

# Scottish autism

## Relationships and Sexual Wellbeing Policy



### ™Friendly Format Booklet



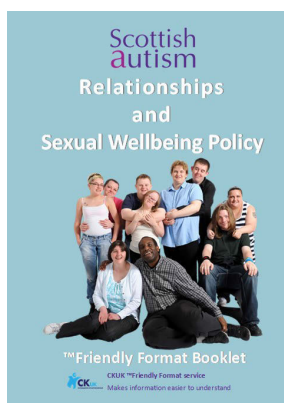
CKUK ™Friendly Format service

Makes information easier to understand



## What is in this booklet

Here is a list of what you will find inside.



## What is in this booklet?

Pages 4-5

Tells you what the booklet is about



## What do the words mean

Pages 6-13

What some of the words we use mean.



## The Law

Page 14

Tells you how the Law can protect you and your relationship choices



## What is in this booklet

Here is a list of what you will find inside.



## Your Rights and Support

Pages 15-34

Tells you your rights  
Tells you about how workers can support you



## Important rules

Pages 35-36

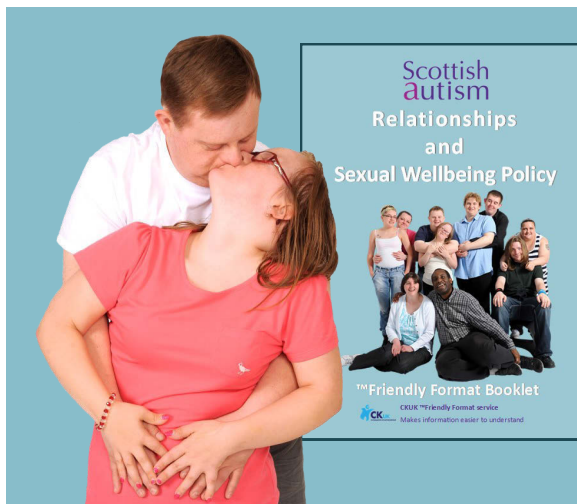
Important rules about sex  
Important rules about your support



## Places to go

Pages 37-39

Where to get help and information



# What is this booklet about?

## The 2016 Relationships and Sexual Wellbeing policy.



The policy is about supporting you to have positive relationships and good sexual wellbeing



Workers should take time to help you read this booklet and understand the policy.



Workers should help you to think and talk about your sexuality and sexual wellbeing.



Workers should help you learn about safe sex and healthy relationships





# What is this booklet about?

## Your Rights



This booklet will tell you about your rights as a person with a learning disability over 16.



You have the same legal rights as everyone else.



You have the right to have **relationships** and good **sexual wellbeing**.

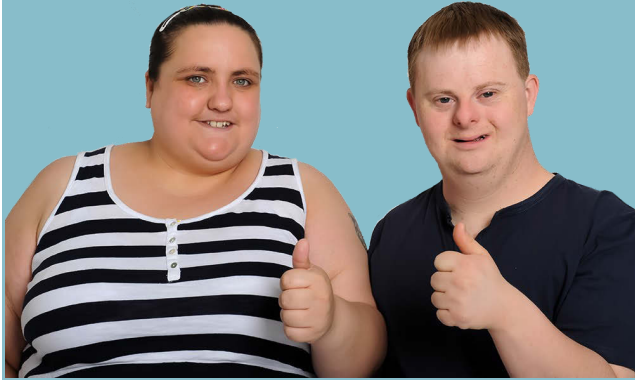


This booklet will tell you about how workers can support you to make good relationship choices.

# What the words mean

## Consent

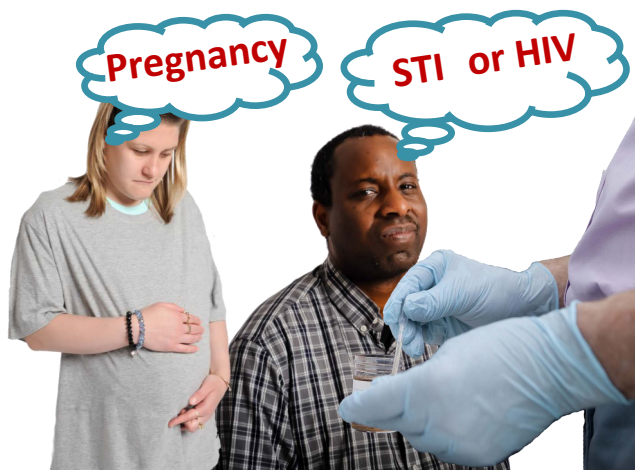
If you are able to give consent about sex or sexual relationships it means



You are able to agree you want to have a sexual relationship



You understand what taking part in sexual activity means



You understand what can happen if you take part in any sexual activity.



# What the words mean

## Relationships

There are all kinds of different relationships.



Some may be friendships.



Some may be someone you want to be closer to



Some might involve sexual activity



Some are not sexual at all





What the words mean

## Sexual Wellbeing

**Sexual wellbeing is about your thoughts and feelings**



It is about what you do with your life and relationships



It is about keeping your body healthy and feeling well



It is about feeling good about yourself



It is about making safe and healthy choices about relationships and sex.





What the words mean

## Discrimination

**Discrimination is a word that is said when some people are hurt or treated in a unfair way**



Discrimination can be about race religion, disability, LGB, gender including transgender or age



Discrimination is against the law. Everyone is protected by this law





## What the words mean

### Heterosexual

**A heterosexual is someone who only has relationships with the opposite sex**



Men who only have relationships with women are called heterosexual



Women who only have relationships with men are called heterosexual.

# What the words mean

## LGB

**LGB is used to describe some of the gay community**



Women who have relationships with women are called lesbian



Men who have relationships with men are called gay men



Men who have relationships with men and women are called bisexual



Women who have relationships with women and men are called bisexual





## What the words mean

### Transgender or 'Trans'

**These words can be used if you mean**



A man who feels more like a woman

and

A woman who feels more like a man



A woman who dresses and acts like a man

and

A man who dresses and acts like a woman.





## What the words mean

# Transsexual

A person who feels they have been born with the wrong body and want to change it



A man who changes his body to become a woman is called a transsexual



A woman who change her body to become a man is called a transsexual



## The Law

How the Law protects your rights about relationships and sexual well being




The Law in Scotland says that all people over the age of 16 who are able to **consent** have the right to have sex and sexual relationships.



The Law in Scotland says that all people who are **LGB** have the same legal rights to have sex and sexual relationships



The Law in Scotland says that all people who are transgender should be free from **discrimination** and accepted as the men or women they choose to be.



## Your Rights

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



Learning helps you understand more about how to stay safe and healthy



If your family or carer does not want you to learn, workers must support your right to learn.







## Your support

To learn about relationships and sexual wellbeing.



Workers should support you to learn how to stay healthy and safe



Workers should support you to learn about relationships and sexual wellbeing.



Workers should find out where you can go to learn about relationships and sexual wellbeing.





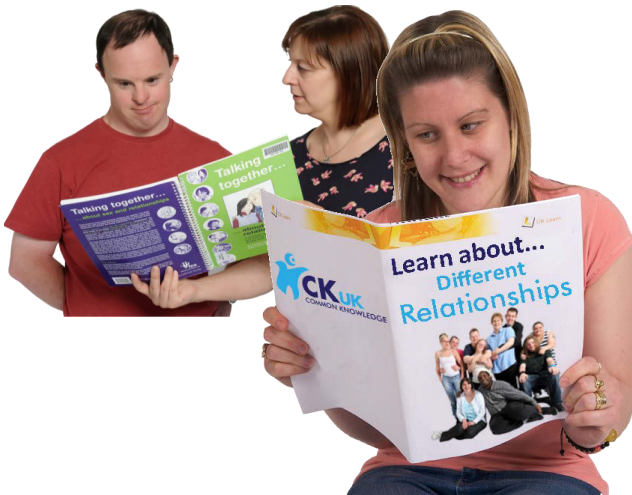
## Your Rights

You have the right to have accessible information .

I need advice about sex



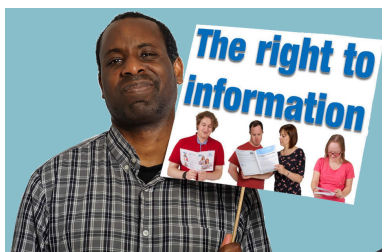
You have the right to ask questions about relationships and sexual wellbeing,



You have the right to get information that you can understand



You have the right to get information from a website or a DVD.



## Your support

To find and understand information



Workers should support you to get the same information in a way that is easier for you to understand.



Workers should spend extra time with you to help you understand the information you need



You can ask workers to help you get DVD's, magazines or leaflets about sex.



## Your Rights

You have the right to have and enjoy relationships



You can choose to go out and meet people



You can choose to develop different kinds of relationships



You can choose to have a relationship with men or women.





## Your support

To find and enjoy relationships



You can talk to workers about having relationships.



Workers need to respect your relationship choices.




Workers must not tease or embarrass you about relationship choices



Workers should support you to have relationships as long as they think that you are safe.





# Your Rights

You have the right to end a relationship



If you feel unhappy in your relationship you can end it



If you don't want a sexual relationship you can end it



If you are hurt or scared in your relationship – you can end it



If you are forced to do something against the law in your relationship you can end it



## Your support

To end a relationship



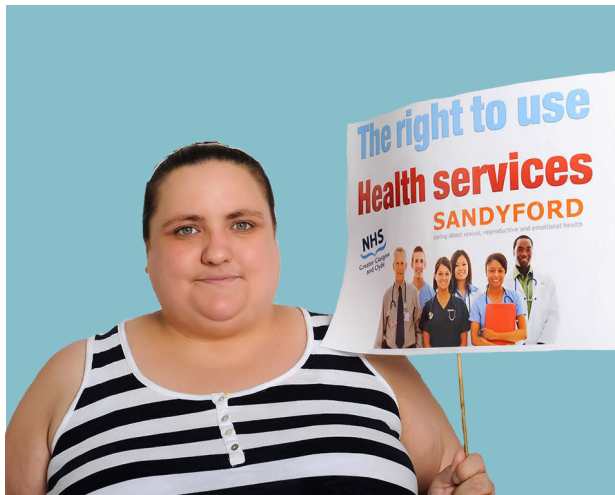
Workers should support you when you want to end any relationship



Workers should support you to talk about your feelings about your relationship ending



Workers should not tease or embarrass you about ending a relationship



## Your Rights

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



You can find out about healthy safe relationships



You can find out about condoms or contraception.



You can find out about keeping healthy in a relationship group





## Your support

To use sexual health services



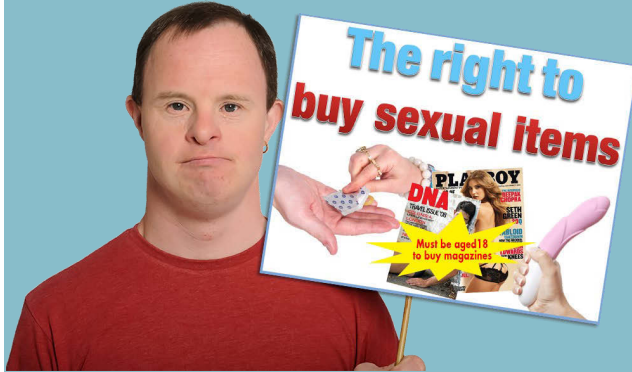
Workers should be able to tell you how to get to sexual health services



Workers should be able to support you to use sexual health services

# Your Rights

You have the right to buy legal sexual items.  
If you are aged over 16



Legal sexual items include sex toys, clothes, magazines about sex and condoms.



Some DVD's, photographs, and magazines are not allowed by law.





## Your support

To buy legal sexual items if you are aged over 16



Workers can tell you where you can get legal sexual items



Workers can tell you where you can get legal DVDs or magazines about sex.



Workers must not tease or embarrass you about any sexual item you buy



Workers will not help you to get anything that is illegal



# Your Rights



You have the right to watch legal sexual activity on TV or the internet.



You can watch any film about sexual activity on TV

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



Some films and photos on the internet may not be legal

If you are not sure check with your worker first.



Some films, photographs, and websites are not allowed by law.



## Your support

To watch sexual activity on TV or the internet



Workers must not tease or embarrass you about any thing you watch about sexual activity

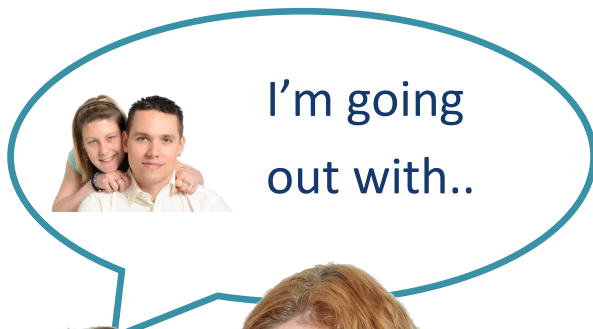


Your worker must explain to you that they will not help you watch anything that is illegal



## Your Rights

You have the right to confidentiality.



Things you tell workers should be kept private.



If you feel that workers are not keeping your information private you can get support to make a complaint





## Your support

To make sure your confidentiality is kept private



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



Workers should always talk to you first before telling someone else



Workers will not keep information private if it is about breaking the law



## Your Rights

You have the right to feel safe in a relationship.



If your relationship is making you feel unsafe you can talk with your worker.



If you are not sure if a sexual activity is safe you can talk with your worker.



You should learn how to keep safe.



# Your support

To stay safe in a relationship



Workers must listen to you and respect what you say.




Workers should help you to learn how to stay safe



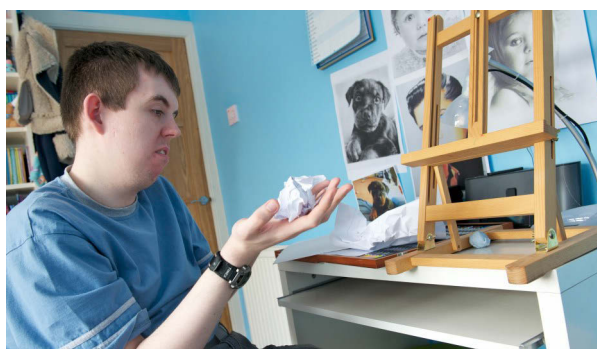
If you do not feel safe workers will support you make a report to the police



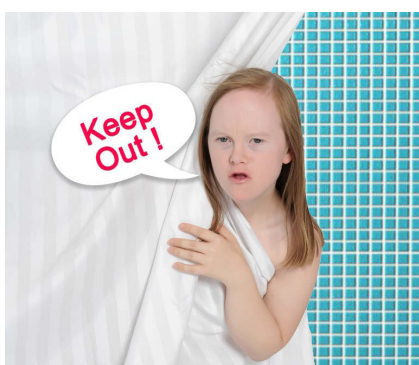


# Your Rights

You have the right to privacy.



Privacy is having your own space and time to yourself.



If you need privacy to wash or use the toilet you should be able to choose who helps you.



If you want to have sexual items you should keep them in a private place



If you want a sexual relationship you should do this in private



# Your support

To make sure your privacy is respected



Workers must respect your privacy.



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



If your privacy is not being kept you can ask for support to make a complaint



## Important rules

There are a few rules about sex and the Law



If you do not want to have sex you have the right to say no at anytime



You will break the law if you touch or show some parts of your body in public



You will break the law if you look at illegal photographs or websites.





# Important rules

About your support



Workers are not allowed to hurt you.



Workers are not allowed to have a sexual relationship with you



## Where to get help in Scotland

# NHS inform

Health information  
you can trust

### NHS inform

For health information you can  
trust call



**0800 22 44 88**

# the lowdown

[www.getthelowdown.co.uk](http://www.getthelowdown.co.uk)

### The Lowdown

The place for teenagers to get  
more information on all things sex,  
relationships and other health  
concerns.



**0808 802 4444**  
**(Mon-Fri 10am-6pm)**

  
**RELATIONSHIPS**  
counselling, mediation  
& family support across **SCOTLAND**

Member of Relationships Scotland

### Relationships Scotland

Can help you work through  
problems in your relationship or  
past experiences.



**0845 119 2020**  
**(Mon-Fri 9am-5pm)**



## Where to get help in Scotland

# Terrence HIGGINS TRUST



### Terrence Higgins Trust

Information, advice and support for anyone affected by HIV.



**Glasgow: 0141 332 3838**

**Aberdeen: 01224 845 526**

**Tayside: 07880 172 047**

### LGBT Helpline Scotland

Information and support for lesbian, gay, bisexual and transgender people, those questioning their sexual orientation or gender identity and their families, friends and supporters.

**Tuesdays and Wednesdays  
12pm - 9pm**

**0300 123 2523**

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### Find a Sexual Health Clinic

There are many clinics in Scotland go to the website and find a clinic near you

<http://www.sexualhealthscotland.co.uk/get-help/sexual-health-service-finder>





# Websites



**Scottish Autism**

[www.scottishautism.org/](http://www.scottishautism.org/)



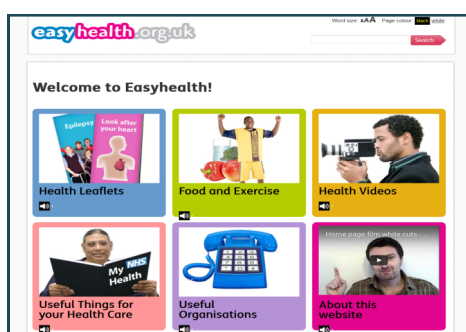
**Family Planning Association**

[www.fpa.org.uk](http://www.fpa.org.uk)



**Learn about sex and relationships**

[www.ckuk.org.uk](http://www.ckuk.org.uk)



**Easy Health**

[www.easyhealth.org.uk/](http://www.easyhealth.org.uk/)

# Scottish autism

## Relationships and Sexual Wellbeing Policy

### <sup>TM</sup>Friendly Format Booklet

Scottish Autism would like to express their gratitude to CKUK and NHS Greater Glasgow and Clyde for kindly allowing the adaptation of their <sup>TM</sup>Friendly Format policy



CKUK <sup>TM</sup>Friendly Format service

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