

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



We have grouped resources into the following sections:

1. [General relationships and sex education resources](#)
2. [Body awareness resources \(puberty, masturbation, menstruation\)](#)
3. [Resources for people who are lesbian, gay, bisexual, or transgender \(LGBT\)+](#)
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5. [Contraception and safe sex](#)
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The links to these resources were last checked June 2023.

1. 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.
Easy read booklets with information on friendships and relationships, sex and masturbation.	People with a learning disability.	Change	£6.99 per book or £25.00 for the collection.

Information and educational resources on sexuality and relationships, including All About Us	People with a learning disability, professionals and families.		Cost varies depending on resource.
<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>Sexual Health, Relationships and Parenthood</i> - a workbook for young people with a learning disability.	Teachers, parents, carers and other professionals	RSHP	Free.
<i>Puberty & Sexuality for Children and Young People with a Learning Disability</i> - a resource pack from MHS Leeds to support relationships and sex education.	Professionals working with children and young people with a learning disability aged 9-18.	MHS Leeds	Free.
<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.

<p><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.</p>	<p>Professionals.</p>	<p>Pavilion Publishing</p>	<p>£130.00.</p>
<p>Relationships and sex education online resources or DVDs for children and young people with a learning disability, with accompanying lesson plans.</p>	<p>People with a learning disability, supporters and educators.</p>	<p>Life Support Productions</p>	<p>£19.99-£149.99.</p>
<p><i>Sexuality and Learning Disabilities</i> - a handbook intended to guide anyone working with people with a learning disability.</p> <p>It covers the latest approaches to supporting relationships and sexuality, the internet, domestic violence and supporting people with a learning disability who identify as LGBT.</p>	<p>Professionals.</p>	<p>Pavilion Publishing</p>	<p>£26.95</p>

Easy read factsheets on personal and sexual health for people with a learning disability.	People with a learning disability.	Easy Health	Free – will need to sign up as a member to download resources
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2. Body awareness resources (puberty, masturbation, menstruation)

Resource details	Who is it for?	Where can I get it?	Is there a cost?
Relationships and sex education online resources or 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	£19.99-£149.99.

<p><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.</p>	<p>People with a learning disability.</p>	<p>Downs Syndrome Scotland</p>	<p>Free.</p>
<p><i>Preparing for Puberty</i>- a guide to supporting young people with a learning disability with this issue.</p>	<p>Parents and carers.</p>	<p>Central Sexual Health</p>	<p>Free.</p>
<p><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 questions and provides solutions to the dilemmas that many parents face.</p>	<p>Parents.</p>	<p>Jessica Kingsley Publishers</p>	<p>£13.99.</p>
<p><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.</p>	<p>People with a learning disability.</p>	<p>Bodysense</p>	<p>£450 for the pair of standing Models.</p>

<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>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.
Easy read information on periods.	People with a learning disability.	Easy Health	Free – will need to sign up as a member to download resources
<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.

3. 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>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.
<i>Lesbian, Gay, Bisexual and Trans</i> - an easy read 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.

<p>Jan's story and Phil's story - photo-stories on same sex issues aimed at people with a learning disability.</p>	<p>People with a learning disability.</p>	<p>The Norah Fry Research Centre</p>	<p>Free.</p>
<p><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.</p>	<p>People with a learning disability, professionals and families.</p>	<p>The Social Care Institute for Excellence</p>	<p>Free.</p>

4. 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 – will need to sign up as a member to download resources
<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.
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.

5. 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 – will need to sign up as a member to download resources
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 designed 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.

6. 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.

<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.
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7. Pregnancy

Resource details	Who is it for?	Where can I get it?	Is there a cost?
Easy read maternity leaflets.	People with a learning disability.	Easy Health	Free – will need to sign up as a member to download resources
<i>Having a Baby, Your NHS Care</i> is an easy read leaflet about your care choices during pregnancy.	People with a learning disability.	Department of Health	Free.
<i>Health Before Pregnancy</i> is an easy read booklet about preconception health.	People with a learning disability.	NHS Lanarkshire	Free.
<i>My Pregnancy, My Choice</i> - an easy read book which covers all aspects of ante-natal care -from fetal development, problems during pregnancy to the first days with your baby.	People with a learning disability.	Change	£45.00.
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.

8. Parenting

Resource details	Who is it for?	Where can I get it?	Is there a cost?
Accessible information on parenting.	People with a learning disability.	Easy Health	Free – will need to sign up as a member to download resources
<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.
<i>You and Your Baby0-1</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, 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.

9. 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>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	£6.99
Accessible information on abuse.	People with a learning disability.	Easy Health	Free – will need to sign up as a member to download resources
<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.
<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.
<i>What is domestic abuse?</i> This is an accessible factsheet available from EasyHealth.	People with a learning disability.	Easy Health	Free – will need to sign up as a member to download resources

10. 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.
- [Family Planning Association](#) - relationships and sex education resources for people with a learning disability. They also offer training courses for professionals working with people with a learning disability.
- [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](#) - campaign set up by Choice Support to highlight the importance of good support in helping people with a learning disability find love.
- [Terrence 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.