

# ALL ABOUT RELATIONSHIPS



## A GUIDE TO RELATIONSHIPS FOR ADULTS WITH LEARNING DISABILITIES

People First  
Speaking out in Merseyside

# RELATIONSHIPS

A relationship is all about spending time with someone.



Relationships are really important and it is good to spend time with people you feel comfortable with.



Some people think that adults with learning disabilities should not have relationships.



This is wrong – **EVERYONE** has a right to be in a relationship.



People with learning disabilities are all different but we **ALL** have a right to be treated equally and have a say about **OUR** relationships.



# DIFFERENT TYPES OF RELATIONSHIP

**FRIENDSHIP** – this is when people choose to spend time together and enjoy each other's company.



**PROFESSIONAL RELATIONSHIP** – this is when people work together. Examples of a professional relationship include someone you work with, a teacher, a doctor or a support worker.



**FAMILY RELATIONSHIP** – this is when people are related by blood or marriage. Examples of a family relationship include parents, son, daughter, brother, sister, brother-in-law, or sister-in-law.





## ROMANTIC RELATIONSHIP

– this is when people are dating, married or living together. This is also called being in a couple.



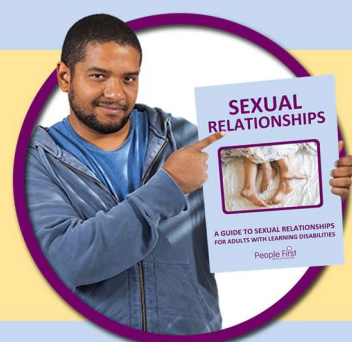
Sometimes a romantic relationship is also a sexual relationship, this means that the couple consent to have sex together.



Sometimes in a romantic relationship a couple choose not to have sex - this is okay because all relationships are different.



**TO LEARN MORE ABOUT SEXUAL  
RELATIONSHIPS PLEASE SEE OUR SEXUAL  
RELATIONSHIPS BOOKLET!**



# CONSENT

Consent is an agreement between two people. This means permission between two people to do something together.

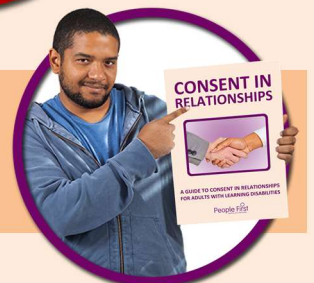
This could be for anything from holding hands, to kissing, to having sex.

Consent is really important and if someone doesn't want to do something then there is **NO** consent.

Nobody should ever be made to do something if they don't want to do it.



**TO LEARN MORE ABOUT CONSENT  
PLEASE SEE OUR CONSENT BOOKLET!**



# TIMELINE GAME

When you are in a romantic relationship there are many stages along the way.

Have a look at these possible stages of a relationship and draw a line for what you think **YOUR** relationship timeline might be?



**START**

**MEET  
SOMEONE**

**LIVE  
TOGETHER**

**GET ENGAGED**

**MEETING  
EACH OTHER'S  
FAMILIES**

**BEING ALONE  
TOGETHER**

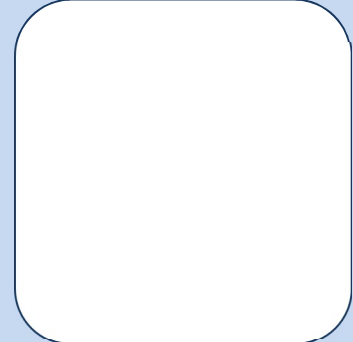
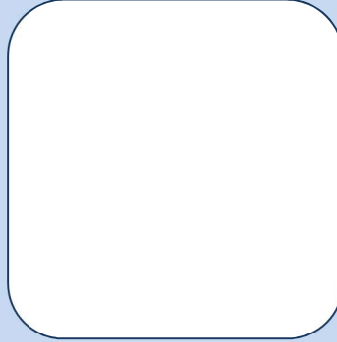
**TOUCHING  
EACH OTHER**

**KISSING**

**ASK  
SOMEONE  
FOR HELP  
IF YOU NEED  
TO!**

**THE STAGES HERE ARE JUST EXAMPLES AND NOT EVERY  
EVERY RELATIONSHIP IS DIFFERENT AND**

**CAN YOU THINK OF A STAGE IN A RELATIONSHIP NOT INCLUDED?  
WHY NOT WRITE IT IN ONE OF THE BLANK BOXES?**



**HAVING SEX**

**GOING ON  
A DATE**

**GETTING TO  
KNOW MORE  
ABOUT EACH  
OTHER**

**SAYING YOU  
ARE A COUPLE**

**HOLDING  
HANDS**

**HAVE  
CHILDREN**

**GET MARRIED**

**RELATIONSHIP HAS TO INCLUDE EVERY STAGE.  
THERE IS NO RIGHT OR WRONG PATH!**





# GOOD/BAD RELATIONSHIPS

There can be both good and bad things in relationships.

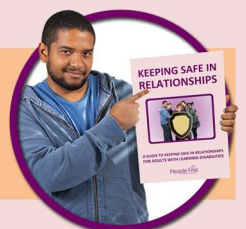
Sometimes we don't notice people's behaviours or their behaviours can change over time.

These are some examples of good and bad things in a relationship:



<b>GOOD</b> ✓ 	<b>BAD</b> ✗ 
<p><b>Kindness.</b></p> <p><b>Trust.</b></p> <p><b>Respect.</b></p> <p><b>Honesty.</b></p> <p><b>Someone to talk to.</b></p> <p><b>Doing nice things together.</b></p>	<p><b>Bullying.</b></p> <p><b>Violent.</b></p> <p><b>Lying.</b></p> <p><b>Keeping secrets.</b></p> <p><b>Being told what to do.</b></p> <p><b>Arguing all the time.</b></p> <p><b>Someone taking your money.</b></p>

**TO LEARN MORE ABOUT KEEPING SAFE IN RELATIONSHIPS  
PLEASE SEE OUR KEEPING SAFE IN RELATIONSHIPS BOOKLET!**





CAN YOU THINK OF ANY OTHER GOOD OR BAD THINGS IN A  
RELATIONSHIP? IF YOU CAN, WRITE THEM IN!

**GOOD**



**BAD**



# HAVING RELATIONSHIPS WITH SUPPORT

Even if you have regular support you have a right to be in a relationship with other people.

Support can mean support workers, carers, friends or family - anyone who regularly helps you in your day to day life.

Support should be there to help you with relationships if you need it.

Support should not interfere in your relationships unless it is necessary, for example if they think you are unsafe or in danger for any reason.

If you are unhappy and feel that your support are interfering with your relationships, talk to someone you trust for advice.



# WHERE TO GO FOR HELP

If something goes wrong in a relationship there are lots of organisations you can contact for help or advice, such as:

**THE POLICE** - To report a crime you can call the police on **101**. If it is an emergency or you are in danger you can call the police on **999**.

**RAPE CRISIS CENTRES** offer services for women who have experienced any form of sexual abuse.  
**[www.rapecrisis.org.uk](http://www.rapecrisis.org.uk) / 0808 802 9999**

**RASA MERSEYSIDE CENTRES** provide services for men and women who have experienced any form of sexual abuse. **[www.rasamerseyside.org](http://www.rasamerseyside.org) / 0151 666 1392**.

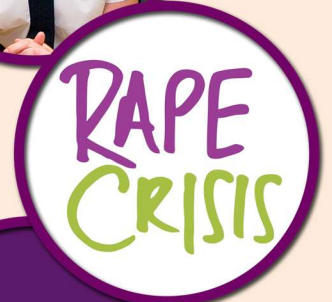
**SEXUAL HEALTH CLINICS** offer help for people who have experienced any form of sexual abuse.

To find your nearest Sexual Health Clinic you can visit **[www.nhs.uk/service-search/other-services/Sexual-health-information-and-support/](http://www.nhs.uk/service-search/other-services/Sexual-health-information-and-support/)** or call **111**.

**SURVIVORS UK** provide a national helpline for men who have experienced any form of sexual abuse.  
**[www.survivorsuk.org](http://www.survivorsuk.org) / 02035 983 898**.

**VICTIM SUPPORT** provide emotional and practical support to people who have been the victim of a crime. **[www.victimsupport.org.uk](http://www.victimsupport.org.uk) / 0808 168 9111**.

**IF YOU NEED HELP TO CONTACT ONE OF THESE ORGANISATIONS, SPEAK TO A FRIEND, SUPPORT WORKER OR SOMEONE YOU TRUST FOR HELP!**



# THIS BOOKLET IS PART OF A SERIES ALL ABOUT RELATIONSHIPS FOR ADULTS WITH LEARNING DISABILITIES:

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## SEXUAL RELATIONSHIPS



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This booklet has been developed by **People First Merseyside**  
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