

SEXUAL RELATIONSHIPS

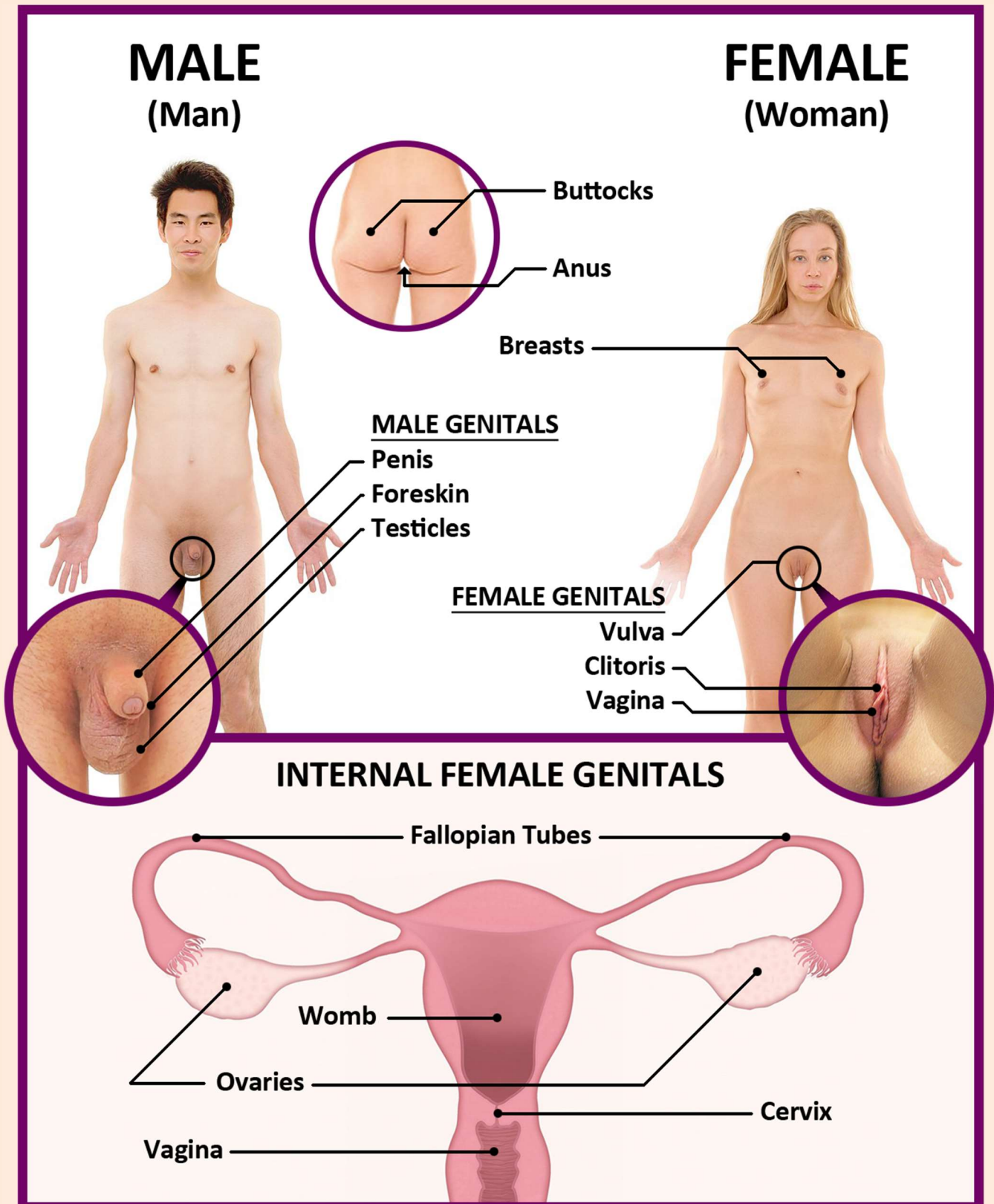


**A GUIDE TO SEXUAL RELATIONSHIPS
FOR ADULTS WITH LEARNING DISABILITIES**

BODY PARTS

In this, and our other relationship booklets, we will talk about various male and female body parts.

This is what the body parts we will talk about are called:

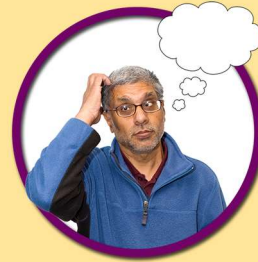


SEX AND GENDER

Sex means the gender a person is given at birth, male or female.



Gender means what somebody identifies as. This means whether they feel they are male or female.



MALE - this is when a person is born with male genitals (penis and testicles).



Sometimes a person may not be born male but they feel they are and identify as male.



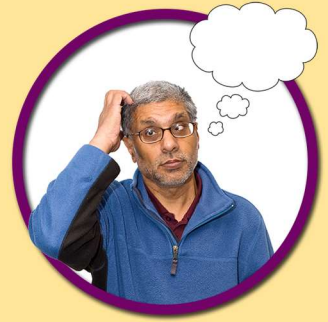
FEMALE - this is when a person is born with female genitals (vagina).



Sometimes a person may not be born female but they feel they are and identify as female.



Sometimes people don't feel they are male or female. Some examples of this are:



GENDER NEUTRAL - this is when a person feels they are somewhere between male and female.



PANGENDER - this is when a person feels they are both male and female at the same time.



NON-BINARY - this is when a person feels their gender is not male or female.



GENDER-FLUID - this is when a person feels their gender is flexible. This means they may change the gender they feel they are throughout their life.



REMEMBER THAT EVERY PERSON IS UNIQUE AND THEY KNOW WHO THEY FEEL THEY ARE BETTER THAN ANYONE ELSE!



SEXUALITY

Sexuality is all about who you are attracted to.

HETEROSEXUAL - this is when a person, male or female, is attracted to the opposite sex.

A heterosexual man is attracted to women.

A heterosexual woman is attracted to men.

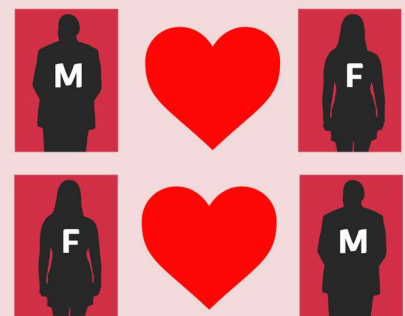
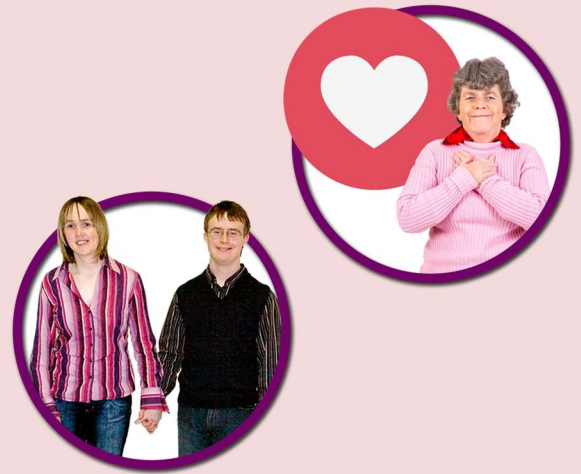
People who are not heterosexual are sometimes called LGBTQ, those letters stand for:

LESBIAN - this is when a woman is attracted to other women.

GAY - this is when a man is attracted to other men.

Some women also call themselves gay, rather than lesbian.

BISEXUAL - this is when a person, male or female, is attracted to both men and woman.



TRANSGENDER - this is when a person does not feel they are the gender they were born.



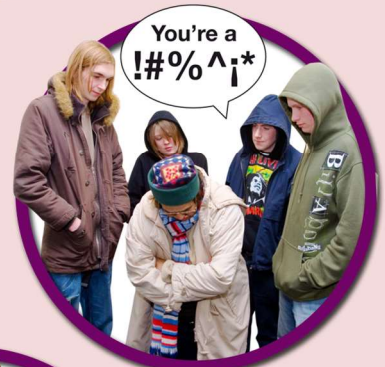
A transgender man is someone who was born female but feels that they are male and lives as a man.



A transgender woman is someone who was born male but feels that they are female and lives as a woman.



QUEER - in the past "queer" was a bad word used to insult LGBTQ people. The word is now used by some people who are not heterosexual or feel they are not the gender they were born.



Some people still see "queer" as a bad word. You should only call someone queer if that is what they call themselves.



Sometimes there is a + at the end of LGBTQ – this is for people who feel they are part of the LGBTQ community but do not feel they are lesbian, gay, bisexual, transgender or queer.



**IT'S OKAY TO BE WHOEVER YOU ARE
NO MATTER WHAT ANYONE SAYS TO YOU!**



SEX

Some people think that adults with learning disabilities should not know about sex or have sexual relationships.

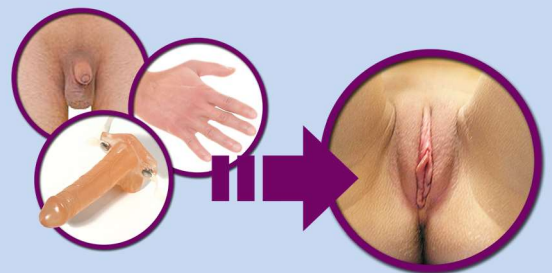
This is wrong - **EVERYONE** over the age of 16 has a right to know about sex and the right to be in a sexual relationship.

Sex is completely natural for all genders and sexualities.



TYPES OF SEXUAL ACTIVITY

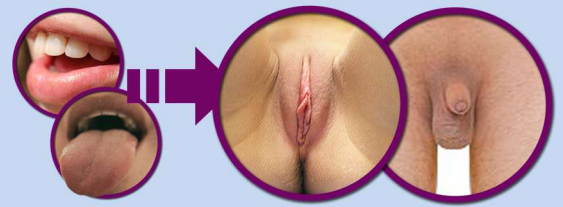
VAGINAL SEX - this is when a penis goes into a vagina. Fingers or sex toys can also be put into a vagina for sexual pleasure.



ANAL SEX - this is when a penis goes into an anus. Fingers or sex toys can also be put into an anus for sexual pleasure.



ORAL SEX - this is when a person's mouth or tongue is used on another person's genitals for sexual pleasure.



KISSING - long kisses on the mouth or kissing other parts of the body can be a sexual activity.



TOUCHING - this can be a sexual activity if you are touching the genitals, anus or breasts of another person.



MASTURBATION - this is the act of touching your penis, vulva, clitoris, vagina, buttocks, anus or breasts for pleasure.

Masturbation could be done alone or with someone else.



ONLINE/PHONE SEX - this is the act of talking about sex over the internet, phone or texts. This can also be sending naked or sexual photos or watching someone touch themselves over video chat.



Vaginal sex between a man and a woman can lead to pregnancy if a condom or other form of contraception is not used. This means that the woman could become pregnant and a child develops in her womb.



Sometimes sex can sound very serious but it is important to remember that sex between consenting adults should be fun!



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.



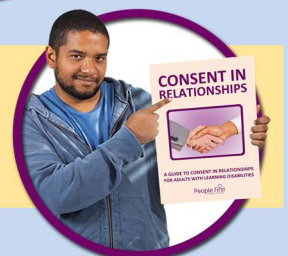
Consent is really important and if someone doesn't want to do something then there is **NO** consent.



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!**



CONTRACEPTION - CONDOMS

Contraception is also called Birth Control, these are things you can use to have sex to reduce the risk of the woman getting pregnant.

Male condoms are placed on the man's penis before any sexual activity to stop semen from coming into contact with their sexual partner.

There are also female condoms which are worn inside the vagina to prevent semen getting to the womb.

Condoms are the **ONLY** contraception that can prevent pregnancy **AND** protect against STIs.

If a condom is out of date or the packaging is already open, get a new condom.

If you tear a condom at any point or it will not unroll, start again with a new condom.



HOW TO PUT ON A CONDOM

1

Check the expiry date, safety mark and that the packaging is still sealed.



2

Carefully open the packaging by tearing the rough edge. **NEVER** use scissors!



3

Hold the tip of the condom between your forefinger and thumb, making sure the condom is the right way around.



4

Place the condom over the tip of the erect penis.



5

Squeezing the tip of the condom, roll it down the length of the erect penis.



6

Once you have used the condom wrap it in tissue and throw it away. **NEVER** reuse a condom and **NEVER** flush a condom down the toilet.



OTHER CONTRACEPTION

Other types of contraception that can reduce the risk of the woman getting pregnant include:

THE COIL - this is a small T-shaped plastic device that is put into a woman's womb. The coil can last up to 10 years depending on which type is best for you.

CONTRACEPTIVE IMPLANT - this is a small flexible plastic rod that's placed under the skin in a woman's upper arm. The contraceptive implant can last for 3 years.

CONTRACEPTIVE INJECTION - this is an injection for women. Depending on the type of injection, it can last for 12 or 13 weeks.

CONTRACEPTIVE PATCH - this is a small sticky patch that is placed on the woman's skin. A medical professional can advise you on which type of patch is best for you.



THE PILL - this is a tablet taken by women. There are two types of pill, a medical professional can advise you on which type is best for you.



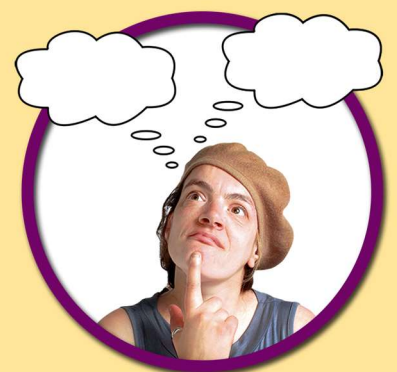
VAGINAL RING - this is a small soft, plastic ring that is placed inside the vagina. A medical professional can tell you how to use the vaginal ring correctly.



These other types of contraception only prevent against pregnancy and **DO NOT** prevent against STIs.



There are also permanent methods of contraception for men and for women but this should always be **YOUR** choice and nobody else's!



Permanent methods of contraception **last forever** so once it's done you cannot undo it!

**VISIT YOUR LOCAL SEXUAL HEALTH CLINIC
FOR ADVICE ON CONTRACEPTION!**



KEEPING CLEAN

Keeping clean is very important. It means you will smell nice for your partner and your genitals will stay clean and healthy.



Taking a bath or shower every day is an important part of keeping clean.



Washing the genitals and anus is very important.



Washing hands before and after sex is also very important.



Do not spray perfume or deodorant onto the penis or vagina as this can make them sore.



MEN

Wash, rinse and dry the shaft of the penis, be sure the foreskin is pulled back. Return the foreskin back to its natural position once cleaned.

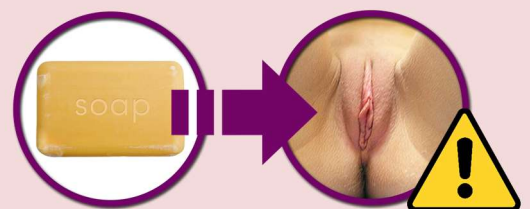
Wash, rinse and dry the testicles. Clean between the skin folds and under the testicles thoroughly.



WOMEN

Washing the vaginal area with warm water and a very mild soap during a bath or shower is very important.

Do not use too much soap or push soap inside the vagina as this can cause the vagina to become sore.



SEXUALLY TRANSMITTED INFECTIONS

A sexually transmitted infection is also known as an **STI**.

Most STIs, such as chlamydia and gonorrhoea, can be passed on through bodily fluids during unprotected sex, this is sex without a condom.

But condoms do not always protect you from all STIs. Some STIs, such as herpes, genital warts and syphilis, can be spread from skin-to-skin contact.

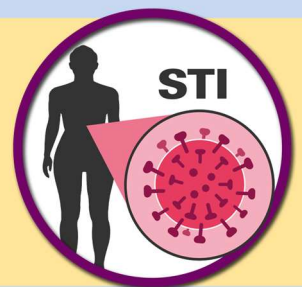


You may have an STI if you notice any of the following:

- Unusual discharge from the vagina, penis or anus.
- Pain when peeing.
- Lumps or skin growths around the genitals or anus.
- A rash.
- Unusual bleeding from the vagina.
- Itchy genitals or anus.
- Blisters and sores around the genitals or anus.



**COMMON TYPES OF STIs INCLUDE HIV,
CHLAMYDIA, GONORRHOEA, GENITAL WARTS,
GENITAL HERPES AND SYPHILLIS.**



SEXUAL HEALTH CLINICS

If you or your partner have any of the symptoms of an STI you should visit a Sexual Health Clinic to be tested.



Many STIs have no symptoms at all so if you have had sex without a condom and are worried you should visit a Sexual Health Clinic to get tested.

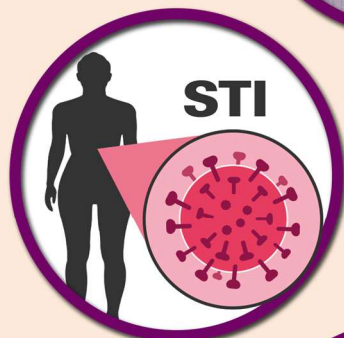


If you are unsure if you need to visit a Sexual Health Clinic or need help finding your nearest one you can go to **www.nhs.uk** or call **111** for free to talk to **NHS 111** for help and advice.

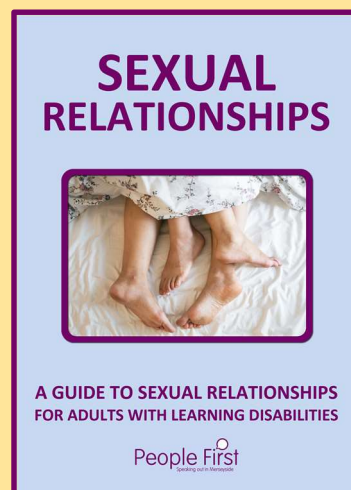
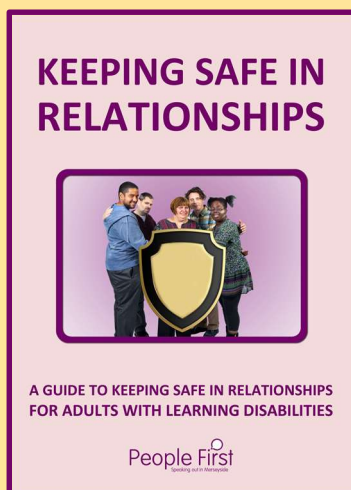
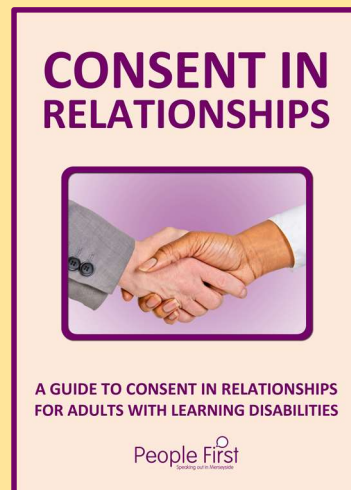
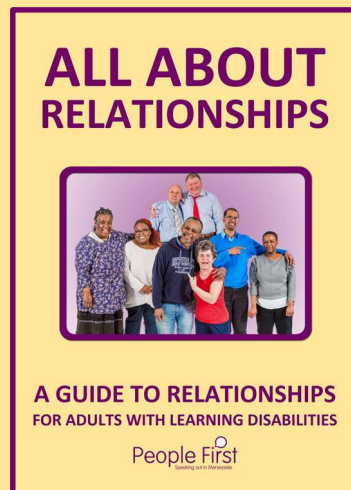


As well as testing and treatment for STIs, Sexual Health Clinics also offer other services, including:

- Advice and information about sexual health.
- Free condoms.
- Contraception, including emergency contraception.
- Pregnancy testing.
- HIV testing.
- Advice about abortion.
- Help for people who have been sexually assaulted.



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



TO DOWNLOAD OUR OTHER BOOKLETS PLEASE VISIT
WWW.PEOPLEFIRSTMERSEYSIDE.CO.UK

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