



Love, Sex and You

Thanks to Michael & Sylvia and
www.starinthesky.co.uk

Love, Sex and You



to Joseph and
www.starinthesky.co.uk

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Your body



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About this book

This is an easy to read book. It has been designed for people who have learning difficulties.

Clear language, large text and photographs have been used so that people with basic reading skills will find it useful.

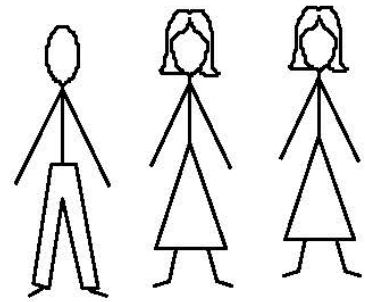


Make sure that people have lots of help and support to go through the information if they need it.

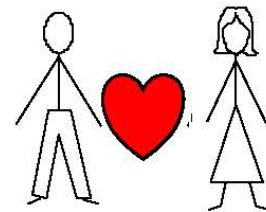
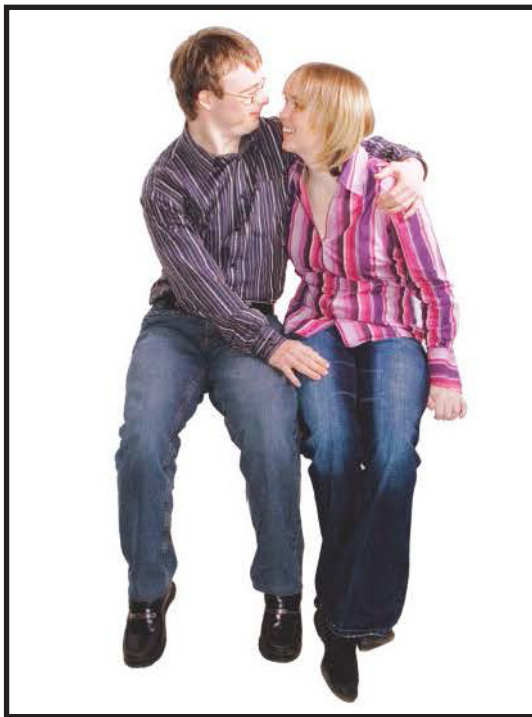
“People with learning disabilities enjoy sex. It’s a fact of life.”



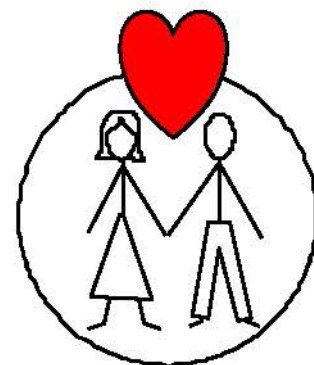
Relationships



Friends

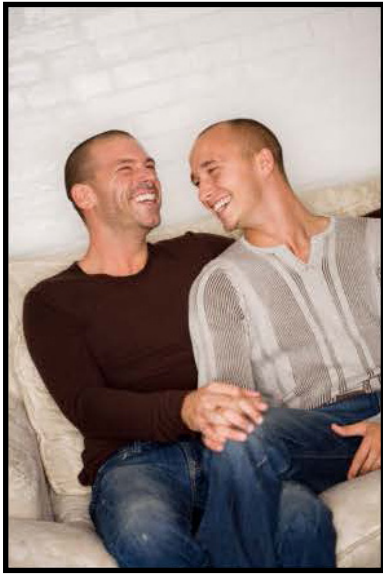


Boyfriend and
Girlfriend

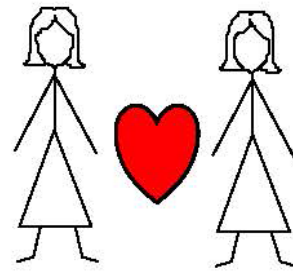


Married

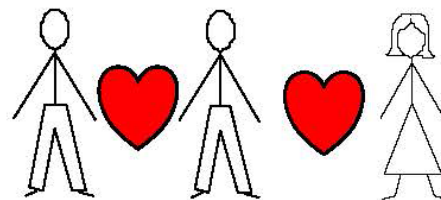
Relationships



Boyfriends
'gay'



Girlfriends
'lesbian'



Boys and girls
'bisexual'

Relationships



A new relationship can be very exciting.



It could be just a new friend or you might feel stronger feelings than that.



You might not be able to think about anything else.

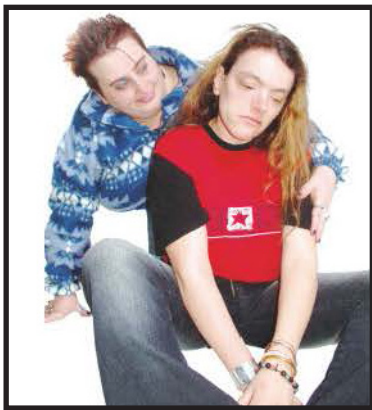


It is fun and exciting, and sometimes a little bit scary.

Relationships



You might need support to go out with the person you are interested in.



Not everything is easy and fun, even when a relationship is working well.



The relationship might end one day.



If this is upsetting, you might need support from your friends, family or from staff.

Sex - what is it?



Intercourse or
'having sex'



Stroking and
touching



Kissing



Oral sex or
'blow job'



Anal sex

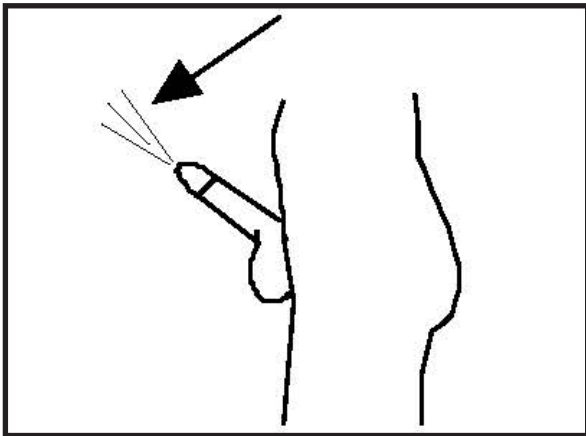


Masturbation

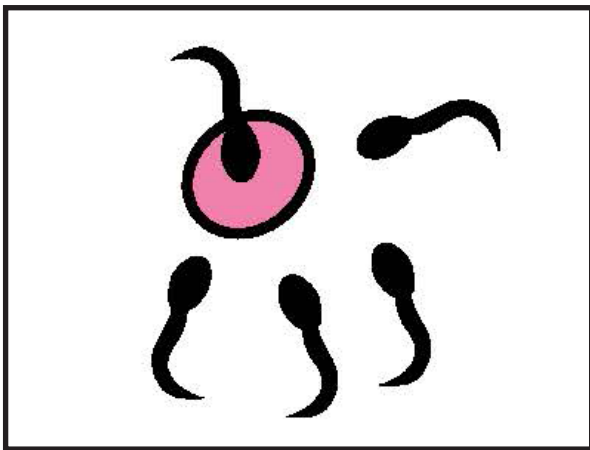
Sex - what is it?



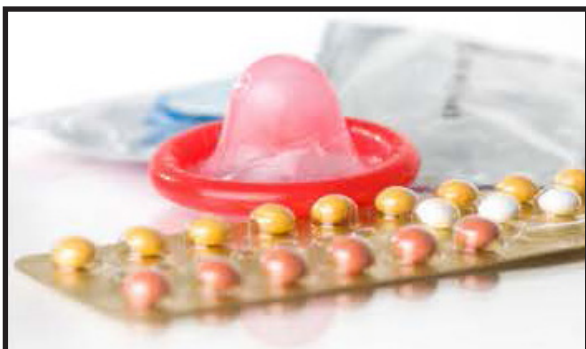
When a man and a woman have sex, the penis goes inside the vagina.



When the man orgasms or 'cums', liquid spurts out of the man's penis and into the woman's vagina.



There might be a very tiny egg inside the woman. If the sperm from the man meet this egg, then the woman may get pregnant.

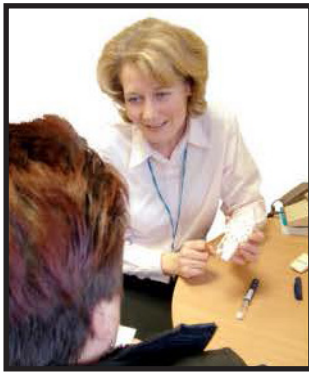


When a man and a woman have sex, the penis goes inside the vagina.

Contraception



You might want to have a baby. It is a big decision. Having a baby will change your life.



If you don't want to have a baby, you can talk to your doctor or clinic about contraception.



Condoms are contraception. There are lots of other things too, like injections, implants and pills.



If you are already pregnant and do not want to have the baby, you may be able to have an abortion. Talk to your doctor as soon as possible.

Pregnancy



If you think you might be pregnant, get a test from the doctor or chemist.

You might be pregnant if;



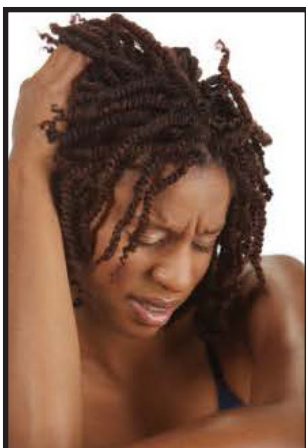
You have had sex without using a condom or other contraception.

and...



You have not had a period when you expected to.

and perhaps...



You have been feeling sick, tired had headaches or backache.

Being safer



It is wrong for someone to force you to have sex or touch you in a way you do not like. It is called “sexual assault”.

If you do not want to be touched or have sex, it is your right to say “NO!”.

Sexual assault is against the law.



Tell someone you trust about it:

- a friend or relative
- the police
- a carer or support worker

Being safer



If you have sex...



Including oral sex...
(using your mouth)



You can catch
infections that could
make you very ill.



So use a condom!

Being safer



**Not all of the infections have symptoms.
You might feel fine.**

Chlamydia is a common infection. It can make you fertile, so you can never have a baby.

You can get a test for Chlamydia and for other infections at a sexual health clinic.

If you have any sexually transmitted infection, you will be advised to tell everyone who you have had sex with.

Being safer



How to have safer sex:

Always use a condom.

Take time to learn how to put it on properly.

Put the condom on when your penis is hard and **before** you touch each other's genitals.

Your body - men



Testicular Cancer:
learn to examine
your testicles (or
'balls' or 'bollocks').

Roll each one
between your thumb
and fingers. It
should not hurt.



If you can feel
anything unusual,
see your doctor as
soon as you can.



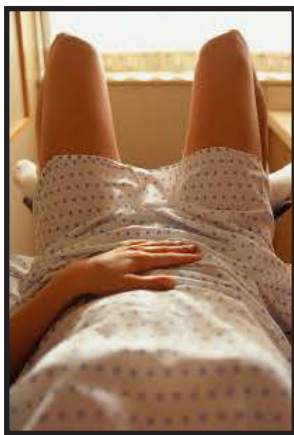
The earlier cancer
is found the easier
it is to treat. You
may go to hospital
for more tests and
treatment

Your body - women



Breast Cancer:

learn to examine your breasts. If you feel anything unusual see your doctor as soon as you can.



Cervical Cancer:

smear tests look for the early signs of cancer. You can get a test at your GP's surgery.



If you are over 25 and have had sex, you will be invited for a smear test every 3 - 5 years.



From now on, teenage girls will be given the "HPV" vaccine. This will make them less likely to get cervical cancer.

Your body - changes



Boys and girls bodies change a lot at 'puberty'. This change usually starts between 8 and 15 years old.

Girls develop breasts and their periods start. Boys' voices deepen and they grow hair on their face and body. You might need to start using deodorant.



Women go through another big change in their life called the menopause. This is when their periods stop it usually happens when women are between 45 and 55 year old. Your doctor can help if you have any problems.

Where to learn more

Your local Sexual Health Services in Forth Valley can give you help and advice about Sexual Health and Relationships.

You can take a friend or your partner along with you.

All the Sexual Health Services are free and confidential and they offer:

- Contraception
- Condoms & Dams
- Pregnancy testing
- Testing and treatment for Sexually Transmitted Infections (STI's)
- Termination of pregnancy referral
- Information & advice
- Lesbian, Gay, Bisexual and Transgender services

Clinics are at:

- Clackmannanshire Community Healthcare Centre
Hallpark Road, Sauchie FK10 3JQ
- Falkirk Community Hospital, Suite D, Major's Loan,
Falkirk FK1 5QE
- Stirling Community Hospital, Area 1, Livilands Gate,
Stirling FK8 2AU
- Grangemouth Health Centre, Kersiebank Avenue,
Grangemouth FK3 9EL

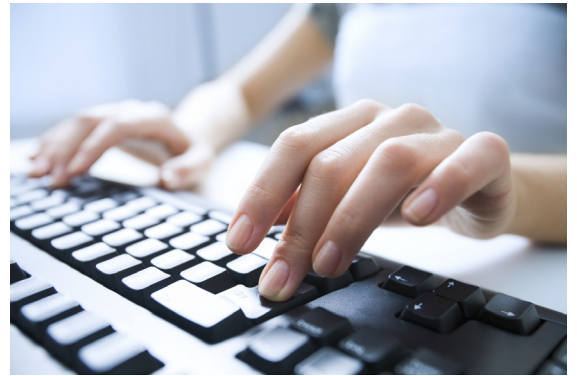
To find out more about our clinics, or to make an appointment you can:

Telephone:
01324 673554



Or look at the Central Sexual Health website:
www.centralsexualhealth.org

Young People's Services
(age 21 and under only)
<http://www.centralsexualhealth.org/forth-valleys-free-sexual-health-care-services/young-peoples-services/>



Services for All (Adults and Young People)
<http://www.centralsexualhealth.org/forth-valleys-free-sexual-health-care-services/services-for-all/>



This original booklet has been designed and written by
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(Dorset Primary Care Trust)
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Adapted (with permission) for NHS Forth Valley August 2016.