health</a>	Free.
<i>Love.Life</i> – short films and supporting activities from NSPCC which explore emotions, relationships and identity for children and young people with a learning disability aged 11 – 25.	Children and young people with a learning disability, their families and other supporters.	<a href="#">NSPCC</a>	Free.
<i>Supporting People to Have Relationships</i> – an <b>easy read</b> leaflet for adults with a learning disability about their rights to have a relationship.	People with a learning disability.	<a href="#">The Friendly Information Company</a>	Free.
Books Beyond Words – a variety of accessible friendship and relationship themed books.	People with a learning disability.	<a href="#">Books Beyond Words</a>	£10.00 a book or £36.00 for a mini set.
<i>Talking Together About Sex and Relationships</i> – a practical resource for schools and parents working with young people with a learning disability.	Teachers and parents working with young people with a learning disability aged 13 and above.	<a href="#">Family Planning Association</a>	£14.99.

## 5. Contraception and safe sex

Resource details	Who is it for?	Where can I get it?	Is there a cost?
<b>Easy read</b> booklet on safe sex covering STIs and how to avoid them, types of contraception and how to use them and where to go for advice and support.	People with a learning disability.	<a href="#">Change</a>	£6.99.
<b>Easy read</b> guide to contraceptive choices such as contraception methods, how each method works, how it is used, where it is available, its benefits and any potential disadvantages.	People with a learning disability	<a href="#">Family Planning Association</a>	£7.99.
<i>Condom Cards</i> – contains drawings demonstrating how to use a condom.	People with a learning disability.	<a href="#">Bodysense</a>	£3.50 per set.
<b>Easy read</b> leaflets on contraception.	People with a learning disability.	<a href="#">Easy Health</a>	Free.
Video of a condom demonstration.	People with a learning disability and their supporters.	<a href="#">NHS Highland</a>	Free.
NHS Lanarkshire have a range of accessible information on contraceptive choices, safe sex and sexual health checks.	People with a learning disability.	<a href="#">NHS Lanarkshire</a>	Free

<i>Stay Healthy, Have Safe Sex</i> is an accessible booklet on having safe sex.	People with a learning disability.	<a href="#">Macmillan Cancer Support</a>	Free.
Visual instructions on <a href="#">How To Use A Dental Dam</a> , <a href="#">a Male Condom</a> and a <a href="#">Female Condom</a> .  These are not specifically designed for people with a learning disability, so support to explain the visuals may be required.	People with a learning disability and their supporters.	<a href="#">The Centers for Disease Control and Prevention</a>	Free.

## 6. Sexually Transmitted Infections and HIV

<b>Resource details</b>	<b>Who is it for?</b>	<b>Where can I get it?</b>	<b>Is there a cost?</b>
<i>Sexually Transmitted Infections: a Guide For People with Learning Disabilities</i> includes information what STIs are, and looks at different signs and symptoms, testing, treatment and prevention.	People with a learning disability.	<a href="#">The Family Planning Association</a>	£7.99.
Accessible information on a range of sexually transmitted infections and sexual health checks.	People with a learning disability.	<a href="#">NHS Lanarkshire</a>	Free.
Easy Read <i>Facts about HIV</i> – an <b>easy read</b> fact sheet developed by the National AIDS Trust with support from Mencap. It covers what HIV is, how it is and is not transmitted, help and treatment available, and living with HIV.	People with a learning disability	<a href="#">The National AIDS Trust</a>	Free.

<i>What is Hepatitis?</i> This is an <b>easy read</b> fact sheet about Hepatitis, the different forms, how it is transmitted, symptoms, getting tested and treatment.	People with a learning disability.	<a href="#">Change</a>	Free.
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## 7. Pregnancy

Resource details	Who is it for?	Where can I get it?	Is there a cost?
<b>Easy read</b> maternity leaflets.	People with a learning disability.	<a href="#">Easy Health</a>	Free.
<i>Having a Baby, Your NHS Care</i> is an <b>easy read</b> leaflet about your care choices during pregnancy.	People with a learning disability.	<a href="#">Department of Health</a>	Free.
<i>Health Before Pregnancy</i> is an <b>easy read</b> booklet about preconception health.	People with a learning disability.	<a href="#">NHS Lanakshire</a>	Free.
<i>My Pregnancy, My Choice</i> – an <b>easy read</b> book which covers all aspects of ante-natal care –from foetal development, problems during pregnancy to the first days with your baby.	People with a learning disability.	<a href="#">Change</a>	£45.00.
Maternity care information that includes an <b>easy read</b> guide to pregnancy, easy read birth plan and guide for caring for yourself after a baby.	People with a learning disability.	<a href="#">NHS Leeds</a>	Free.

## 8. Parenting

Resource details	Who is it for?	Where can I get it?	Is there a cost?
Accessible information on parenting.	People with a learning disability.	<a href="#">Easy Health</a>	Free.
<i>Helping parents with learning difficulties to speak up</i> – an <b>easy read</b> document about how advocacy support can help parents with a learning disability.	People with a learning disability.	<a href="#">University of Bristol</a>	Free.
<i>You and Your Baby 0-1</i> – an <b>easy read</b> book covering feeding, hygiene, safety, teething, health checks and managing baby's routines.	People with a learning disability.	<a href="#">Change</a>	£45.00 or £125.00 for full pregnancy and parenting collection.
<i>You and Your Little Child 1-5</i> – an <b>easy read</b> book which covers nutrition & healthy eating, hygiene, setting routines such as 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.	People with a learning disability.	<a href="#">Change</a>	£45.00 or £125.00 for full pregnancy and parenting collection.

## 9. Recognising abuse and how to get help

Resource details	Who is it for?	Where can I get it?	Is there a cost?
Range of accessible books on surviving abuse.	People with a learning disability.	<a href="#">Books Beyond Words</a>	£10.00 per book or £72.00 for full set

<i>Callum and Denise</i> – a photo-story about an unhealthy relationship and how to get help.	People with a learning disability.	<a href="#">Central Sexual Health</a>	Free.
<i>Understanding Sexual Abuse</i> – an <b>easy read</b> booklet which covers the following: recognising and reporting abuse, saying no, rape, pornography, the law, disclosure and where to get help.	People with a learning disability.	<a href="#">Change</a>	Free.
Accessible information on abuse.	People with a learning disability.	<a href="#">Easy Health</a>	Free.
<i>Rachel's Story</i> – a short film that explores the impact of sexual exploitation and the power of therapeutic treatment.	People with a learning disability.	<a href="#">Respond</a>	Free.
Accessible information on abuse and how to get help.	People with a learning disability.	<a href="#">Respond</a>	Free.
<i>Friend or Fake</i> – a booklet for people with a learning disability and supporters to recognise the signs of mate crime	People with a learning disability.	<a href="#">Friend or Fake</a>	Free.
<i>What is domestic abuse?</i> This is an accessible factsheet available from EasyHealth.	People with a learning disability.	<a href="#">Easy Health</a>	Free.

## 10. Organisations that offer advice and guidance:

- [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. Their [Just Ask](#) programme in Northern Ireland aims to improve the sexual health and wellbeing of people with a learning disability.
- [Image In Action](#) – offer relationships and sex education to children, young people and adults with disabilities. They also sell educational resources.
- [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](#) – works 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 professional to support the delivery of relationships and sex education.