

Sexuality and relationships resources

Whether you or someone you know has a learning disability, this list of recommended resources can help you find good quality information and guidance on sexuality and relationships.

If you have any questions about sexuality, relationships and learning disability, check out our FAQ section [here](#), or get in touch with the Learning Disability Helpline by phoning 0808 808 1111 or emailing helpline@mencap.org.uk

The links to these resources were last checked May 2019.

General relationships and sex education resources

Resource details	Who is it for?	Where can I get it?	Is there a cost?
Information and resources about friendships and relationships.	People with a learning disability and supporters.	BILD	Some items are free, others have a cost.
<i>Exploring sexual and social understanding</i> – a flexible visual resource that can be used to assess sexual knowledge and capacity to consent, and help to teach and discuss appropriate social and sexual behaviour.	Professionals.	BILD	£30.00.
<i>Picture Yourself</i> – a teaching resource consisting of line drawings and photographs that explore different aspects of personal, social and sex education.	People with a learning disability, families and supporters.	Bodysense	£15.00 for Picture Yourself 1, £20.00 for Picture Yourself 2 or £30 for the collection.

Easy read guide on <i>Online Pornography and Illegal Content</i> which covers what is legal and illegal, how to keep safe, and the types of online abuse you can experience.	People with a learning disability.	Care Management Group	Free.
Easy read booklets with information on friendships and relationships, sex and masturbation.	People with a learning disability.	Change	£6.99 per book or £32.00 for the collection.
<i>Love, Sex and You</i> – an easy read guide.	People with a learning disability	Easy Health	Free.
<i>Let's Do It, Let's Plan it</i> and <i>The Confidence Factor</i> come with a variety of activities and session plans to support the delivery of relationships and sex education for children, young people and adults with a learning disability.	Professionals.	Image in Action	£28 to £29.
Relationships and sex education DVDs for children and young people with a learning disability, with accompanying lesson plans.	People with a learning disability, supporters and educators.	Life Support Productions	£24.99-£39.99.
<i>Keeping It Safe</i> – a practical toolkit offering information about sex and relationships.	For professionals to use with young people with a learning disability (aimed at 16-19 year-olds).	Milton Keynes Council	Free.

<i>Sexual Health, Relationships and Parenthood</i> – a workbook for young people with a learning disability.	Teachers, parents, carers and other professionals	NHS Forth Valley	Free.
<i>The Highland Learning Disabilities Relationships Toolkit</i> – an interactive course covering sexuality, sexual health and relationships.	Professionals and carers.	NHS Highland	Free.
<i>Puberty & Sexuality for Children and Young People with a Learning Disability</i> – a resource pack to support relationships and sex education.	Professionals working with children and young people with a learning disability aged 9-18.	NHS Leeds	Free.
<i>Love.Life</i> is a set of films and supporting activities to help young people explore emotions, relationships, identity and how to stay safe as you grow up and become more independent	Young people with a learning disability, aged 11-25 years, parents, supporters and educators.	NSPCC	Free.
<i>Sex and the 3 Rs: Rights, Risk and Responsibilities</i> – a comprehensive sex education resource pack that provides a framework for staff to undertake sex education work which acknowledges the realities of sexual relationships for many people with a learning disability.	Professionals.	Pavilion Publishing	£125.00.
<i>Sexuality and Learning Disabilities</i> – a handbook to guide anyone working with people with a learning disability.	Professionals.	Pavilion Publishing	£25.99.

Resources for people who are lesbian, gay, bisexual, or transgender (LGBT)+

Resource details	Who is it for?	Where can I get it?	Is there a cost?
<i>Transgender, an easy read guide</i> – an information booklet exploring what it means to be transgender and the issues you or someone you know may experience.	People with a learning disability.	Care Management Group	Free.
<i>Eric and Fraser</i> – an accessible photo-story about two men exploring their feelings for one another and what it means to be a gay man.	People with a learning disability.	Central Sexual Health	Free.
<i>Lesbian, Gay, Bisexual and Trans</i> – an accessible booklet covering sexuality, being lesbian, gay, bisexual and/or trans, talking about your sexuality, bullying and safe sex.	People with a learning disability.	Change	£6.99.
Jan's story and Phil's story – photo-stories on same sex issues aimed at people with a learning disability.	People with a learning disability.	The Norah Fry Research Centre	Free.
<i>Working with lesbian, gay, bisexual and transgender people: Richards Story</i> – a video that highlights the need for staff to support people to live an inclusive and empowered life.	People with a learning disability, professionals and families.	The Social Care Institute for Excellence	Free.

<i>Secret Loves, Hidden Lives</i> – an easy read summary of what people with a learning disability said about being lesbian, gay or bisexual.	People with a learning disability.	University of Bristol	Free.
<i>Challenging homophobia and heterosexism</i> – a resource to accompany work on diversity and equality issues.	People with a learning disability.	University of Bristol	Free.

Body awareness resources (puberty, masturbation, menstruation)

Resource details	Who is it for?	Where can I get it?	Is there a cost?
<i>Desmond and Daisy</i> – anatomically correct male & female cloth models in standing and sitting versions, that aid learning about the human body and sexual issues.	People with a learning disability.	Bodysense	£400 for the pair of standing Models.
<i>I Change My Pad</i> – a purse book which functions as a reminder of when and how to change a sanitary pad.	People with a learning disability.	Bodysense	£2.50.
<i>Periods, a Practical Guide</i> is a book and CD designed to teach girls and young women with a learning disability about menstruation.	People with a learning disability, parents and carers.	Bodysense	£12.00.

<i>Susan's Growing Up</i> – a picture book that explores what can happen to a girl when she starts her period.	People with a learning disability.	Books Beyond Words	£10.00.
<i>Preparing for Puberty</i> – a guide to supporting young people with a learning disability with this issue.	Parents and carers.	Central Sexual Health	Free.
<i>Let's Talk Puberty</i> – an easy read booklet by Downs Syndrome Scotland about growing up for young people who have a learning disability.	People with a learning disability.	Downs Syndrome Scotland	Free.
Factsheets on personal and sexual health for women with a learning disability including Your Private Parts and What is inside?	Women with a learning disability.	Easy Health	Free.
Accessible information on periods.	People with a learning disability.	Easy Health	Free.
<i>Keep Yourself Healthy</i> – an easy read guide to having a period by Health Scotland	People with a learning disability.	Health Scotland	Free.
<i>When Young People with Intellectual Disabilities and Autism Hit Puberty: A Parents' Q&A Guide to Health, Sexuality and Relationships</i> – a book that gives honest answers to challenging	Parents.	Jessica Kingsley Publishers	£12.99.

questions and provides solutions to the dilemmas that many parents face.			
<i>Jason's Private World</i> – an interactive DVD that covers body changes, personal hygiene, self-examination, bathing and privacy, among other relationships and sex education topics.	People with a learning disability, with support from professionals and or family if needed.	Life Support Productions	£24.99.
<i>Kylie's Private World</i> – an interactive DVD, covering topics such as body changes, personal hygiene, bathing and privacy, periods, self-examination and privacy, among other relationships and sex education topics.	People with a learning disability, with support from professionals and or family if needed.	Life Support Productions	£24.99.

Friendships and relationships

Resource details	Who is it for?	Where can I get it?	Is there a cost?
<i>Love, Sex and You</i> – an easy read guide on intimate relationships.	People with a learning disability.	Easy Health	Free.
<i>Love.Life</i> – short films and supporting activities from NSPCC which explore emotions, relationships and identity for children and young people with a learning disability aged 11 – 25.	Children and young people with a learning disability, their families and other supporters.	NSPCC	Free.

<i>Supporting People to Have Relationships</i> – an accessible fact sheet for adults with a learning disability about their rights to have a relationship.	People with a learning disability.	The Friendly Information Company	Free.
Books Beyond Words – a variety of accessible friendship and relationship themed books.	People with a learning disability.	Books Beyond Words	£10.00 a book or £36.00 for a mini set.

Contraception and safe sex

Resource details	Who is it for?	Where can I get it?	Is there a cost?
Easy read booklet on safe sex covering STIs and how to avoid them, types of contraception and how to use them and where to go for advice and support.	People with a learning disability.	Change	£6.99.
<i>Condom Cards</i> – contains drawings demonstrating how to use a condom.	People with a learning disability.	Bodysense	£3.50 per set.
Easy read leaflets on contraception.	People with a learning disability.	Easy Health	Free.
Video of a condom demonstration.	People with a learning disability and their supporters.	NHS Highland	Free.
NHS Lanarkshire have a range of accessible information on contraceptive choices, safe sex and sexual health checks.	People with a learning disability.	NHS Lanarkshire	Free

<i>Stay Healthy, Have Safe Sex</i> is an accessible booklet on having safe sex.	People with a learning disability.	Macmillan Cancer Support	Free.
Visual instructions on How To Use A Dental Dam , a Male Condom and a Female Condom . These are not specifically for people with a learning disability, so support to explain the visuals may be required.	People with a learning disability and their supporters.	The Centers for Disease Control and Prevention	Free.

Sexually Transmitted Infections and HIV

Resource details	Who is it for?	Where can I get it?	Is there a cost?
Accessible information on a range of sexually transmitted infections and sexual health checks.	People with a learning disability.	NHS Lanarkshire	Free.
Easy Read Facts about HIV – an accessible fact sheet developed by the National AIDS Trust with support from Mencap. It covers what HIV is, how it is and is not transmitted, help and treatment available, and living with HIV.	People with a learning disability	The National AIDS Trust	Free.
<i>What is Hepatitis?</i> This is an easy read fact sheet about Hepatitis, the different forms, how it is transmitted, symptoms, getting tested and treatment.	People with a learning disability.	Change	Free.

Recognising abuse and how to get help

Resource details	Who is it for?	Where can I get it?	Is there a cost?
Range of accessible books on surviving abuse.	People with a learning disability.	Books Beyond Words	£10.00 per book or £72.00 for full set
<i>Callum and Denise</i> – a photo-story about an unhealthy relationship and how to get help.	People with a learning disability.	Central Sexual Health	Free.
<i>Understanding Sexual Abuse</i> – an easy read booklet which covers the following: recognising and reporting abuse, saying no, rape, pornography, the law, disclosure and where to get help.	People with a learning disability.	Change	Free.
Accessible information on abuse.	People with a learning disability.	Easy Health	Free.
<i>Rachel's Story</i> – a short film that explores the impact of sexual exploitation and the power of therapeutic treatment.	People with a learning disability.	Respond	Free.
Accessible information on abuse and how to get help.	People with a learning disability.	Respond	Free.
<i>Friend or Fake</i> – a booklet for people with a learning disability and supporters to recognise the signs of mate crime	People with a learning disability.	Friend or Fake	Free.

What is domestic abuse? This is an accessible factsheet available from EasyHealth.	People with a learning disability.	Easy Health	Free.
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Pregnancy

Resource details	Who is it for?	Where can I get it?	Is there a cost?
<i>My Pregnancy, My Choice</i> – an easy read book which covers all aspects of ante-natal care – from knowing when you are pregnant, foetal development, problems during pregnancy to the first days with your baby.	People with a learning disability.	Change	£45.00.
<i>Having a Baby, Your NHS Care</i> is an accessible leaflet about your care choices during pregnancy.	People with a learning disability.	Department of Health	Free.
Easy read maternity leaflets.	People with a learning disability.	Easy Health	Free.
<i>Health Before Pregnancy</i> is an easy read booklet about preconception health.	People with a learning disability.	NHS Lanakshire	Free.
Maternity care information that includes an easy read guide to pregnancy, easy read birth plan and guide for caring for yourself after a baby.	People with a learning disability.	NHS Leeds	Free.

Parenting

Resource details	Who is it for?	Where can I get it?	Is there a cost?
<i>You and Your Baby 0-1</i> – an easy read book covering feeding, hygiene, safety, teething, health checks and managing baby's routines.	People with a learning disability.	Change	£45.00 or £125.00 for full pregnancy and parenting collection.
<i>You and Your Little Child 1-5</i> – an easy read book which covers nutrition & healthy eating, making meals, hygiene, setting routines such as potty training, bathing and bedtime, learning through play, going to nursery, and how to develop positive parenting skills and support good behaviour in young children.	People with a learning disability.	Change	£45.00 or £125.00 for full pregnancy and parenting collection.
Accessible information on parenting.	People with a learning disability.	Easy Health	Free.
<i>Helping parents with learning difficulties to speak up</i> – an easy read document about how advocacy support can help parents with a learning disability.	People with a learning disability.	University of Bristol	Free.

Organisations that offer advice and guidance:

- [BILD](#) – information and resources about friendships and relationships to support people with a learning disability to have a great life.
- [Brook](#) – services across the UK providing free and confidential sexual health services to young people under 25.
- [Image In Action](#) offer relationships and sex education to children, young people and adults with disabilities. They also sell educational resources.
- [NSPCC](#) – guidance on safeguarding children and preventing abuse. They have relationships and sex education resources for children and young people with a learning disability.
- [Respond](#) works with children and adults with a learning disability who have experienced abuse or trauma, as well as those who have abused others, through psychotherapy, advocacy, campaigning and other support.
- [Stonewall](#) campaigns for the equality of lesbian, gay, bisexual and trans people across Britain. They offer help and support, and can signpost to local LGBT services and community groups.
- [Supported Loving](#) is a campaign to highlight the importance of good support in helping people with a learning disability find love.
- [Terrance Higgins Trust](#) provides HIV and sexual health services in the UK, and runs community projects for people living with HIV.
- [The Sex Education Forum](#) works to achieve quality relationships and sex education for all children and young people in England. They provide resources and training to teachers and professional to support the delivery of relationships and sex education.