

Scottish  
autism

# Relationships and Sexual Wellbeing Policy



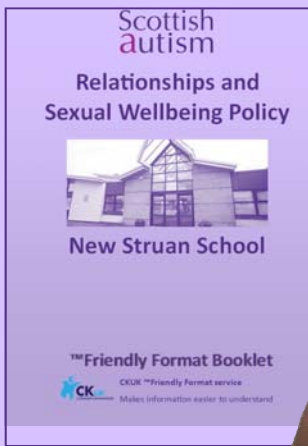
**New Struan School**

**™Friendly Format Booklet**



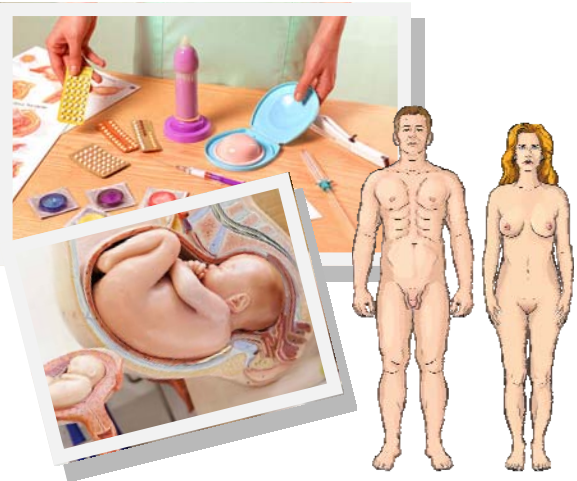
CKUK ™Friendly Format service

Makes information easier to understand



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## What is the policy for?



This Policy explains how Scottish Autism workers can help children and young people to learn about relationships, sexual wellbeing and parenthood



Scottish  
autism

Yes I can  
help you

# This policy is about

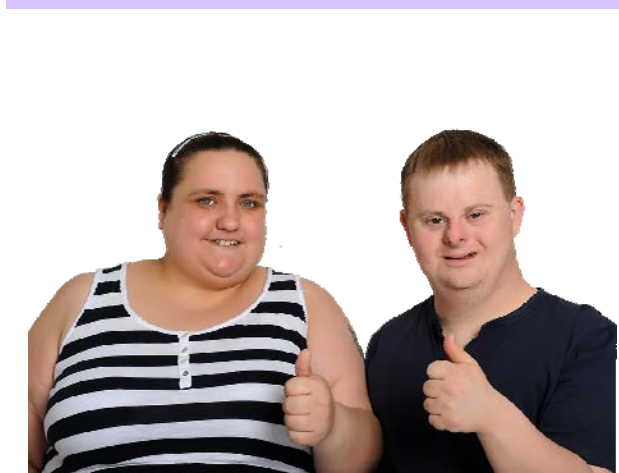
## Relationships and Sexual Wellbeing?



It is about you, your friendships and your relationships



It is about keeping your body healthy and feeling good about yourself



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





# This policy is about

## Your rights as a child and young person attending school



This policy will tell you about some of your rights as a child or young person with autism



You have the same legal rights as everyone else.



## This policy is about

### Your right to friendships and 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 males and females.

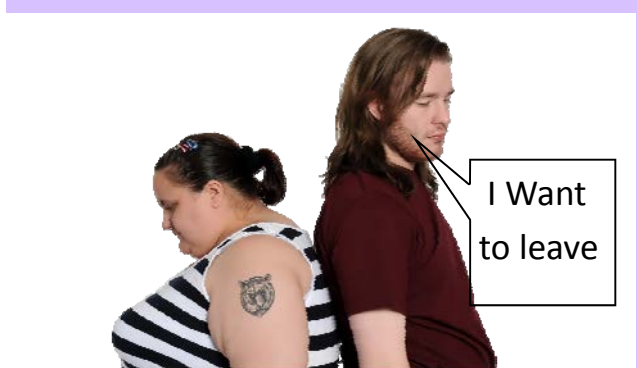


## This policy is about

Your right to end your friendship or relationship with someone



If you feel unhappy with any friendship—you can end it



If you feel unhappy with your girlfriend or boyfriend—you can end it



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



If a friend, girlfriend or boyfriend try to force you to do something against the law - you can end it. You can report them to the police





## This policy is about

Your right to relationship,  
sexual health and  
parenthood education



All children and young people  
have the right to ask questions  
and receive information on  
Relationships, Sexual Health and  
Parenthood Education (RSHPE).



All children and young people  
have the right to learn about  
RSHPE in school.



If your parent or carer does not  
want you to learn, workers must  
talk to them and explain why  
RSHPE is important for you



## This policy is about

Your right to be safe in  
your friendships and  
relationships



RSHPE helps young people to  
keep safe.



RSHPE helps young people to  
make good choices about their  
health, friendships and  
relationships.





## This policy is about

**Your right to support  
from Scottish Autism  
workers.**



You can ask workers for advice  
about Relationships and Sexual  
Wellbeing.



You can ask workers if you do not  
understand.



You can tell workers if you are  
worried or do not feel safe.

# Scottish autism



## This policy is about

**Your right to support  
from Scottish Autism  
workers.**



You can tell workers about your feelings and emotions.



You can ask workers about private things (like periods, wet dreams, erections, masturbation).



Workers should help you to access help from a doctor or Sexual Health clinic if you need it.



# This policy is about

## Your right to confidentiality

I'm going out with..



Children and young people have the right to confidentiality.

I am worried about ..



If workers are worried about your safety they might need to tell someone else.

I need to talk to...



Workers should always talk to you first before telling someone else.

NO

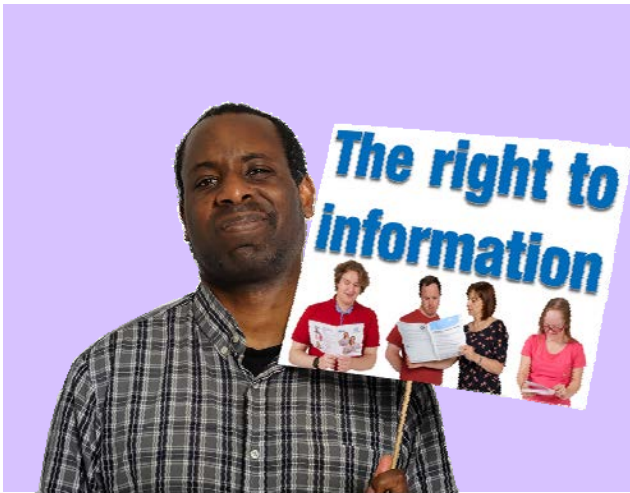


Workers can not keep information private if you are in danger or breaking the law.



# This policy is about

## Your right to Accessible 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.



Workers can help you to find information about sexual health and relationships on the internet.





**This policy is about**

**Your right to  
Accessible Information.**



Some films and photos on the internet may not be legal. If you are not sure check with workers first.



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

## Important rules about Sex and Relationships

Workers should help you understand Sex and Relationships laws.



Sex is against the Law if you are under the age of 16.



It is against the Law to make someone have sex if they do not want to.



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



## This policy is about

Your right to privacy if you live in a residential house



You have the right to privacy in your own room.



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



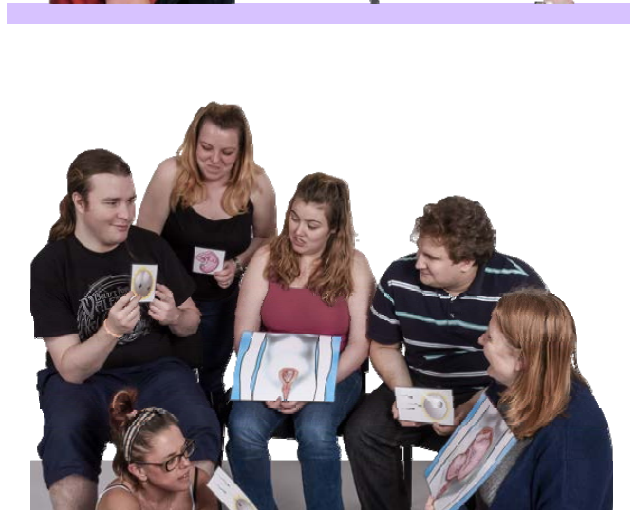
You have the right to explore your own body in private in your bedroom.



**This policy is about**  
**Your right to learn about**  
**Relationships, Sexual**  
**Health and Parenthood**  
**Education in school**



Workers should help all  
young people to learn  
about RSHPE.



Learning about  
Relationships, Sexual  
health, and Parenthood  
should begin in primary 1 ,  
right up to S4 or S6.



Topics should be part of  
Curriculum For Excellence  
Health and Wellbeing.



# What you will learn about Relationships

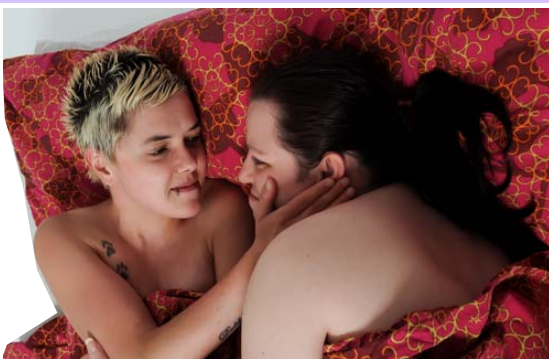
There are all kinds of different relationships



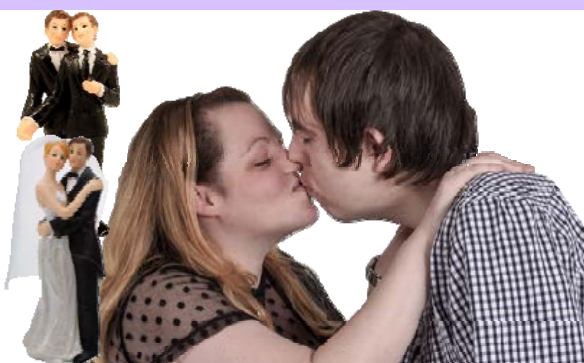
Some may be friendships.



Boyfriends and girlfriends.



Sexual relationships.



Long term relationships and Marriage.





## What you will learn about Relationships

There are all kinds of  
different relationships.



Same sex relationships.



Being gay.



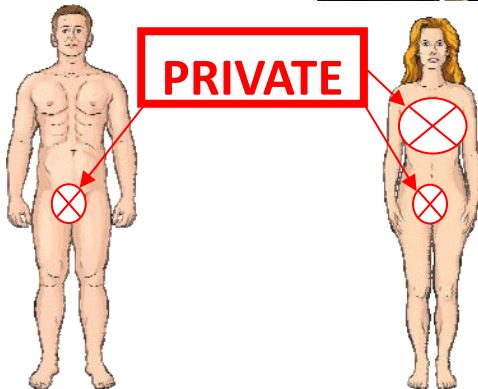
Being lesbian.



Being bisexual.

# What you will learn about your body

Looking after your body, being healthy and keeping clean



Private body parts.



Growing up, body changes and puberty.



Being Male or Female.



Gender stereotypes and Body Image.



## What you will learn about your body

Looking after your body, being healthy and keeping clean



Being Transgender.



Feeling good about yourself.



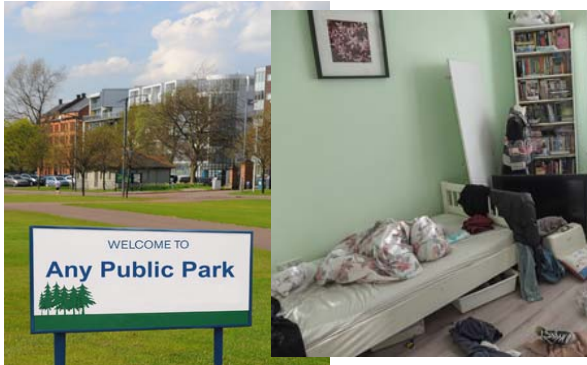
Getting help and support when you need it.





# What you will learn about keeping safe

It is important to learn how to keep safe



Public and private places.



Safe behaviour.



Personal space.  
Boundaries. Saying No!



Staying safe online.



## What you will learn about keeping safe

It is important to learn how to keep safe



Healthy relationships.



Sexual behaviour and consent.



Abuse and bullying.



Sex and The Law.



# What you will learn about Sexual health

How to look after your own and a partner's sexual health



How to protect yourself and others from Sexually Transmitted Infections.



What to do if you think you might have a Sexually Transmitted Infection



Understand how babies are made



Parenthood and looking after a baby



# Relationships and Sexual Wellbeing Policy



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