

# RELATIONSHIPS, SEX AND SEXUAL HEALTH

## A GUIDE FOR PEOPLE WITH A LEARNING DISABILITY, THEIR FAMILIES AND CARERS

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## HOW TO USE THIS WORKBOOK



This book has been designed to help people learn about relationships, sex and sexual health.

It is in different sections so you can choose which bits you want to look at.



We have included different activities to get you thinking!

This guide can also be used by families or carers of people with a learning disability.



You might want someone to help you go through these worksheets.

We have also created a companion guide for your family or support if you would like some help.



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# FRIENDSHIPS AND RELATIONSHIPS



There are lots of different types of relationships.  
Can you give an example for each of the different types?

- Family member
- Close friend
- Friend
- Staff
- Stranger
- Romantic
- Professional



We feel differently in different types of relationships. In some relationships we feel very close and in others we feel less close.

Look at the circle of friendship on the next page. Each circle means a different type of relationship. You could try and add names for each circle!

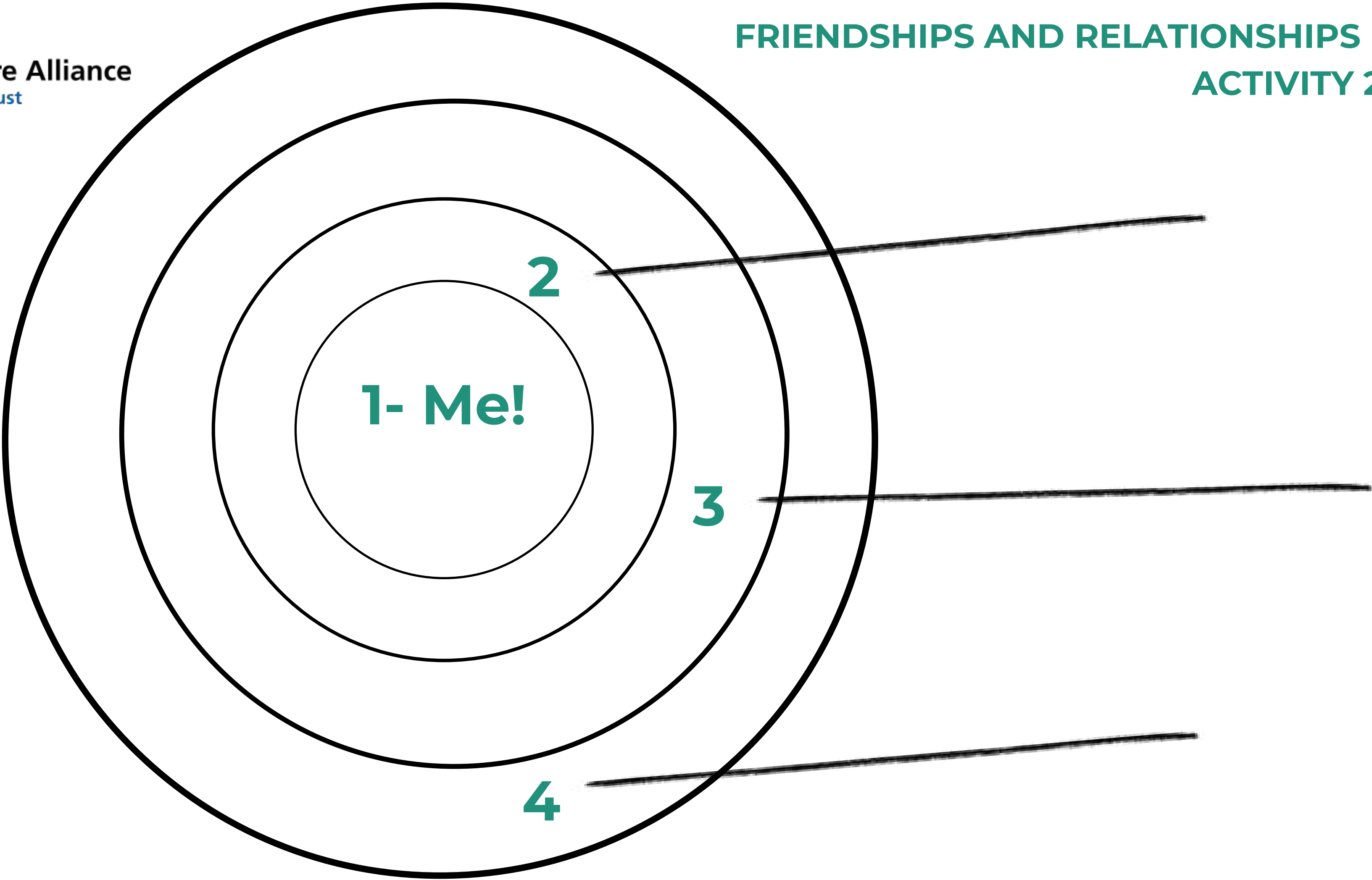
**Circle 1** - this is you!

**Circle 2** - the people you love the most or your closest friends

**Circle 3** - people you know slightly and like, but not as much as the people in circle 2

**Circle 4** - people you know but not very well, this might include a shop keeper or your hairdresser.







Friendships and romantic relationships can sometimes feel very similar.



We can care very much about the other person and want to spend time with them.



In romantic relationships those feelings can be a lot stronger than with our friends.

Some people flirt with each other if they fancy them or are interested in a romantic relationship.

Flirting means showing someone that you like them in a romantic way.

For example, with boyfriends or girlfriends, **not** with family.

Some people flirt by...

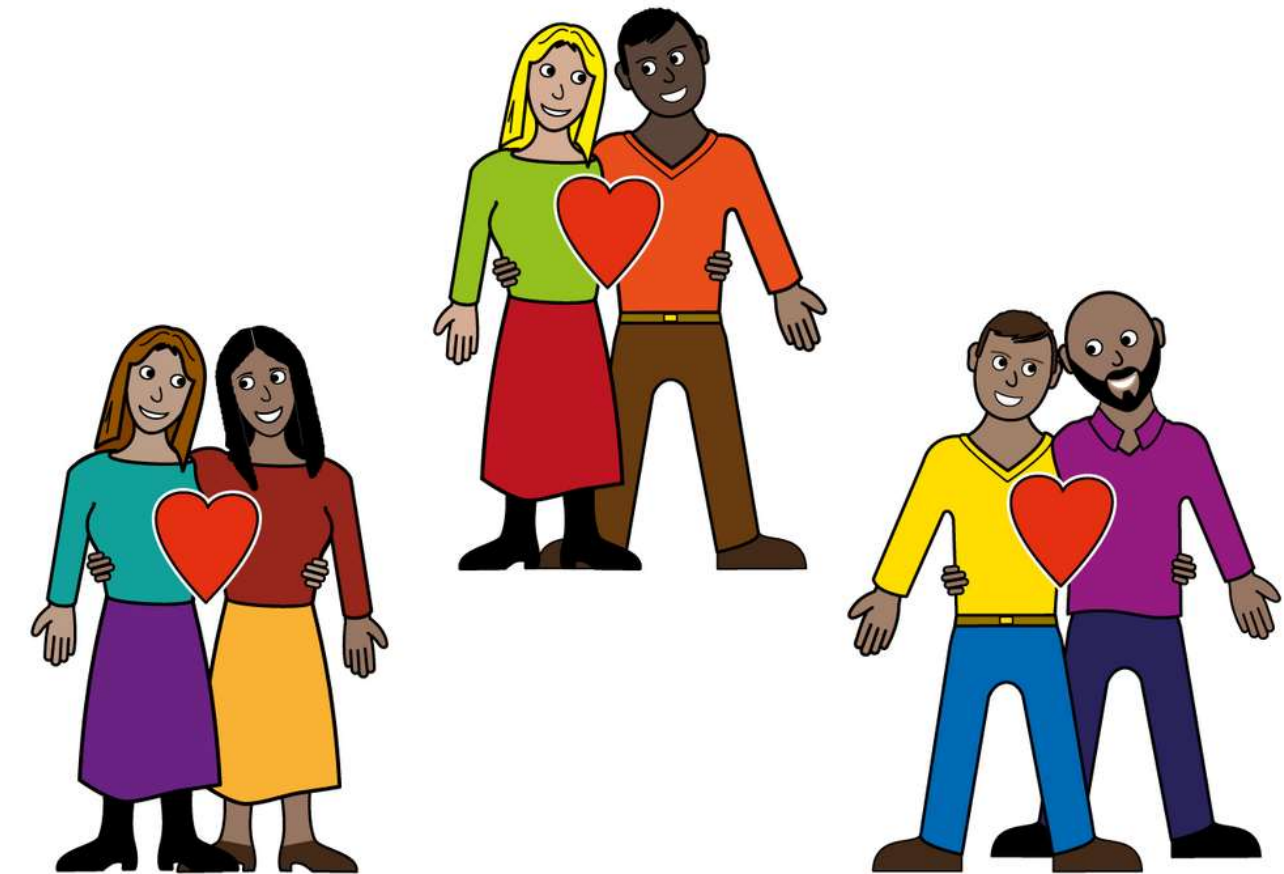
- Looking at the other person a lot
- Saying nice things about the other person
- Small touches
- Joking with the other person







In romantic relationships, we also might want to do fun things together, kiss or have sex.



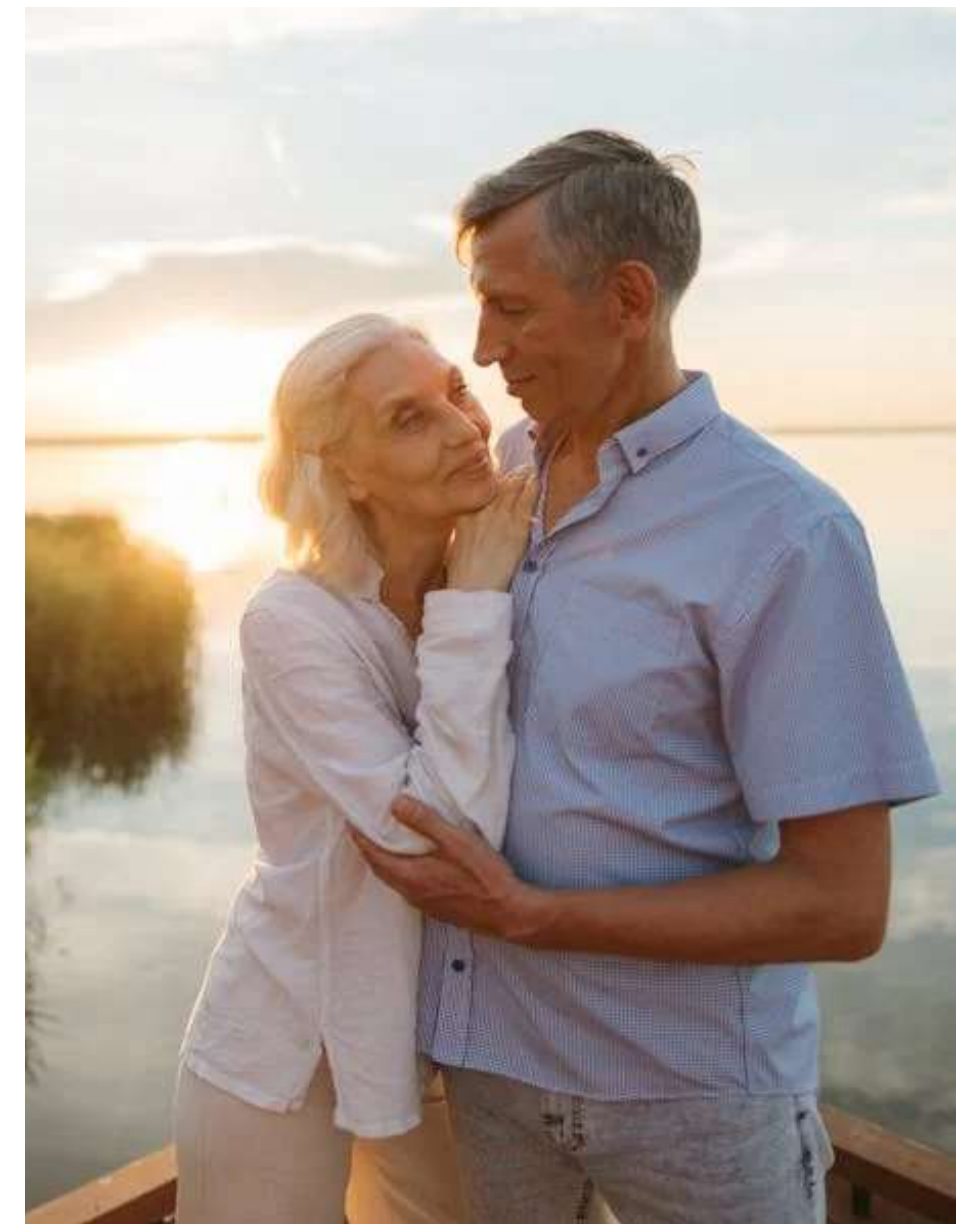
Every person has a right to both friendships **and** romantic relationships.

Romantic relationships are different from the relationships we have with our friends and families. Have a look at the pictures below - which ones do you think are in romantic relationships?





Romantic relationships are different from the relationships we have with our friends and families. Have a look at the pictures below - which ones do you think are in romantic relationships?



Everybody is different, and we all want different things in romantic relationships. What type of person would you like to be in a romantic relationship with?

- Kind
- Funny
- Controlling
- A good listener
- Bossy
- Attractive
- Caring
- Selfish
- Chatty
- Mean
- Likes the same things as me
- Are there anymore? Write them here

# Stages of relationships

## Strangers

A stranger is someone that we have **not** met before. This might be a person at the shop or someone on the bus.

You should **not** give a stranger personal details or our things, even if they seem nice.

We should **not** let strangers give us things.

Strangers should **not** touch you.

If a stranger makes us feel uncomfortable, we must tell someone we can trust or ask for help.





## Friendship

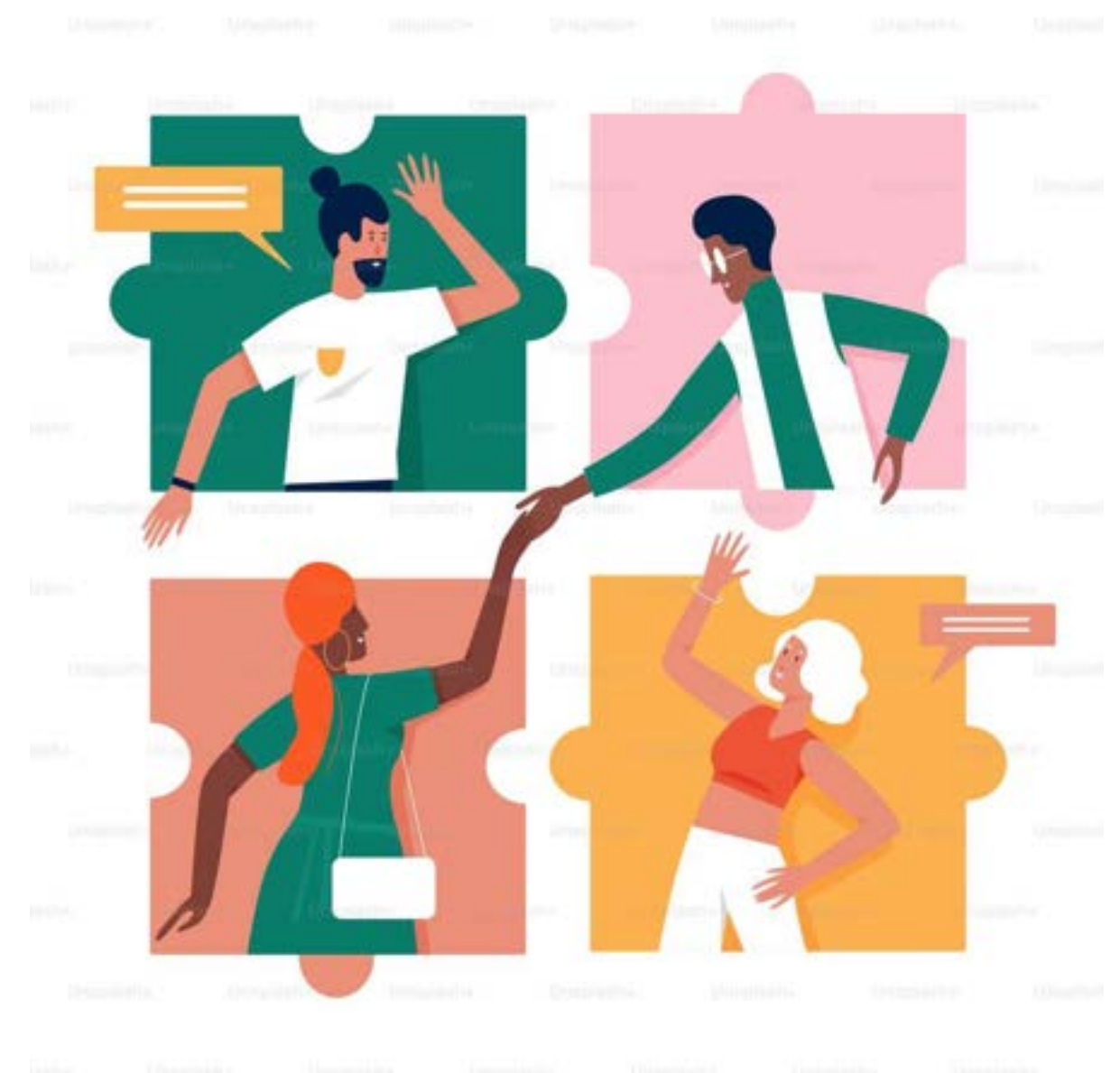
This is the first stage of a relationship with someone. It means we like them, and they like us back.

This is where you get to know each other.

You can find out what you both like or dislike.

You can do activities together.

Friends hug sometimes, but usually we don't kiss our friends.



## Dating

This stage is where you really like someone and might want to have them as a boyfriend or girlfriend in the future - this might be called fancying them.

We date so we can get to know another person before making them our boyfriend or girlfriend.

Dating means that you do activities together or go places.

You can do things like go to the cinema or have dinner.

You could talk about your interests or hobbies, or ask them questions about their interests or hobbies.



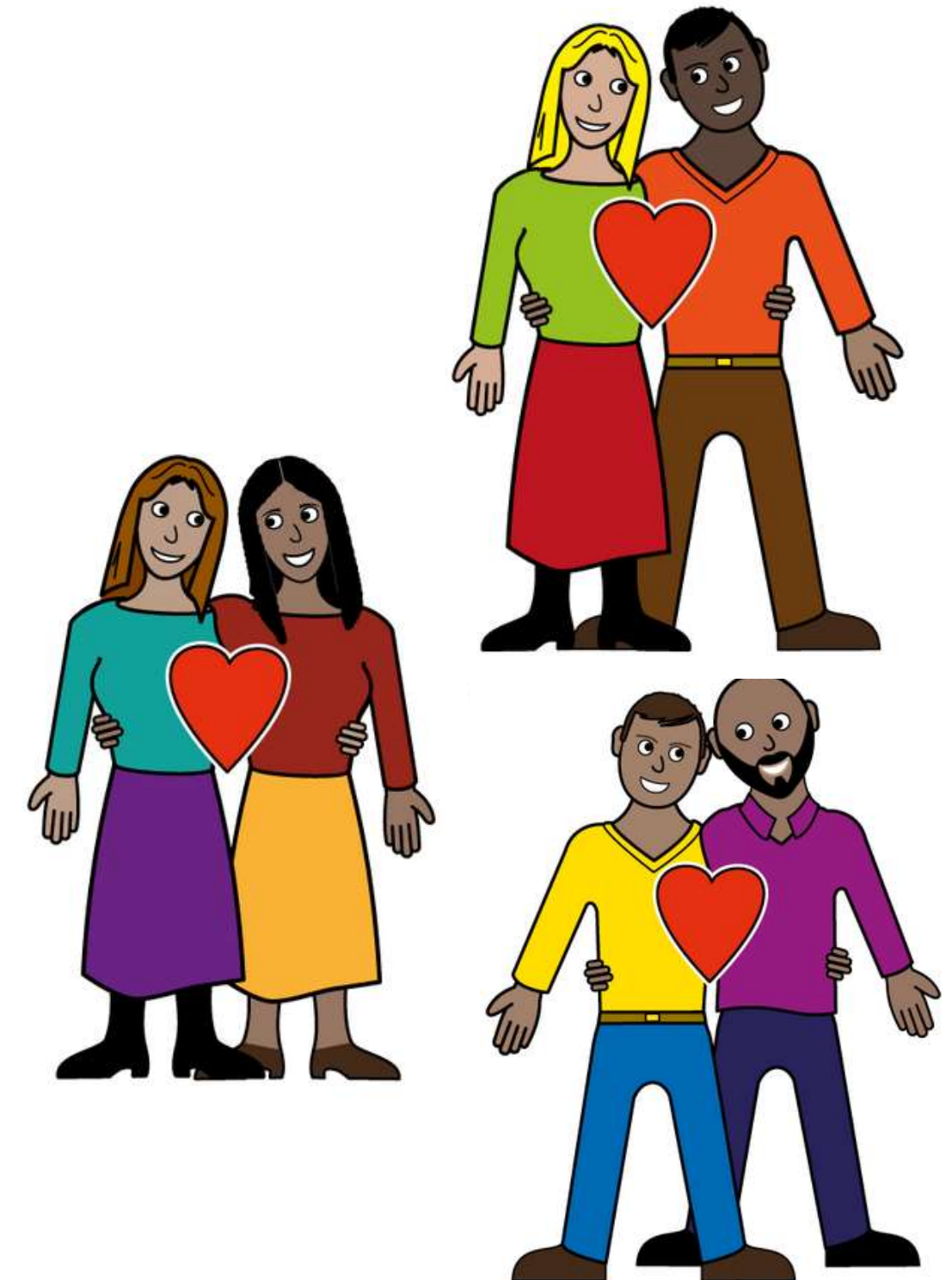
## **A relationship**

A relationship can come after dating someone, if we decide we really like them.

When you really fancy someone or love them, you might want them to become your boyfriend or girlfriend.

When you're in a relationship, you may want to hug, kiss and have sex. It's ok if you don't want to do these things.

Usually, being in a relationship means you don't fancy or want to go on dates with other people.





## **Marriage or a civil partnership**

When you marry someone, or have a civil partnership, that means you have been in a relationship with them.



Marriage means the relationship is recognised by the law.

Some people choose to never get married - that's ok too. You should only get married if you want to.

Married couples often kiss, hug and have sex. Some people decide to have a baby.

You can choose to end a marriage by getting a divorce.



Put these different types of relationships in order. Start with a number **1** for the first stage and a number **5** for the last stage.



Boyfriend



Friends



Married



Dating



Stranger

## Summary

- We can have lots of different people in our lives. We will have a different type of relationship with all of them.
- We feel differently about other people depending on if they are a family member, a friend or someone we are in love with.
- Everyone should have the chance to have friends **and** romantic partners.



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# OUR BODIES

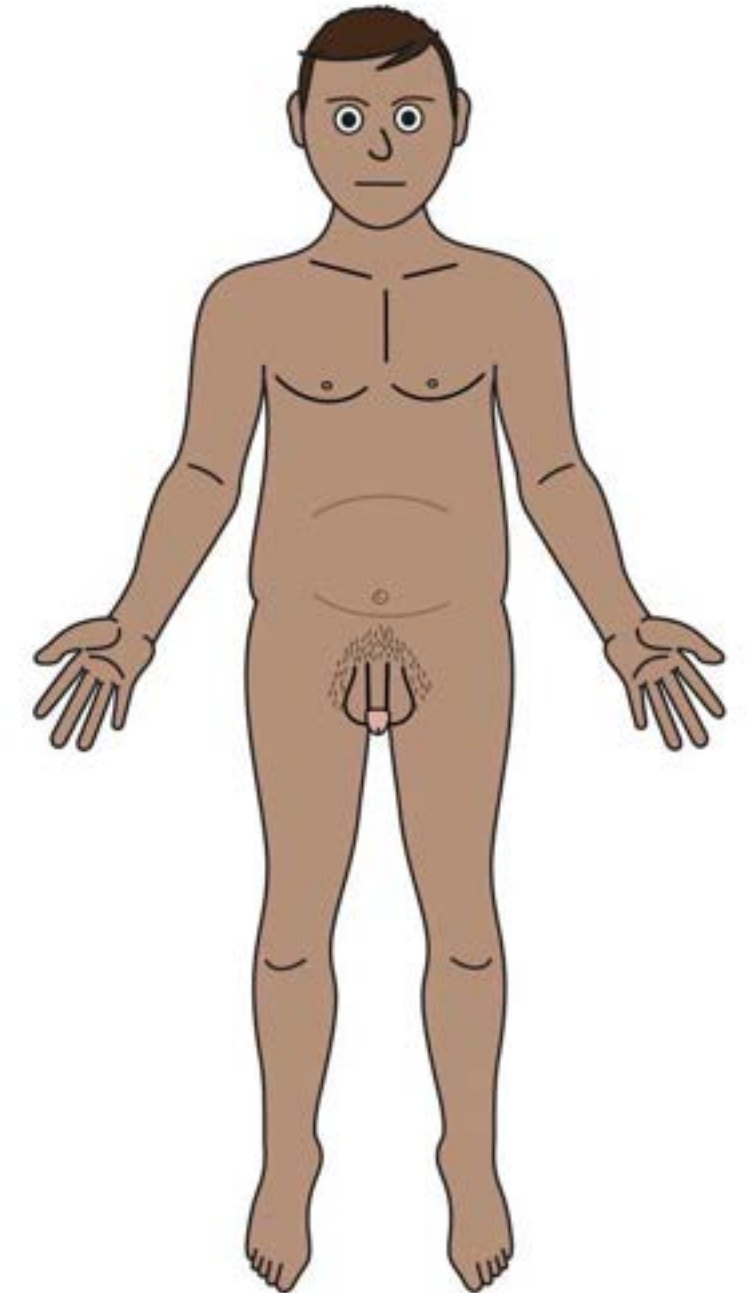
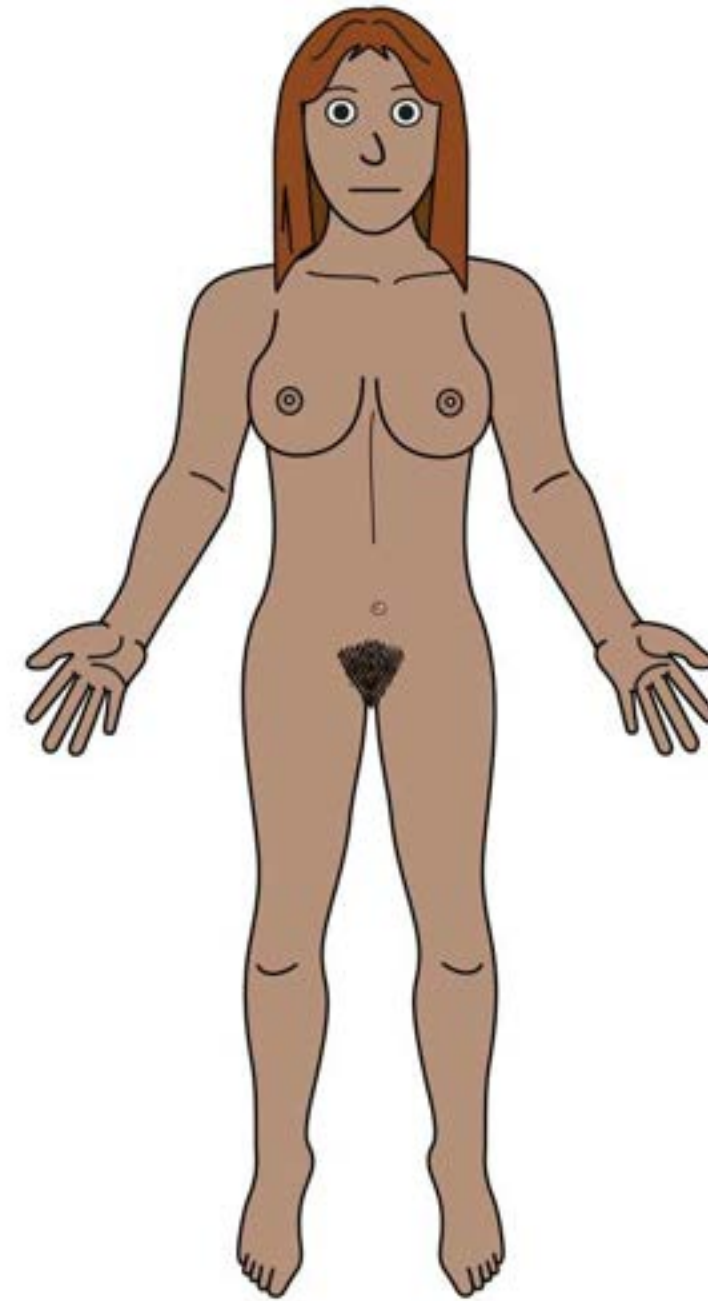


## My body

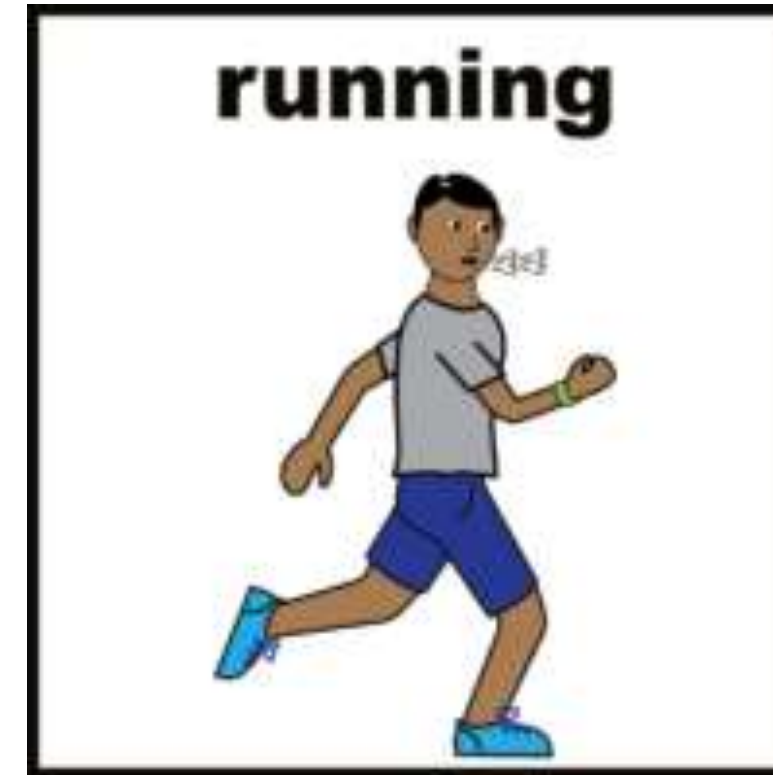
We all have a body.

Most women have a vagina, vulva and breasts.

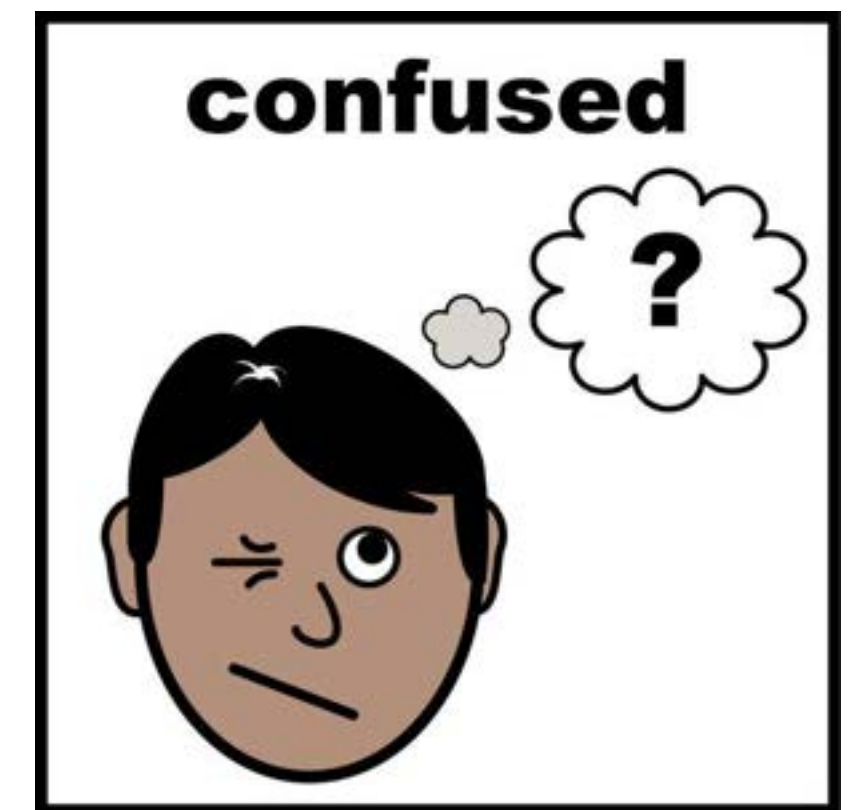
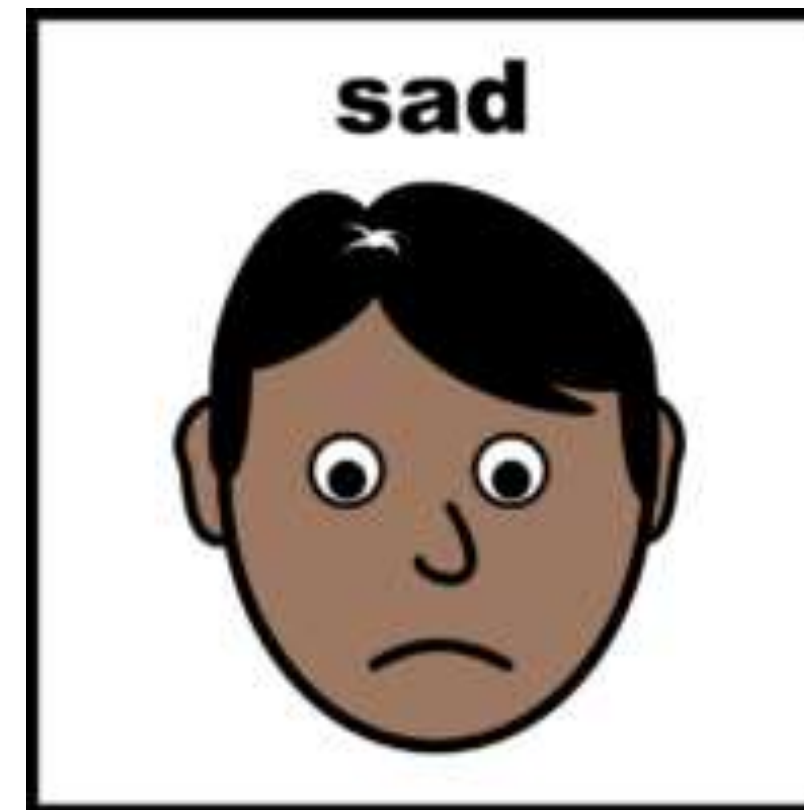
Most men have a penis and testicles.



Our bodies can allow us to do things we enjoy.



We can also have difficult thoughts and feelings about our bodies.



Our body is our own and others should have our permission (saying it is okay) to touch it in any way.



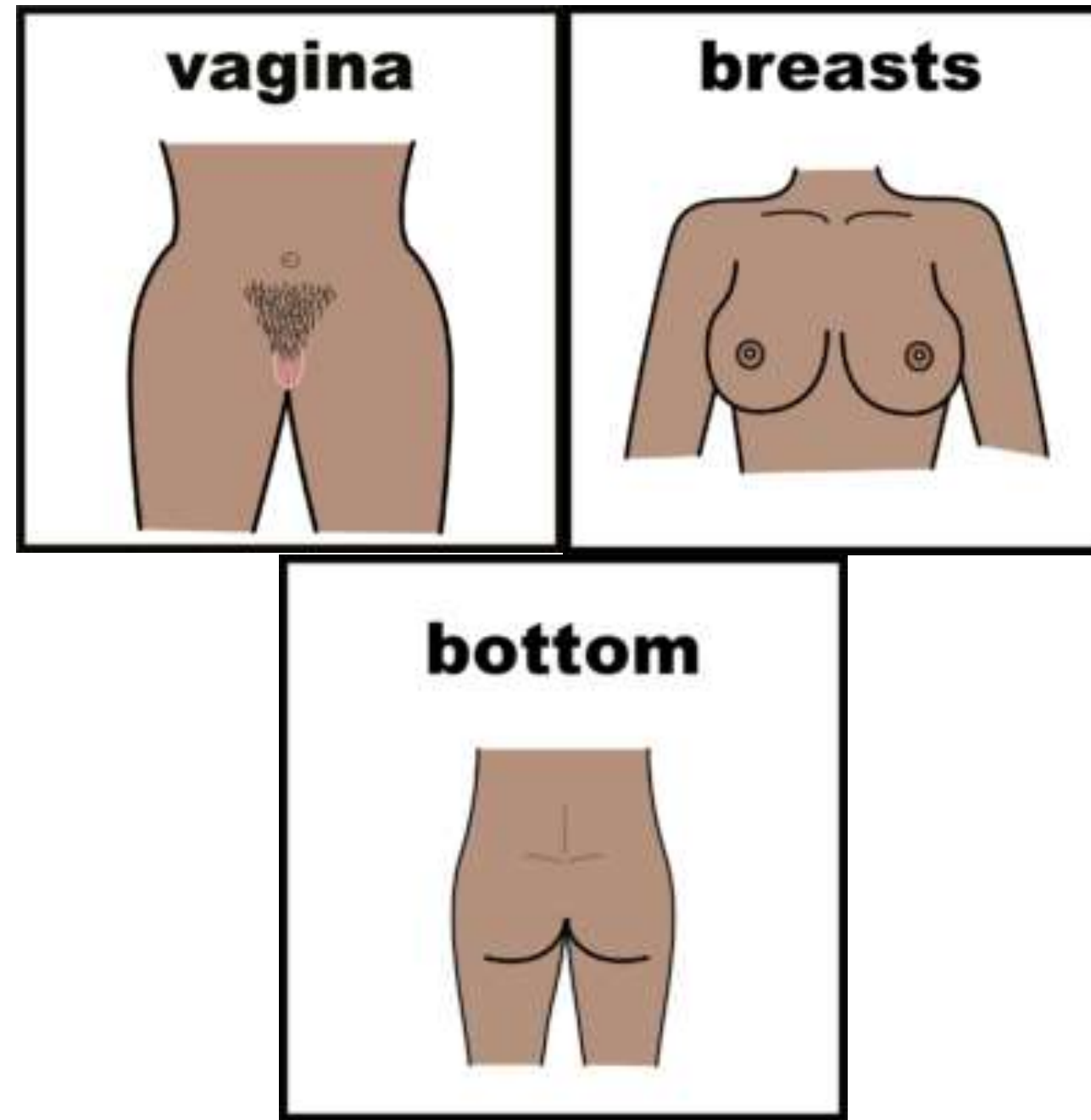
Some parts of our body are private. We should not have these parts of our bodies out for others to see in public spaces.



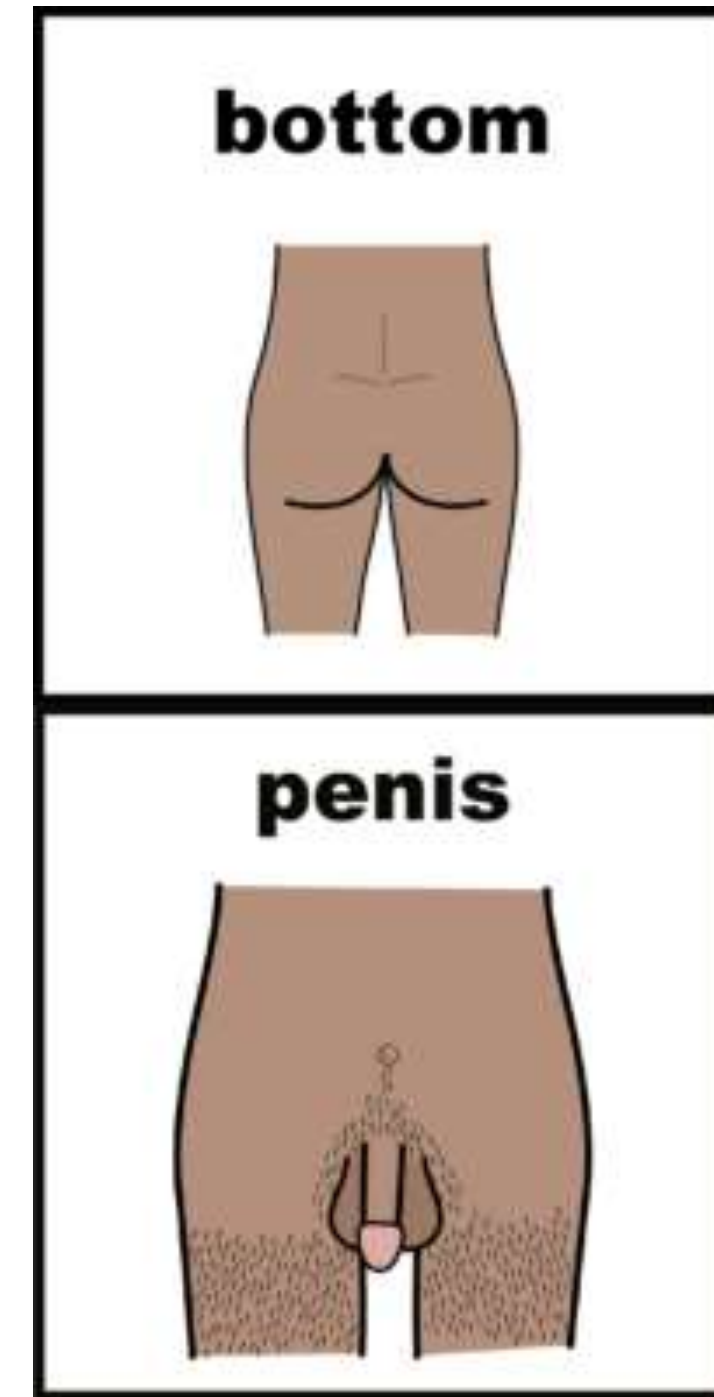




Our private parts should only be touched by people when we give them permission.



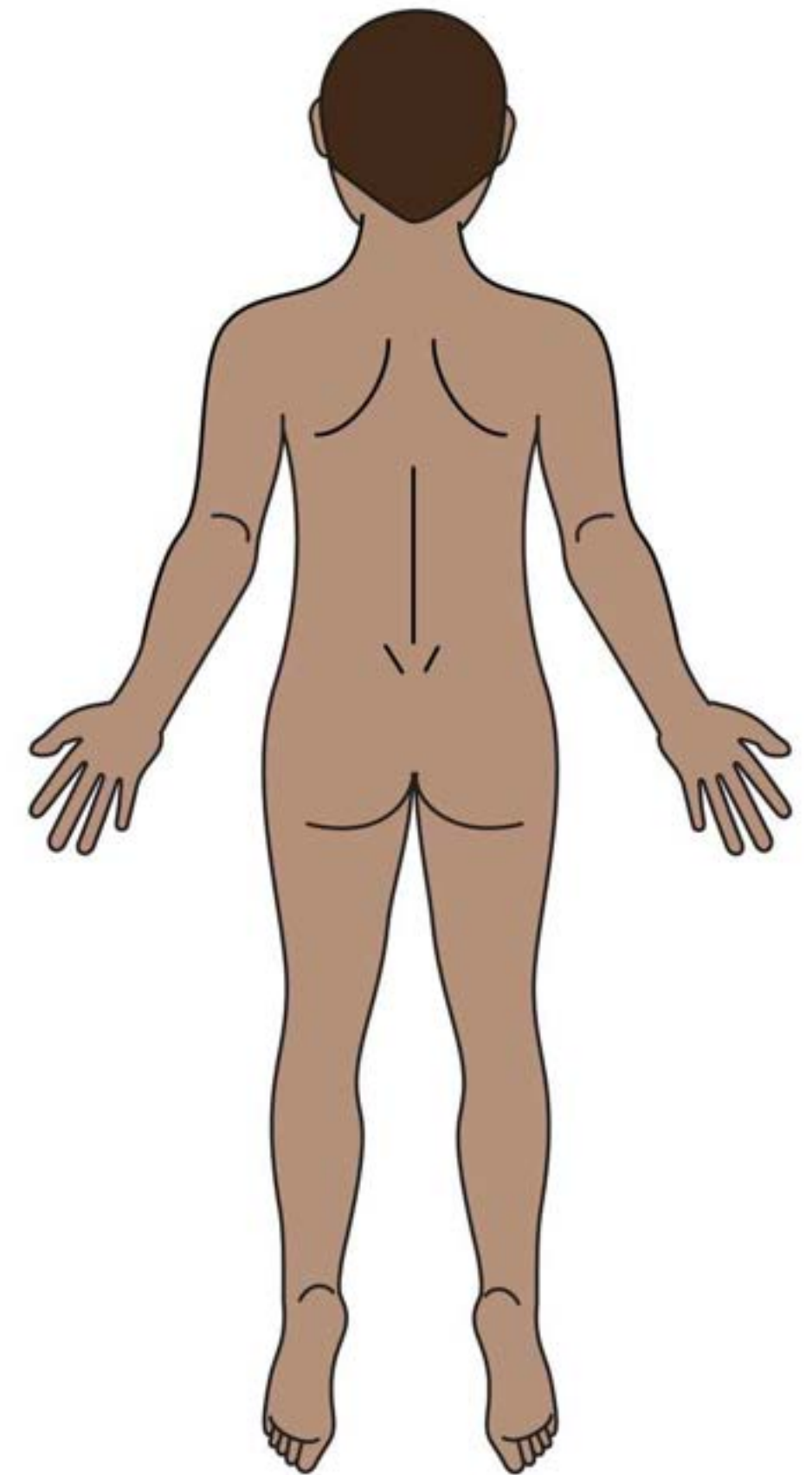
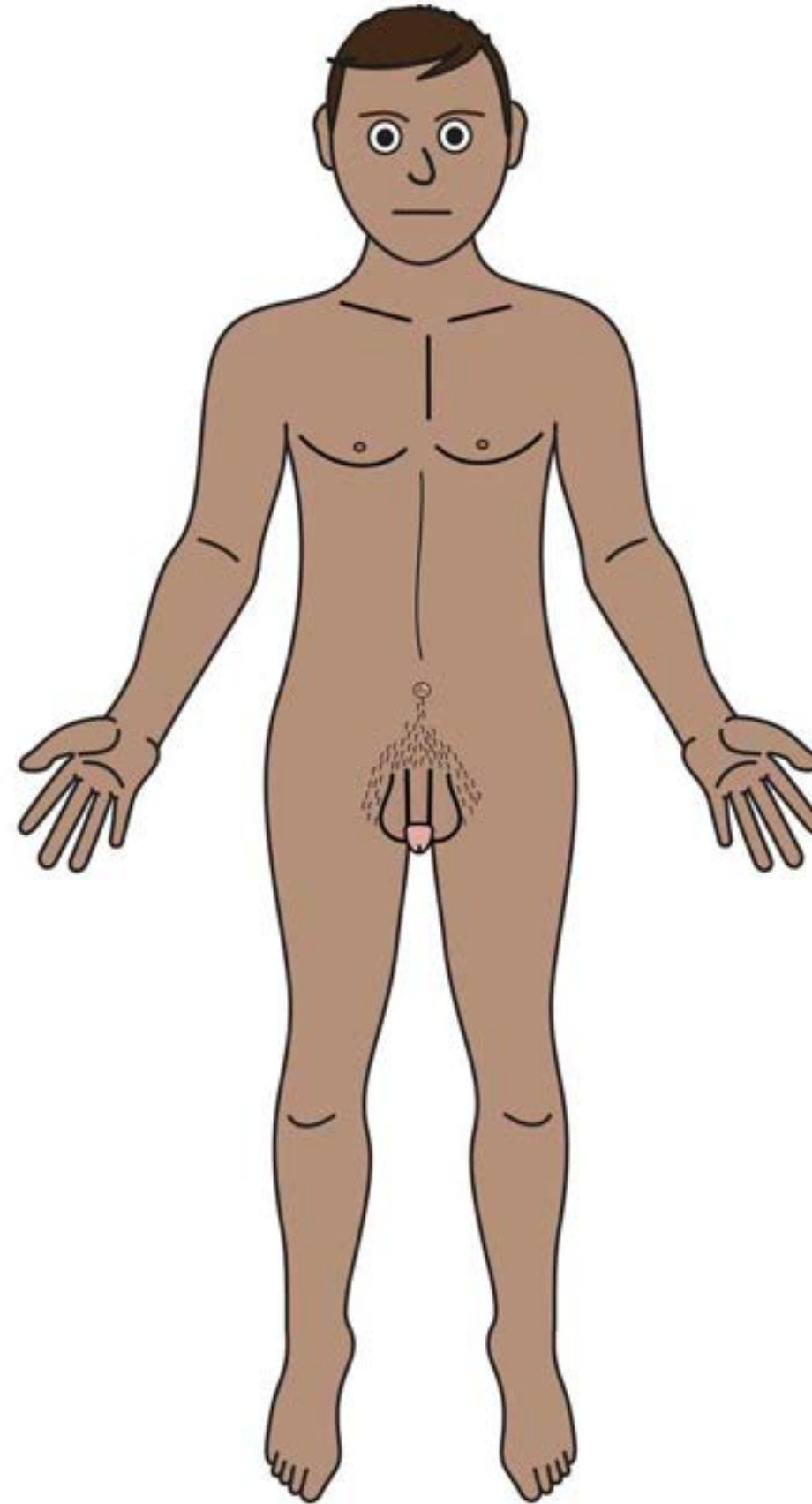
For female bodies, the private places are your vagina, bottom and breasts.



For male bodies, the private spaces are your penis, testicles and bottom.

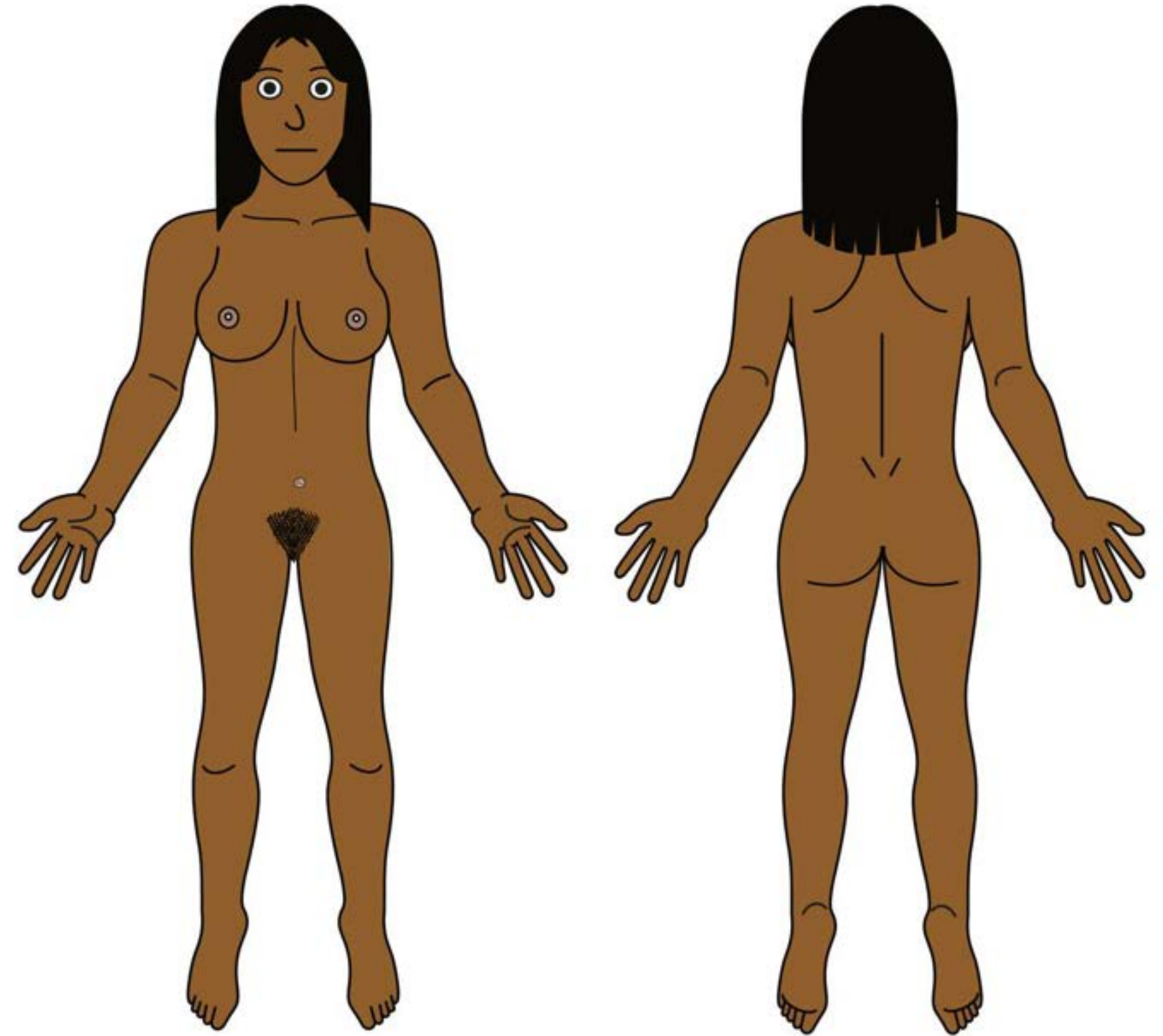
## My body

- Which parts of this person's body are private?
- Can you name their private body parts?



## My body

- Which parts of this person's body are private?
- Can you name their private body parts?



**Who can touch my private parts (with my permission)?**

A doctor if I am worried about a problem with my private parts

A romantic partner

A friend

The bus driver

Someone supporting me with personal care

A stranger I have spoken to on the internet

Myself when I'm in a private space

yes ✓	no ✗
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## Hygiene

It is important to take care of your body and keep it clean.

This keeps you feeling and being well.

You may be able to do this on your own or you may need help.



## Ways to keep clean



Wash your body with soap once a day.

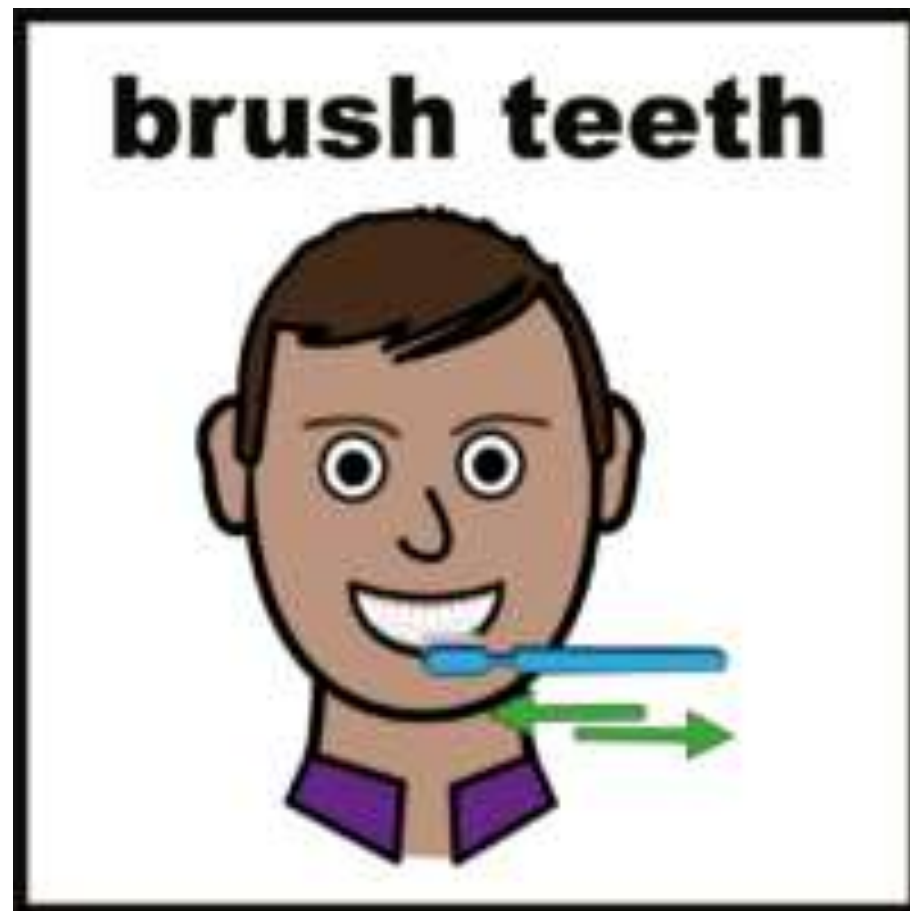


Regularly washing your hair.



Wearing clean clothes.

## Ways to keep clean



Brush your teeth  
twice a day.



Keeping your hands  
and nails clean by  
washing your hands.



What products do you use to keep your body clean?

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How often do you need to use these products?

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Who helps you to keep your body clean?

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??



## Gender or sex?

### Sex

Sex describes the physical body parts that people are born with.

These are different in men and women.

Men have a penis and testicles.

Women have a vagina and breasts.

When talking about sex in this way, this is different to sexual intercourse.



# Gender or sex?

## Gender

Gender is different to sex. This is how someone feels (or identifies).

You might have been born male but feel like a woman, or you may have been born female but feel like a man.

It is ok to feel a different gender to the sex you were born as.

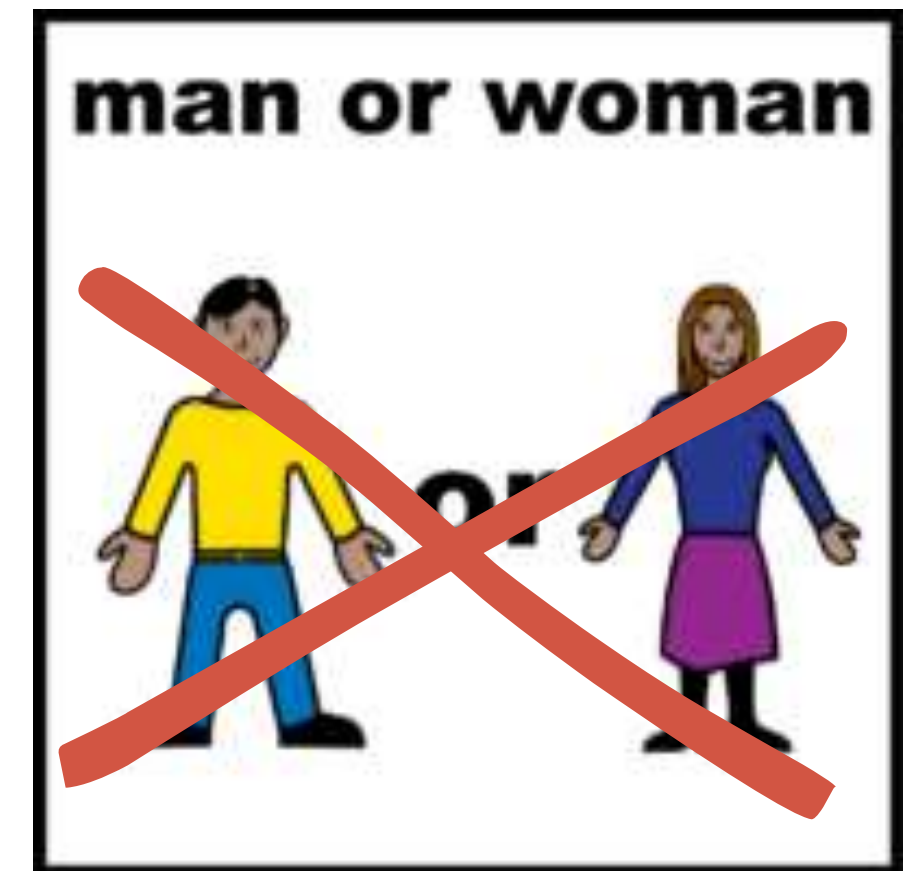




When you don't feel like your sex matches who you are inside, this is called being transgender.

Some people don't feel like a man **or** a woman, or they feel unsure.

Some people choose to live as a different gender - they do this by changing their name, wearing different clothes or changing the way their body looks.



**What gender do you think these people are?**



## What gender do you think these people are?



If you were with these people, how could you find out about their gender?



## What gender do you think these people are?





## What gender do you think these people are?



If you were with these people, how could you find out about their gender?

## True or False?



Sex and gender are the same thing.

☐☐

Everyone who has a penis is (will identify as) a man.

☐☐

Being transgender is okay.

☐☐

Some people don't feel like either gender.

☐☐

You can tell someone's gender by looking at the clothes they are wearing or their hairstyle.

☐☐

## Summary

- We have private body parts (for example, penis, vagina and breasts that should only be touched with our permission).
- Sex is about what body parts you have (penis or vagina), but gender is about how you feel.
- Keep your body clean by washing your body, cleaning your teeth and wearing clean clothes.
- It is okay if your gender is different to your sex.

# PERIODS (OR MENSTRUATION), PUBERTY & THE MENOPAUSE



## Periods

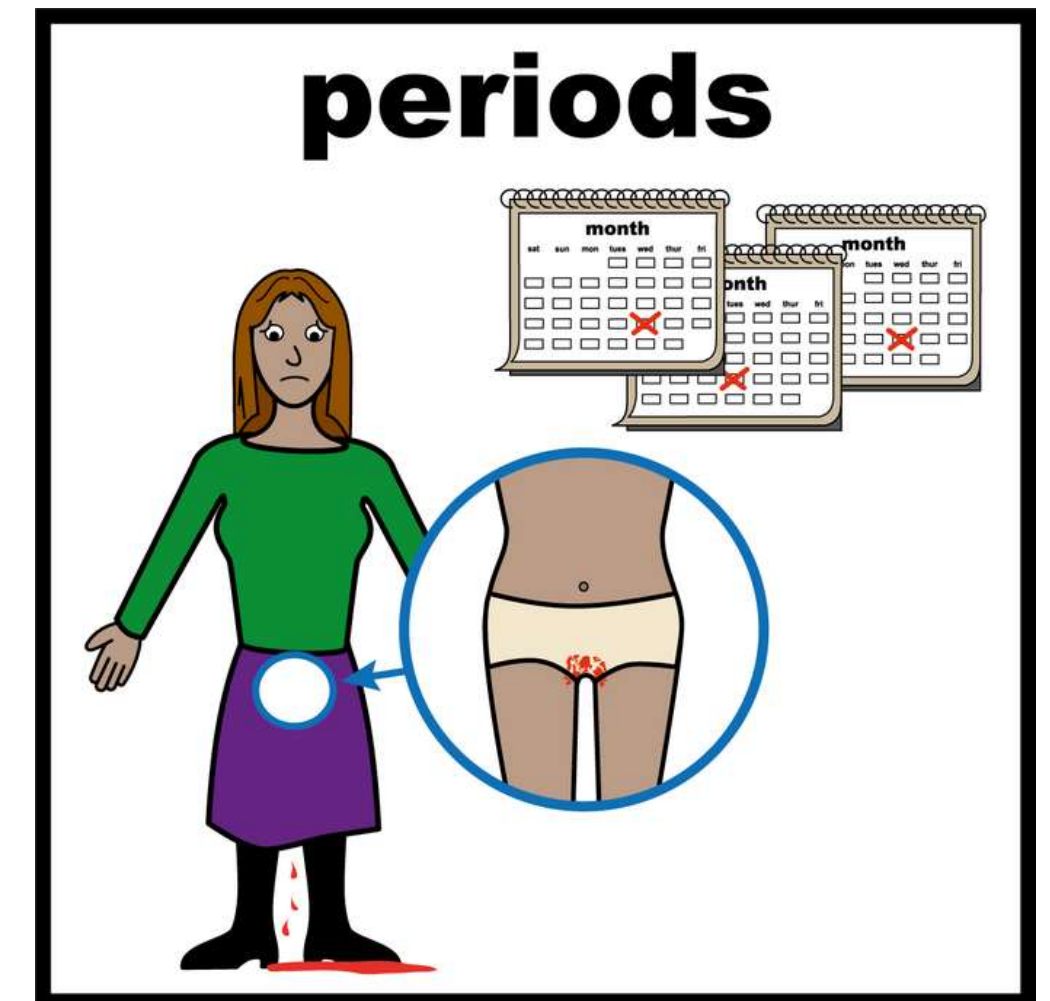
Most women, or people with a vagina, will have a period.

Periods are where you bleed from your vagina.

They are normal and nothing to worry about.

They usually happen once a month.

They usually last for less than a week.



## Periods

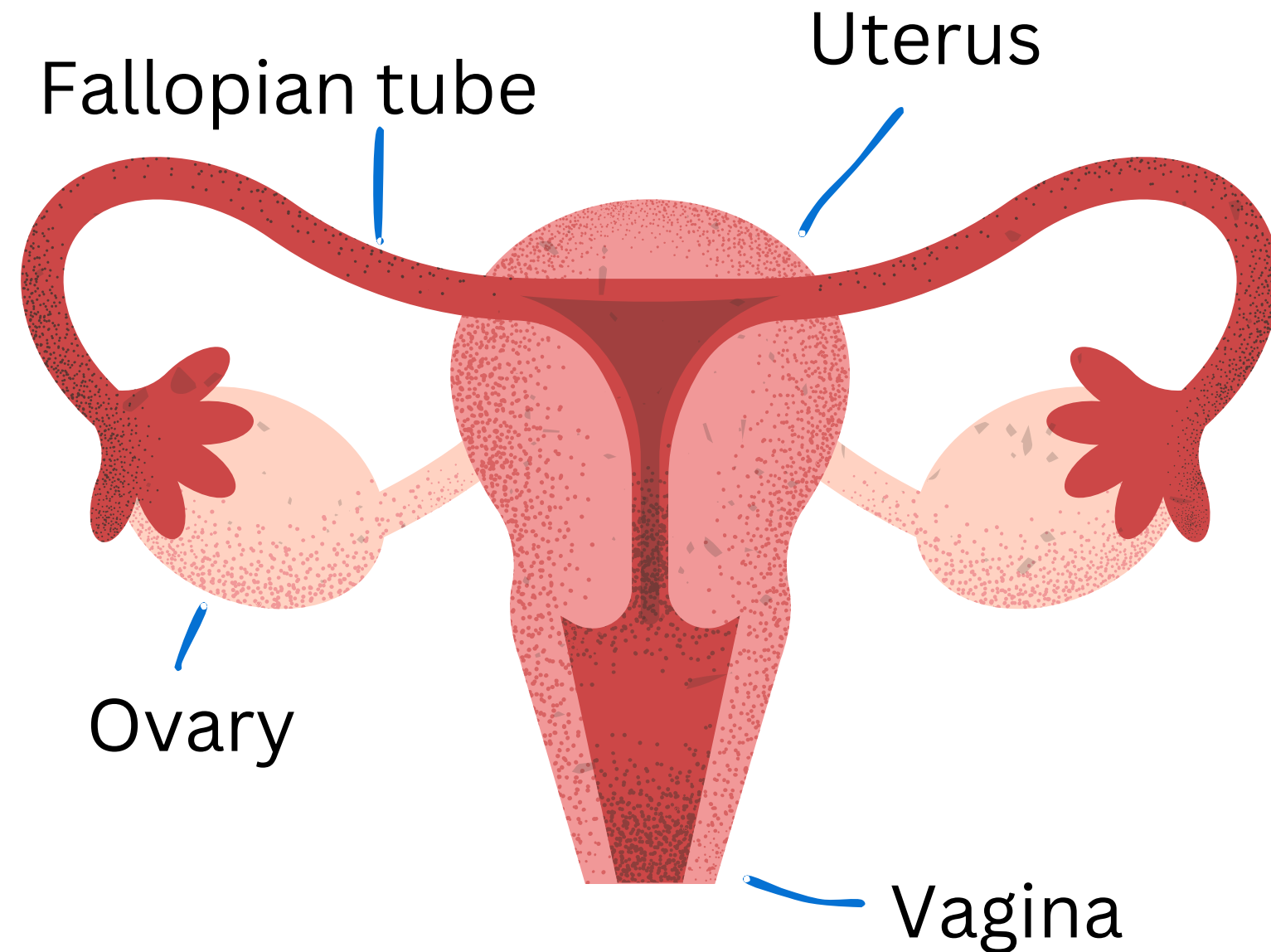
During your period there are different symptoms like:

- Belly pain (or cramps)
- Feeling more tired
- Having more mood changes, like feeling sad or crying
- Feel annoyed

The period is part of a monthly cycle, also called a menstrual cycle.

This cycle helps the body to get ready to have a baby.





## Between your periods

- An egg is released by the ovary and travels down the fallopian tube.
- Here, the egg waits for a sperm to fertilise it which can create a baby.

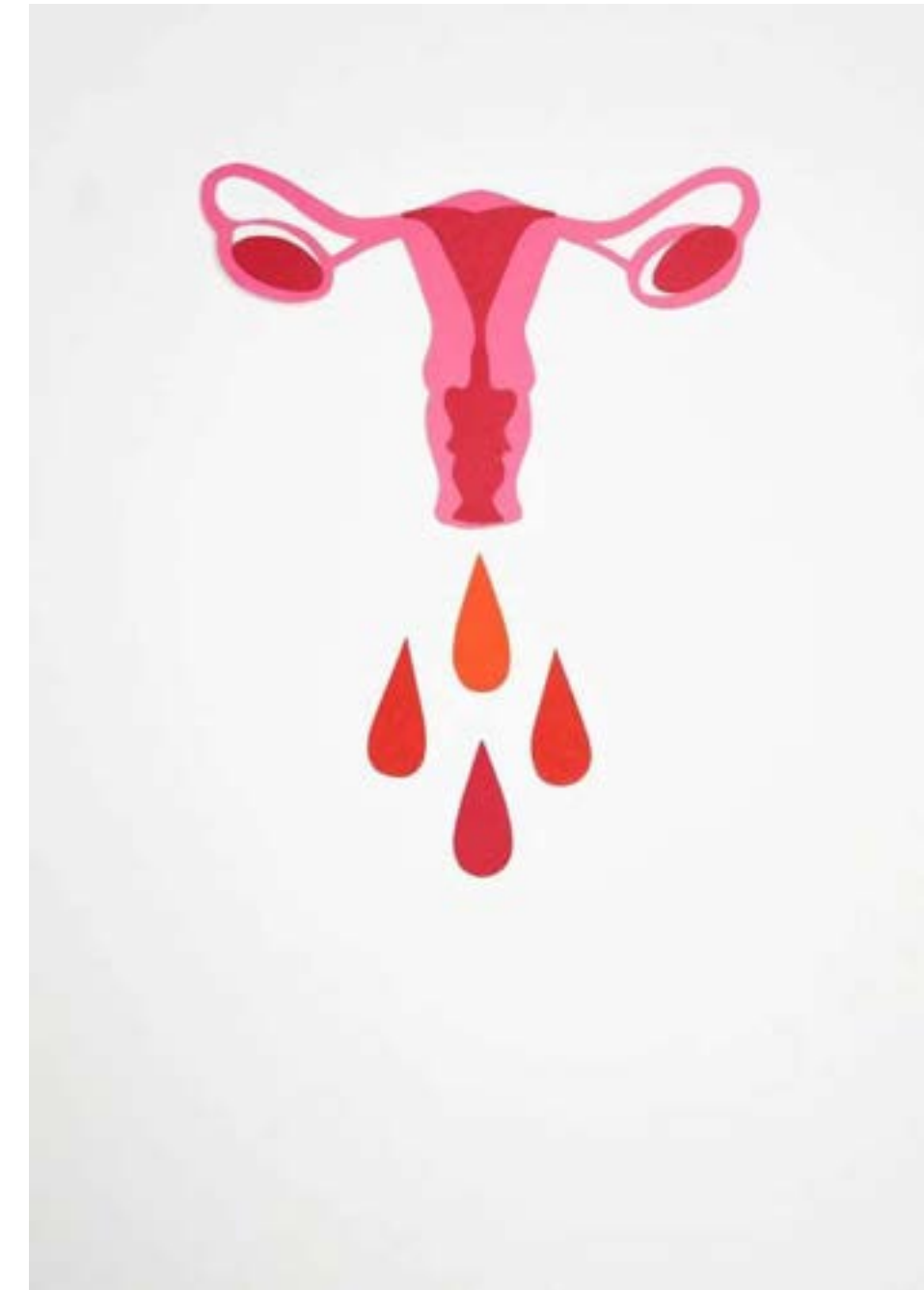
## Before your period

- Your body is getting ready for a baby.

## **During your period**

- If the egg does not meet a sperm you have your period.
- This is where the blood from your uterus comes down your cervix and out of your vagina.

**Then it starts all over again!**





## Periods

If you have a period, have a think about some of the following questions.

If you don't have a period, have a think about how someone that does have a period might feel. Or ask someone you know.

- How do you feel during your period?
- What makes you feel better during your period?
- What period products do you use during your periods?
- How many different period products can you name?



## Period products and hygiene

- When someone is on their period, they must use period products.
- Period products hold the blood and stop it getting on clothing.
- It is important to check on them and change them every 4 - 6 hours.
- You must always wash your hands before and after you change your period product.



## Period products and hygiene

- Some people bleed a lot and need to change them more.
- Some people bleed less, but it is good to still change them.
- There are different types of period products that can be used.
- They can be bought from most shops or pharmacies.
- Everyone is different and can use the product that works best for them.



## **Pads (or sanitary towels)**

- These stick to the inside of your underwear and soak up the blood.
- They are thrown away after one use.
- If you bleed more, you can get thicker pads.



## **Tampons**

- These go into a vagina to soak up the blood.
- They have a string that can be used to pull it out.
- They are thrown away after one use.





## **Period pants**

- You wear these like underwear, but they are much thicker so they soak up blood better.
- They can be washed like normal underwear and used again.





## **Menstrual cup (sometimes called moon cups)**

- They go into your vagina and catch the blood.
- Even though they look big, they fold up.
- They have a stick at the bottom that you use to pull it out.
- You empty out the blood into the toilet, rinse the cup and reuse it.



**True or false?**

- Everyone has periods.
- Periods are normal.
- Periods usually happen once a year.
- Periods are always painful.
- Period products go in the bin if they are single use.
- Everyone's period is different.

	
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## Puberty

Most people get their period as part of puberty.

Puberty is when a body changes from a child body into an adult body.

Puberty usually starts between the ages of 8 and 13.

But everyone is different, and it is okay if it happens earlier or later.



## Puberty

During this time, other changes can happen like:

- Getting taller or parts of your body getting bigger (like breasts, hips, penis).
- Hair might start to grow from new places such as under your arms, your face and around your private parts.
- Your skin might get spotty.
- Mood changes, like feeling sad to happy.





## Menopause

When the monthly cycles stop, a life stage called the menopause begins.

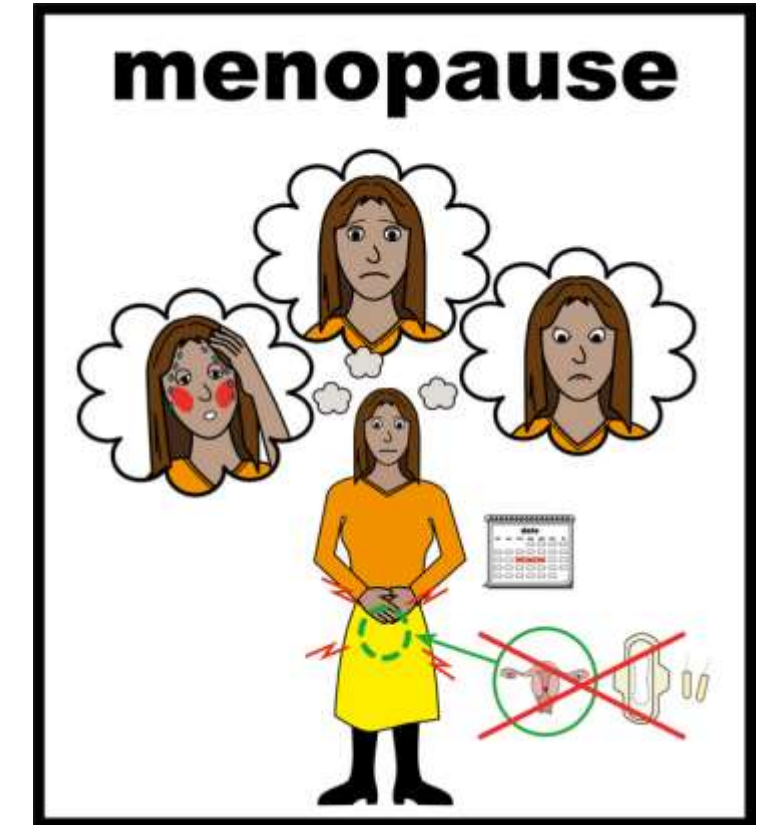
Everyone that has had periods will go through the menopause.

Menopause means that the body is no longer able to have a baby.

Menopause usually happens at some point between age 40 and 60.

But everyone is different, and it might happen earlier or later.

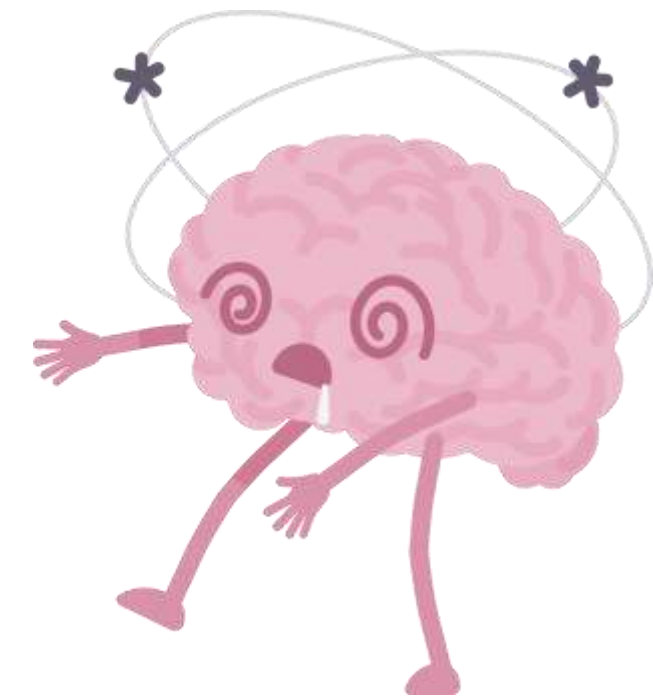
It is a normal part of growing older.



## Menopause

During the menopause, you might notice:

- Feeling hot at random times.
- Having more mood changes, such as feeling sad, annoyed or nervous.
- Feeling more tired or finding it hard to sleep.
- Troubles with your memory.
- More soreness in your body.



## Summary

- Periods are where, usually women, bleed from their vagina once a month.
- Periods are part of the menstrual cycle which prepares the body to be able have a baby.
- It's important to use period products to catch the blood and change them regularly.
- Periods are a part of puberty; which is where a child's body slowly changes to an adult body.
- The end of the menstrual cycle is the start of the menopause.



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SEX

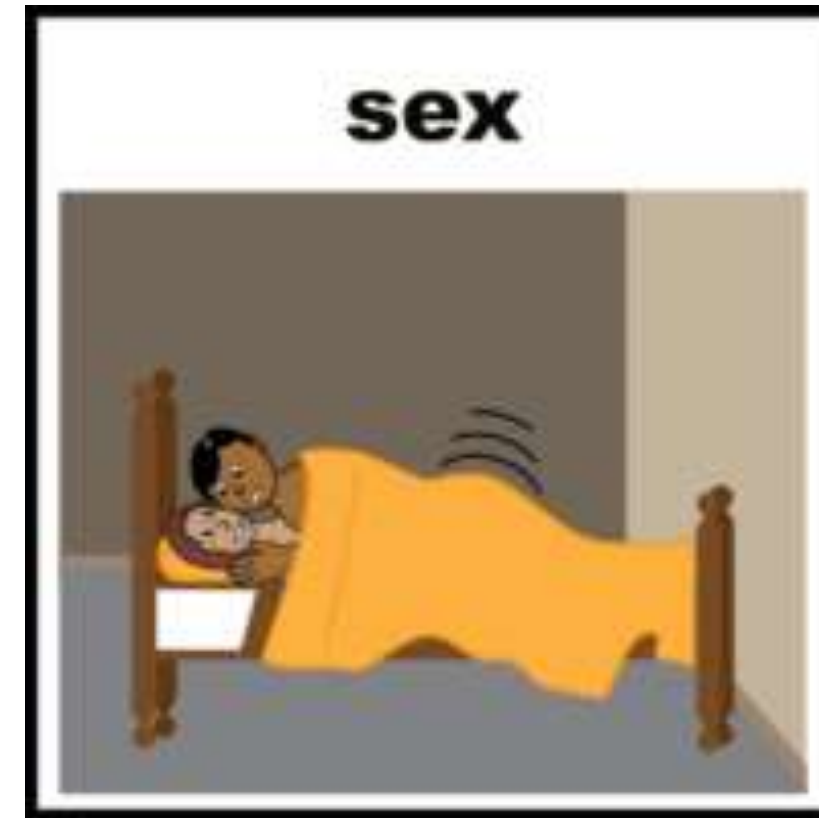


## Sex

Sex is when usually two people touch each other in a way that feels good for them and is fun.

It usually means touching each others private parts.

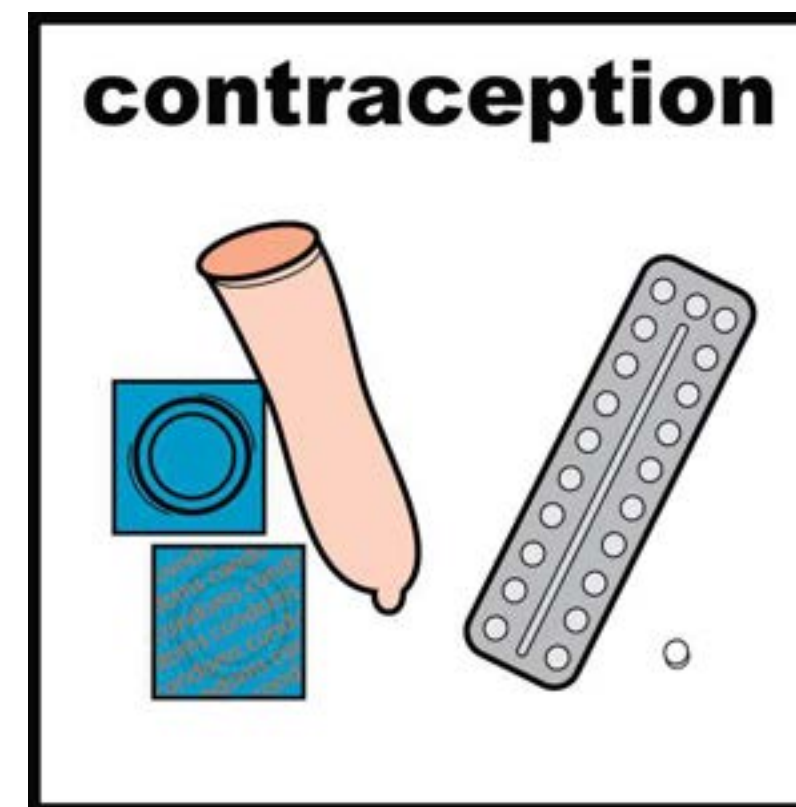
There are different ways to have sex.



Sex can sometimes lead to having a baby,  
but not always.

You can have sex without having a baby, but  
you need to use contraception.

There is a section called 'contraception' that  
has more information.



People should only have sex with each other if:

- They both want to.
- They are both adults.
- They both feel ready.

Nobody has to have sex. Nobody should force you to have sex.



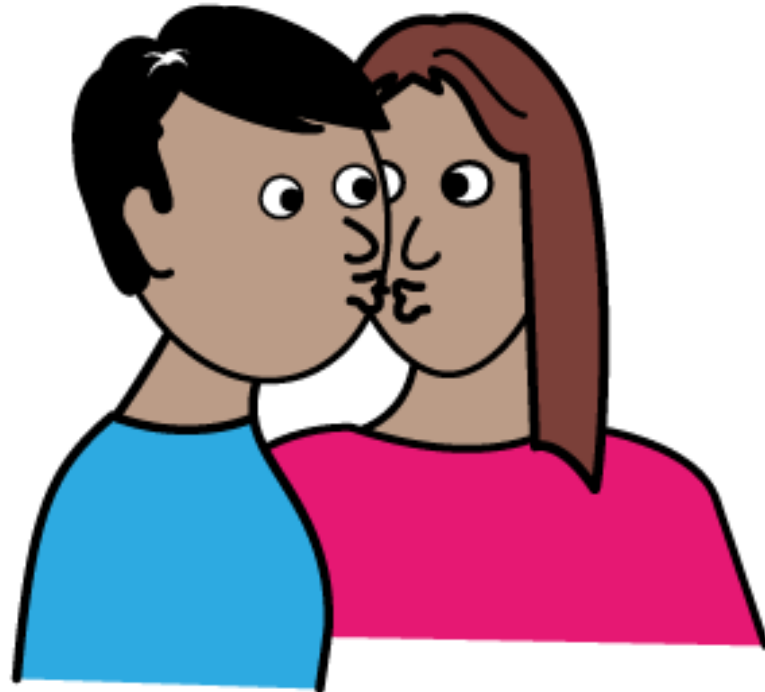
There are different types of sex.

People like different things.

It's helpful to check what the other person likes.





**kiss**

## Kissing

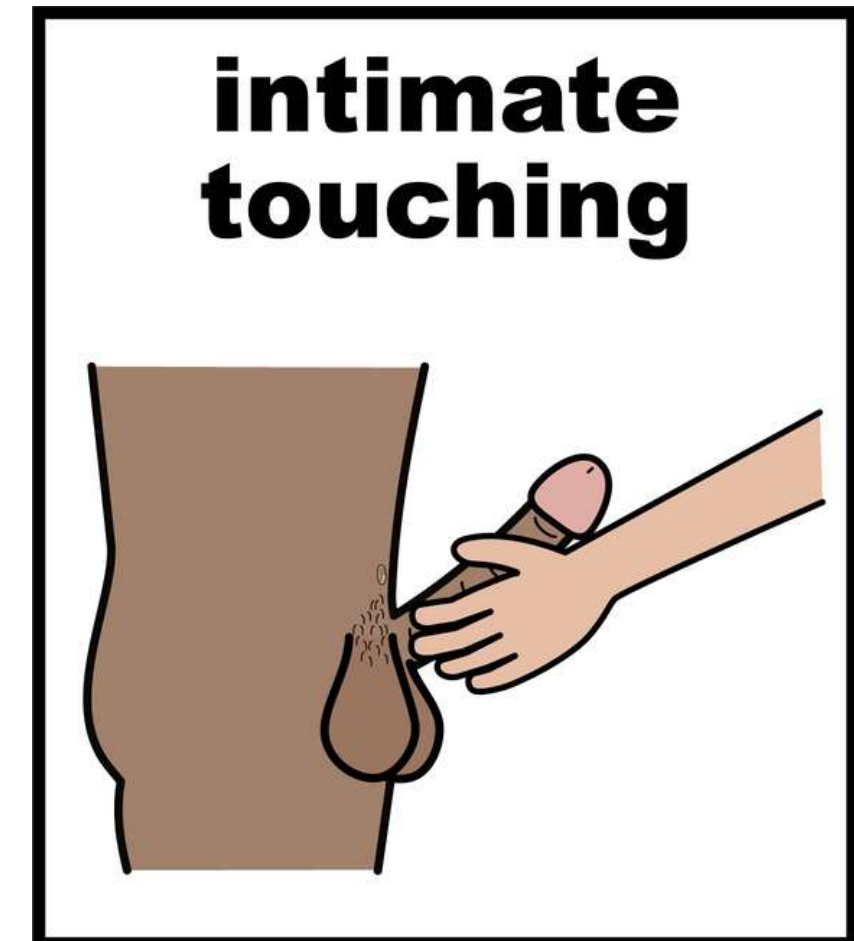
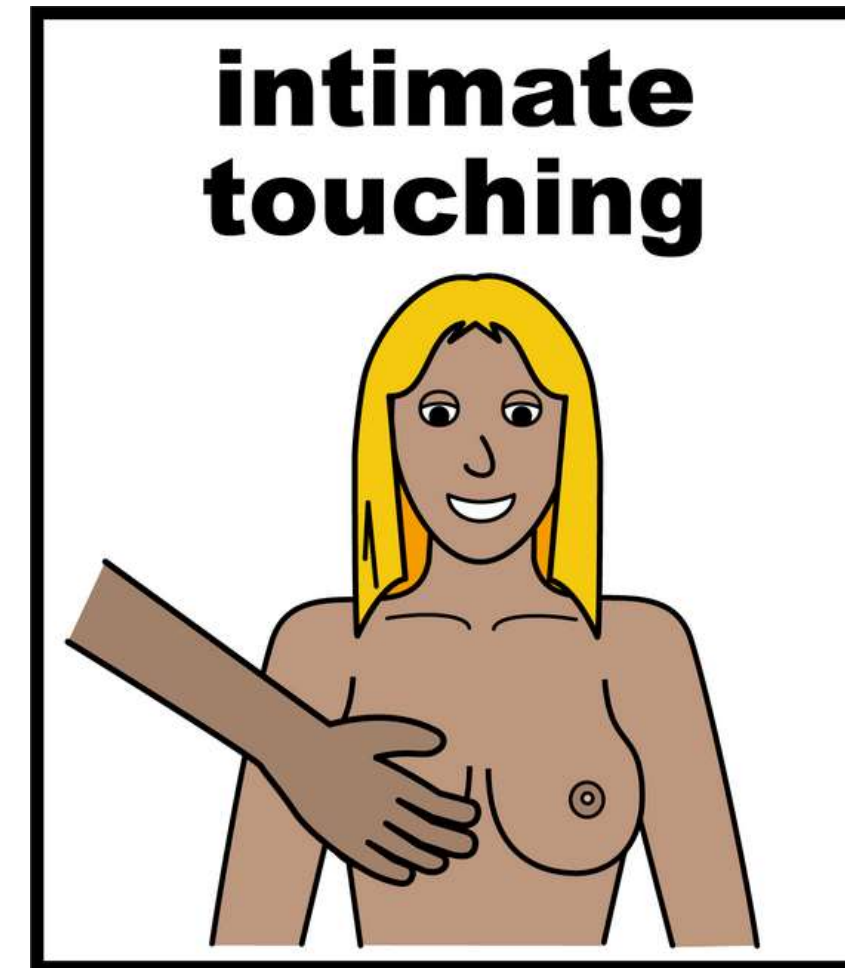
Where a person puts their lips, and sometimes tongue, onto another person's lips and mouth.

Some people also kiss different parts of the body.

## Touching

Where a person uses their hands to touch another person's private parts.

This could be their penis, vagina, nipples or anywhere else that feels good.

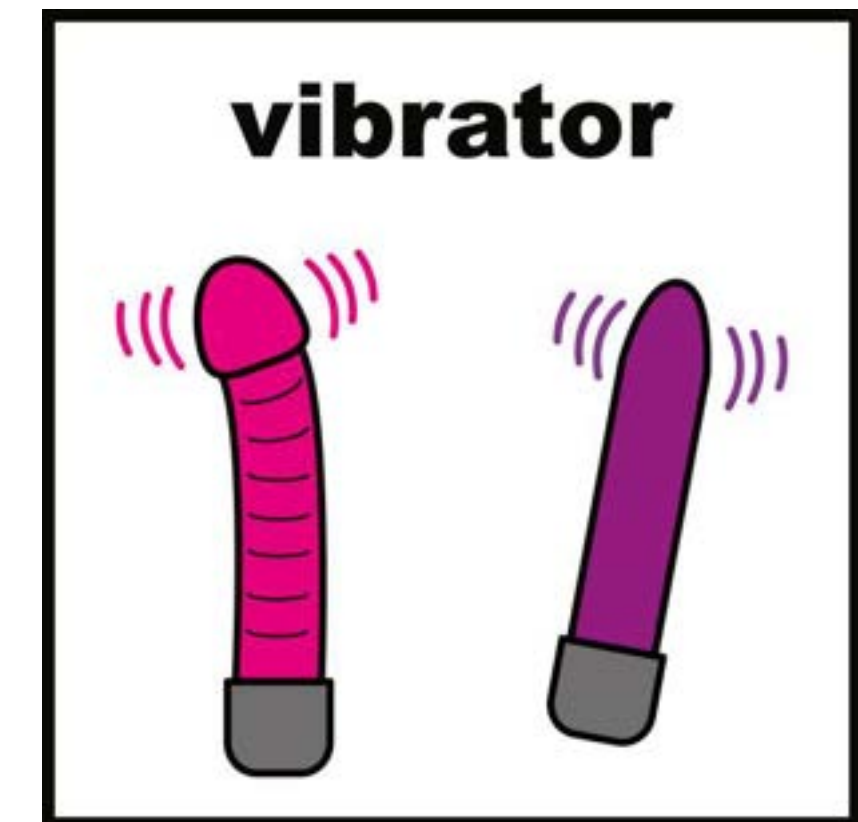


## **Masturbation** (see section on ‘masturbation’)

Where a person touches their own private parts in a way that feels good for them.

Some people do this with another person too.

Some people also use sex toys which can vibrate and feel good on private parts.



## Vaginal sex

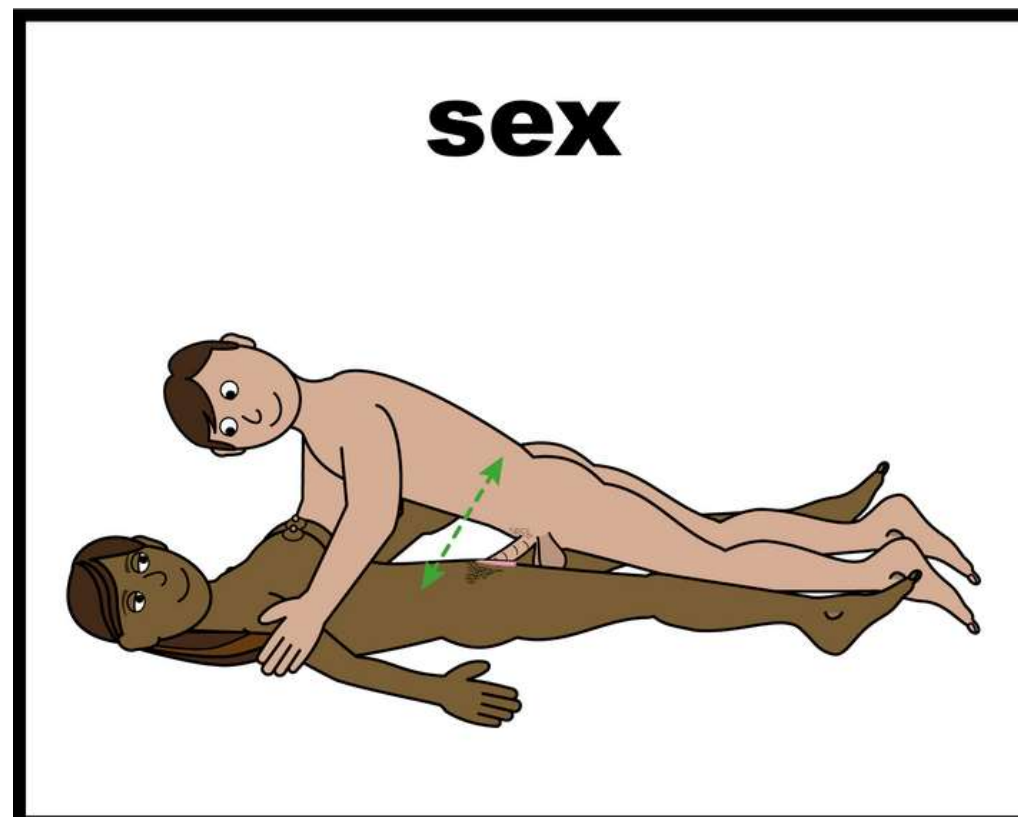
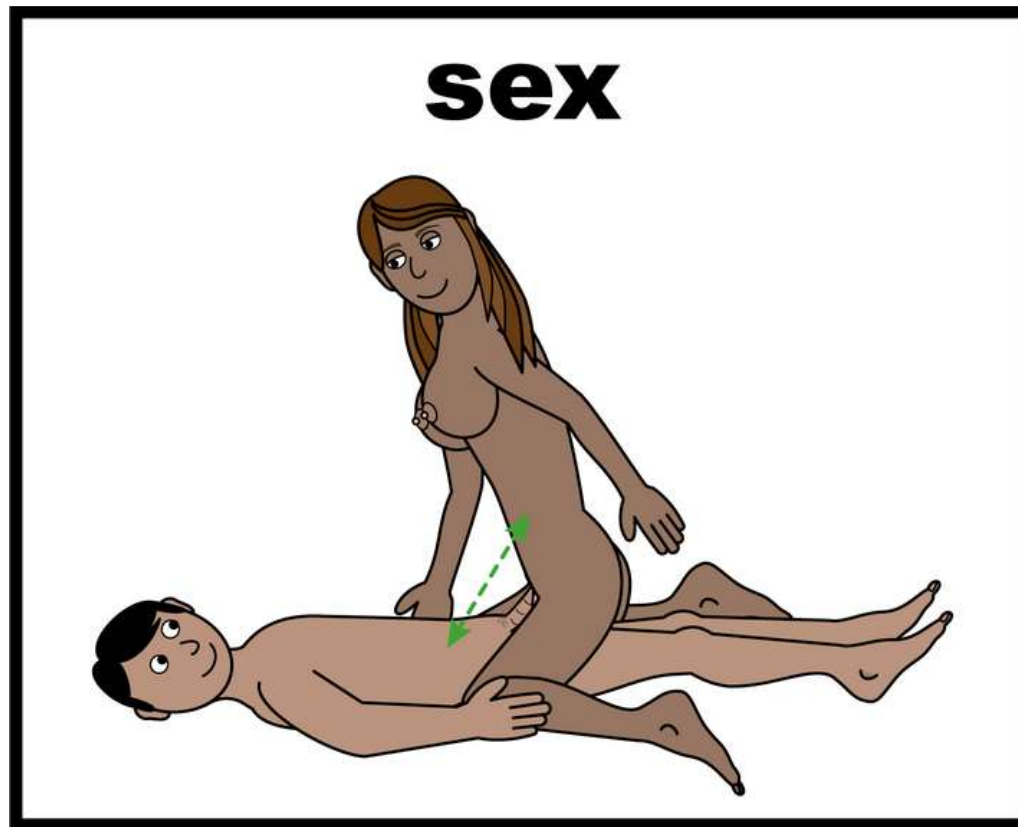
Where a person's penis goes in and out of a person's vagina.

Usually, it is between a man and a woman.

Some people like this to be slow and some people like it faster.

You can ask what the other person likes.

This can lead to pregnancy if no contraception is used (see other sections).

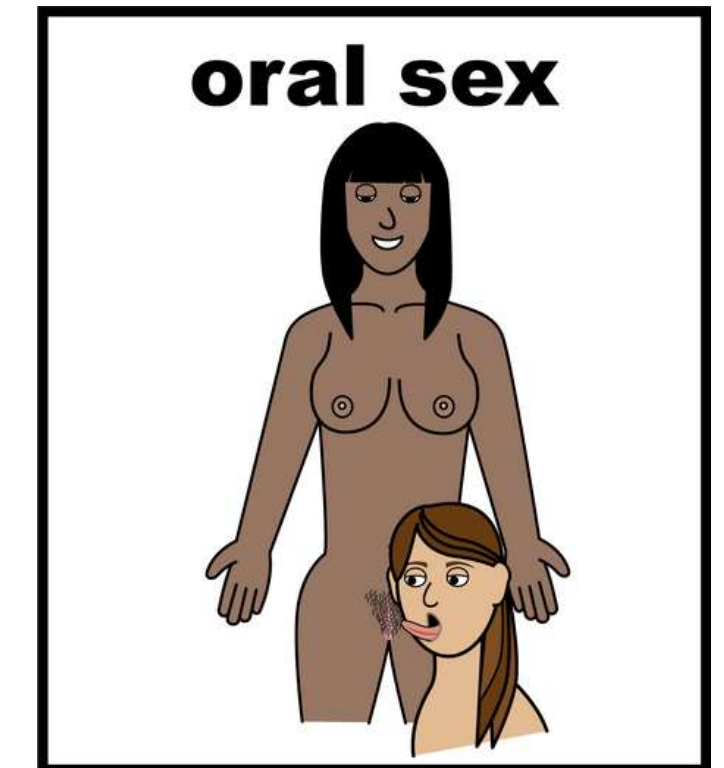
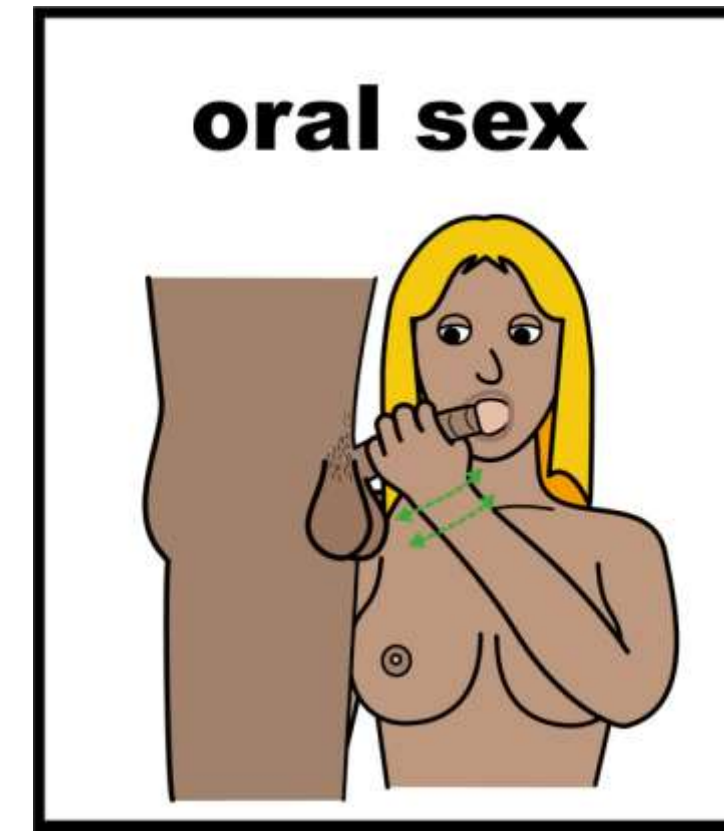




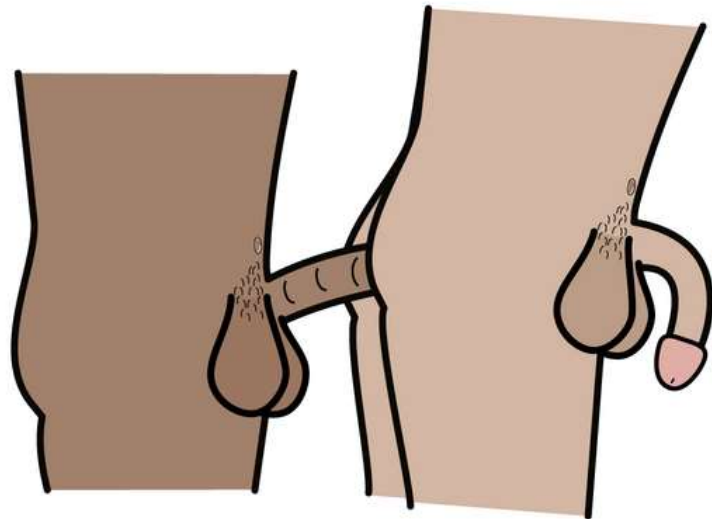
## Oral sex

Where a person uses their mouth or tongue to touch the other person's private parts (penis, vagina).

This doesn't lead to pregnancy, but using contraception might stop you from getting or giving a sexually transmitted infection (see other section).



## anal sex

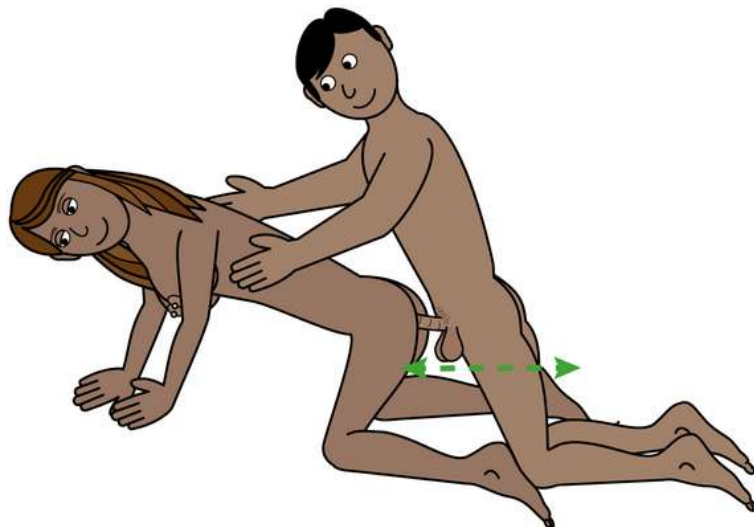


## Anal sex

Where a person's penis goes in and out of a person's anus (bottom).

This can be between two men or a man and woman.

## anal sex



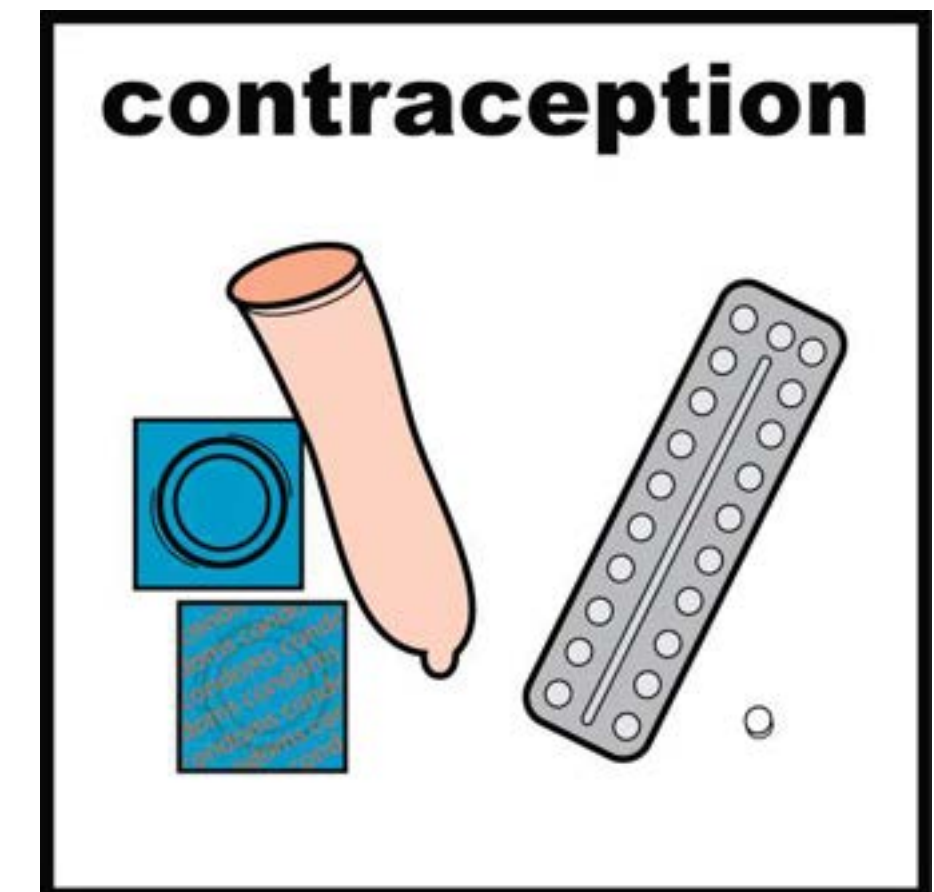
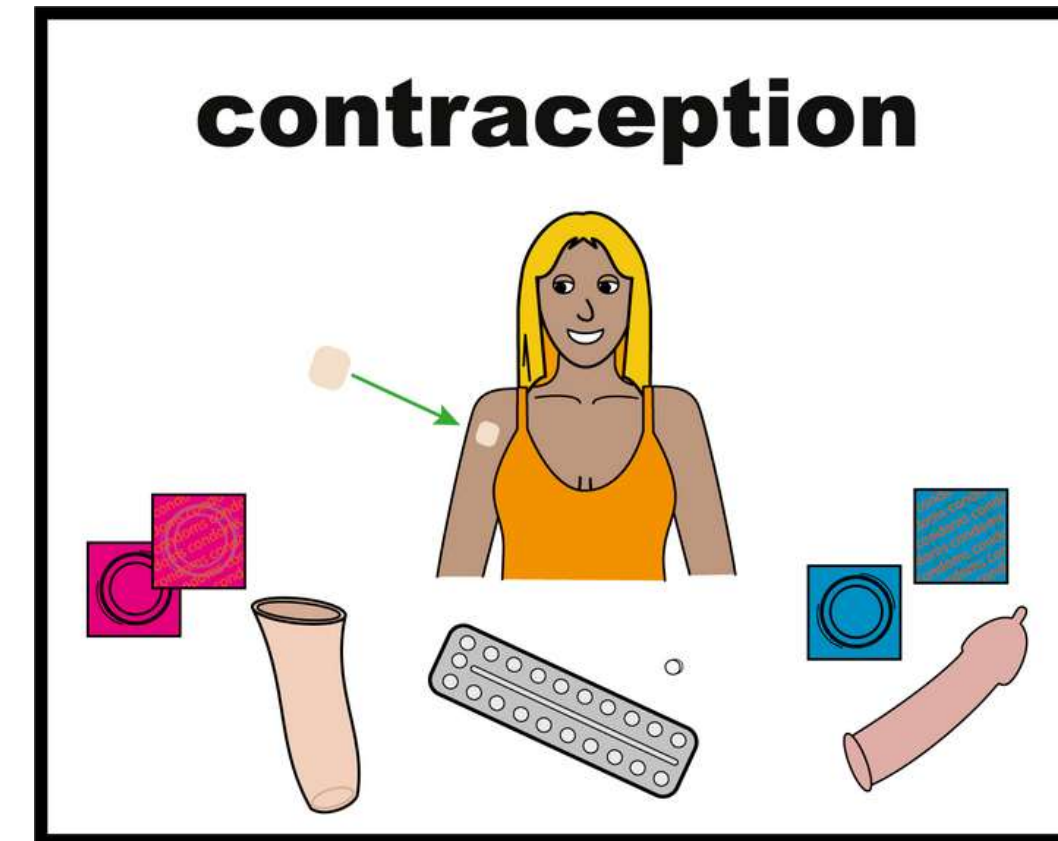
This doesn't lead to pregnancy, but using protection might stop sexually transmitted infections.

It is safer to always wear contraception if you have sex.

There are different types of contraception.

People may choose one depending on what feels right for them.

There is a section called 'contraception' that has more information.

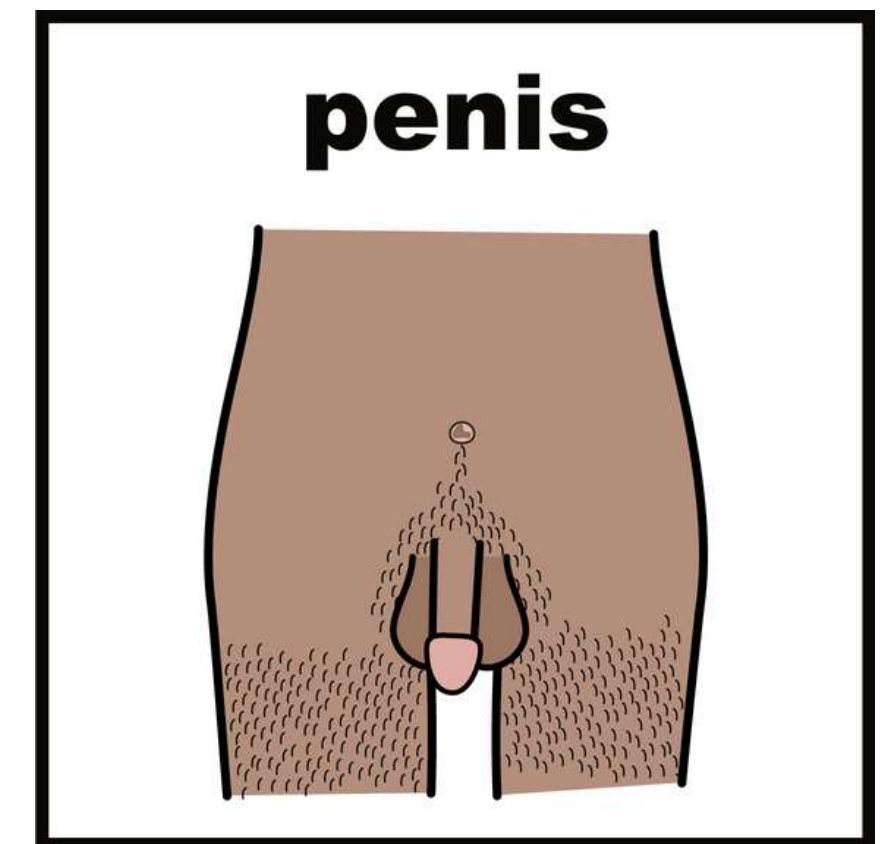
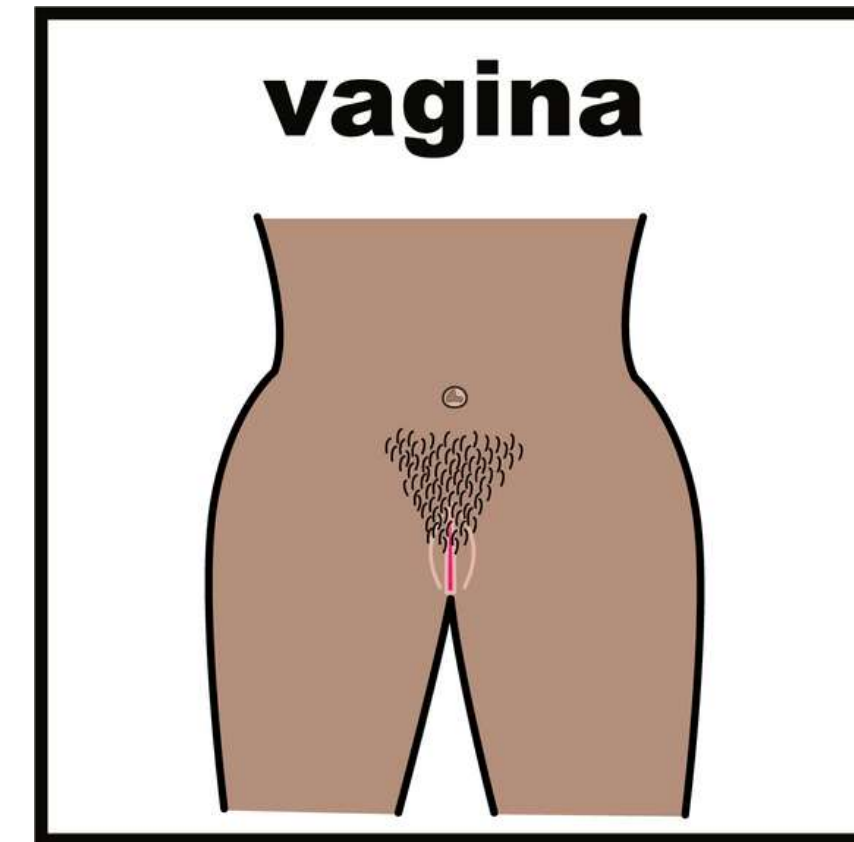


Some people might have an **orgasm** when they have sex.

An orgasm is a strong, happy feeling that happens in the body when a person is sexually excited.

It is usually felt in the private parts (vagina, penis) but can spread through the body.

This can happen when having sex with another person, or when masturbating.







Usually, the feeling can last for up to 30 seconds, but everyone is different.

Usually, people feel relaxed and happy afterwards.

Orgasms are a normal part of sex.

But not everyone has one every time they have sex, which is okay.



Everyone can have an orgasm. Both people with a penis and people with a vagina.

Some people find it easier to have one than others.

Different types of sex are better for different people.

It is helpful to talk about things you think feel good with your partner. You might want to try something new.

There is a section called 'masturbation' that has more information.

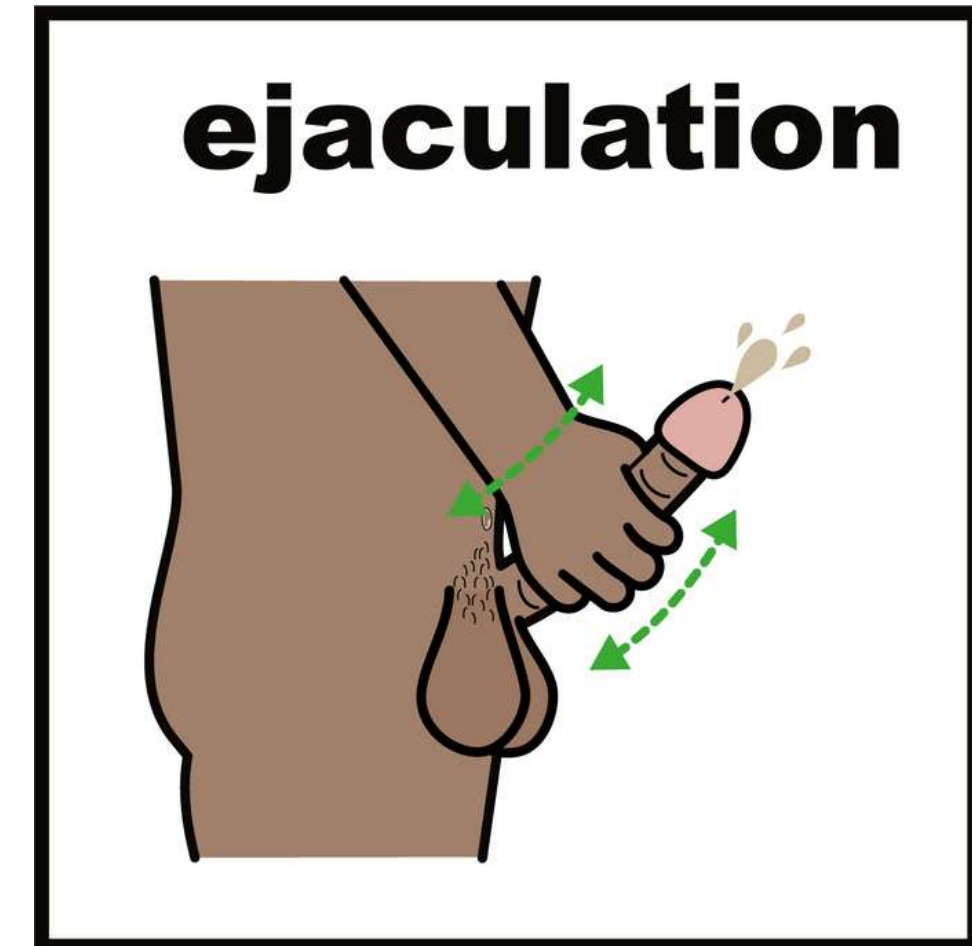


## Orgasms for people with a penis (can also be called ejaculation)

Usually, a sticky liquid comes out of the penis.

This liquid is called semen.

If the semen enters a vagina, it could make a baby.



## Orgasms for people with a vagina

They can feel muscle squeezes in their vagina.

Some women have liquid coming out of their vagina.

This liquid is called vaginal discharge.

This can help sex feel more comfortable.





## Stages of intimacy

Intimacy is how close you feel to someone.

In relationships, people might not always want to have sex straight away.

We might want to get more intimate with a partner as we feel closer and closer to them.

Intimacy is a **choice**. You can choose to be intimate, or you can choose not to be intimate.

Everyone is different and that is okay.



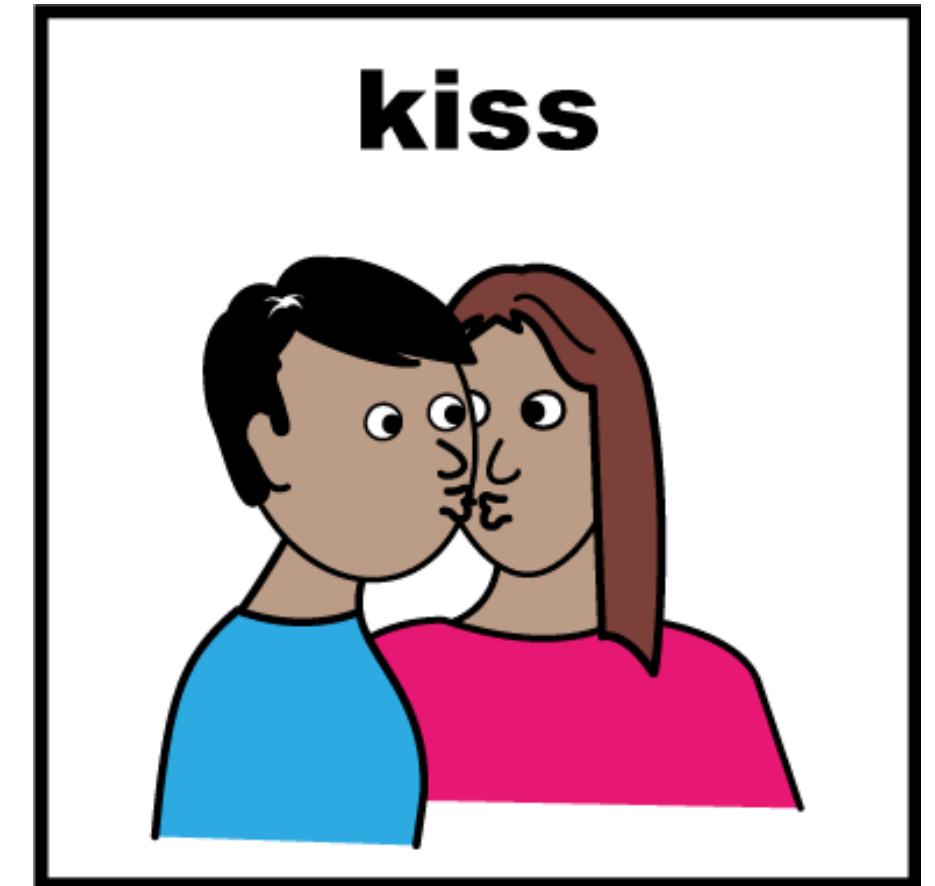
## Stages of intimacy



**1.** First, you must decide if you want to be intimate with your partner or not.

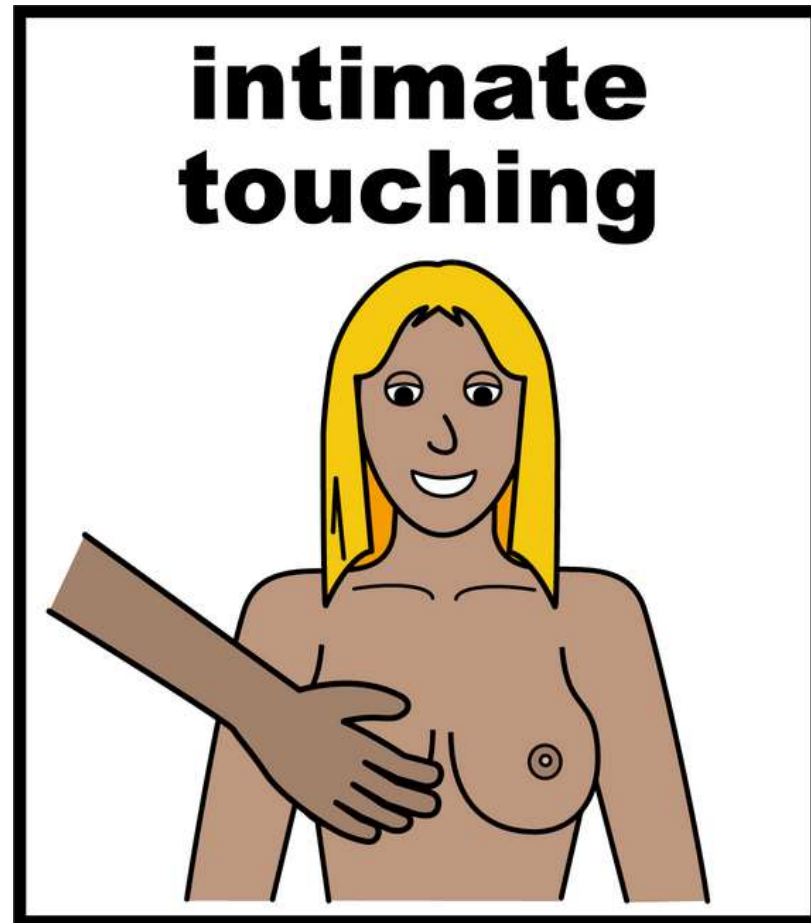


**2.** Next, you might hug your partner.

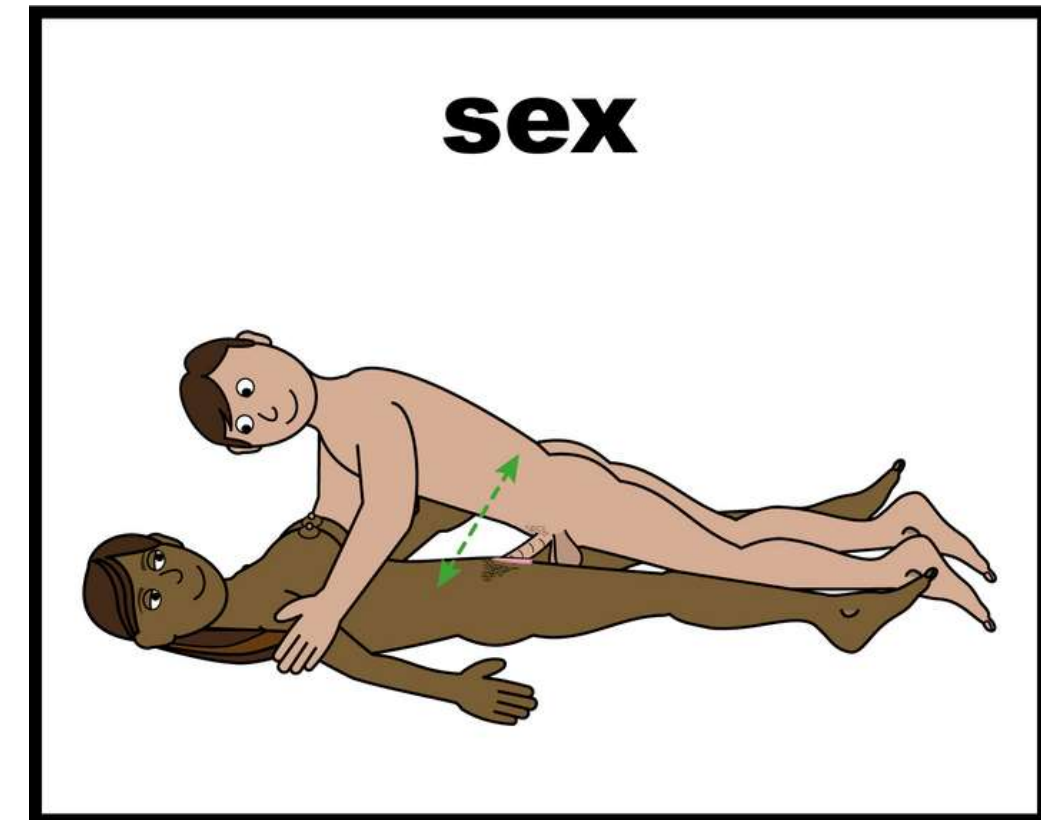


**3.** Kissing usually follows hugging if you feel comfortable.

## Stages of intimacy



**4.** You might want your partner to touch you in private areas, such as your breasts, bottom, penis or vagina. This can be over or under your clothes.



**5.** The last stage of intimacy is sex. This could be oral sex, vaginal sex or anal sex.

## Deciding to have sex

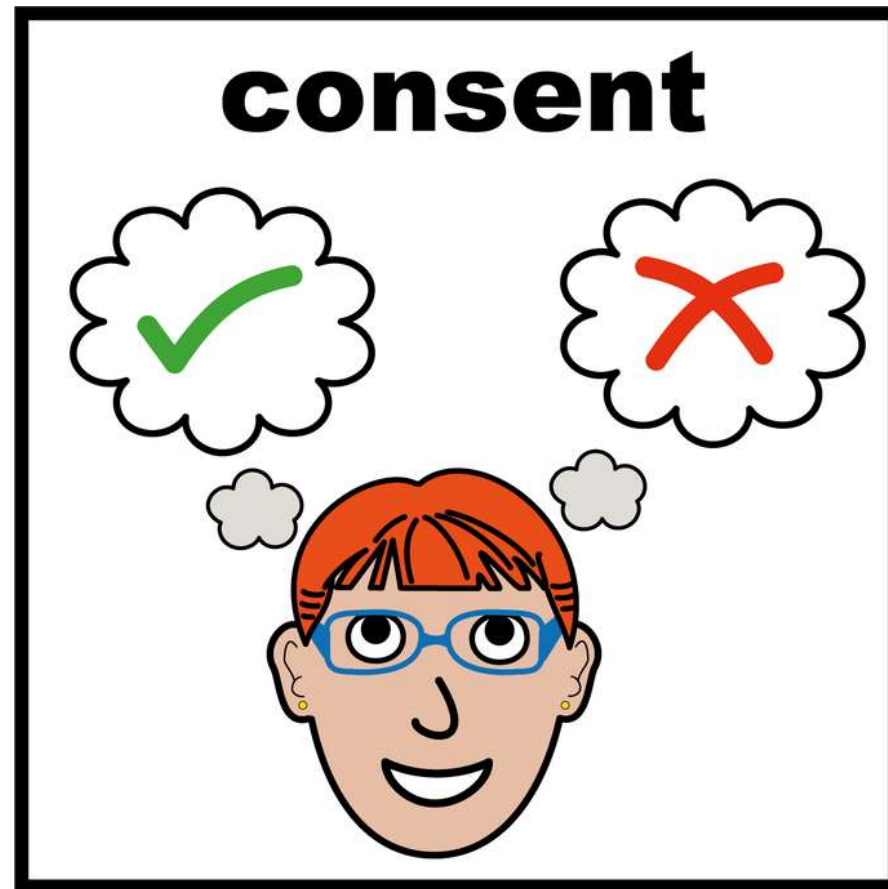
People have sex for many different reasons.

Deciding to have sex is a personal choice but there are some important things to think about first.





## Deciding whether to have sex



Can I consent to sex? (see 'consent' section for more information)

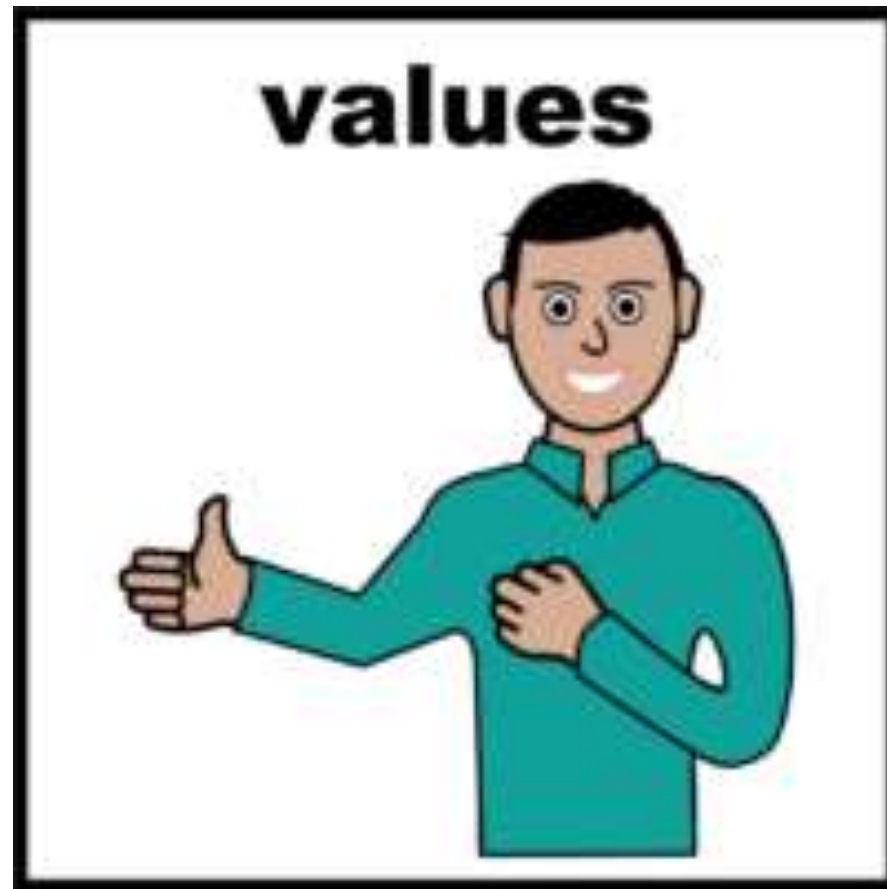


Do I want to have sex?



Does the person you want to have sex with also want to have sex and can consent?

## Deciding whether to have sex



Does the decision I'm making match my values and beliefs?



Do I understand how to protect myself from STI's?

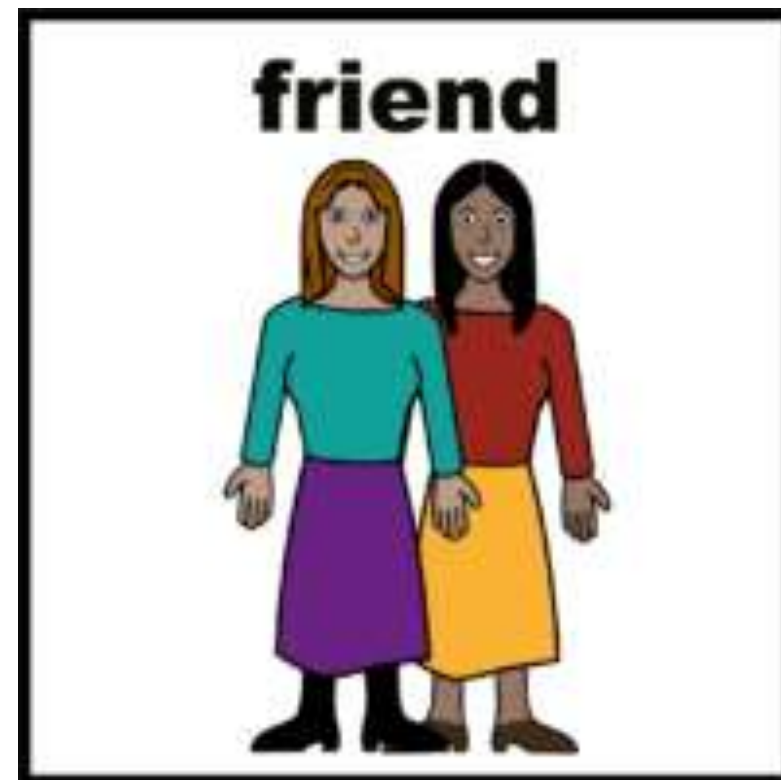


Do I understand how to stop a pregnancy?

## Deciding to have sex

It is okay to not be ready to have sex, or to not be sure.

You could talk about this with someone you trust.





**WHO CAN TOUCH MY PRIVATE PARTS?  
TICK THE ONES YOU THINK ARE CORRECT**



- An adult of the opposite gender where we both agree to it.
- Myself in public.
- Someone under the age of 16 years old.
- Parent or carer.
- A supermarket worker.
- A doctor at a medical appointment.
- Myself at home in private.
- An adult of the same gender where we both agree to it and are ready.



Why might people have sex? (Tick the ones you think are right)

**To feel close  
to the other  
person**

**To have a  
baby**

**To feel good**

**For money**

**For fun**

**Because  
they have to**

## Summary

- Sex is when two people touch each other in a way that feels good for them.
- People can have sex for different reasons, such as for fun or to have a baby and there are different types of sex, such as vaginal sex, oral sex and anal sex.
- It is safer to use contraception to avoid sexually transmitted infections and pregnancy.
- Some people have an orgasm during sex which is a strong, happy feeling that happens in the body when a person is excited.
- Deciding to have sex is a personal choice.



**Northern Care Alliance**  
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**APPRECIATE**  
**INSPIRE**  
Be the difference.

# PREGNANCY, ABORTION & CHILDBIRTH

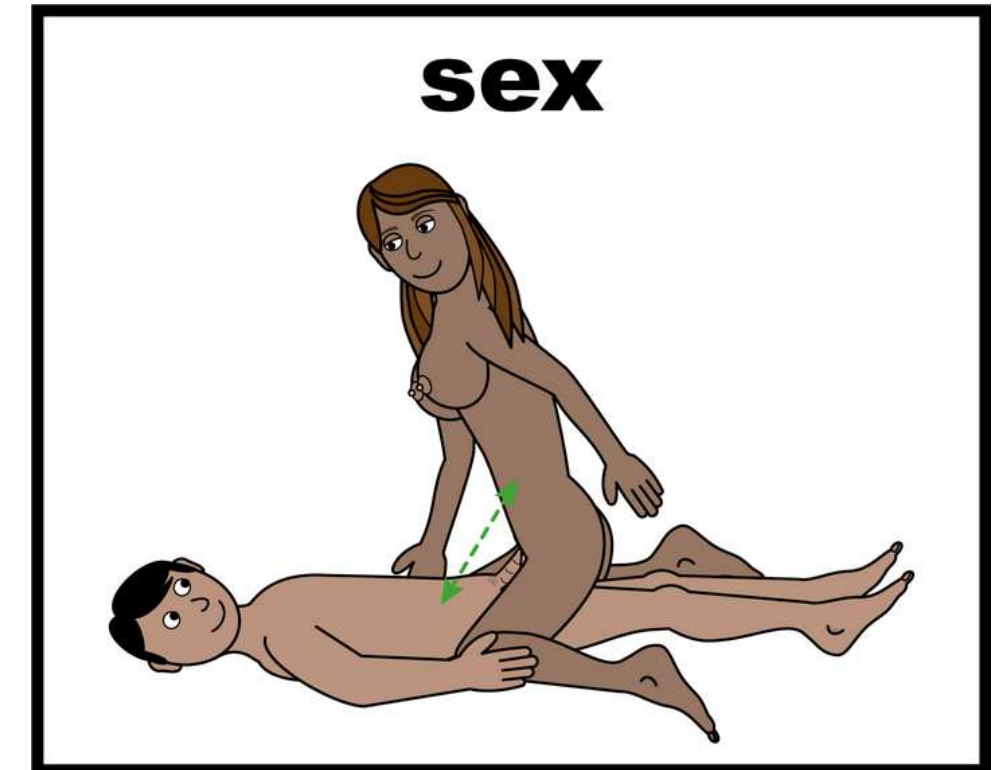
## Getting pregnant

Vaginal sex means a penis goes into a vagina.

This can lead to the woman, or person with a vagina, getting pregnant.

Getting pregnant means having a baby.

Some people want to have a baby and some people don't want to have a baby - everybody is different and that is okay!





## Having a baby

If you don't want a baby and you are having vaginal sex, you should always use contraception to stop getting pregnant (see section on 'contraception').

If you are wanting to have a baby, you can speak to your local GP or sexual health clinic about advice on getting pregnant.



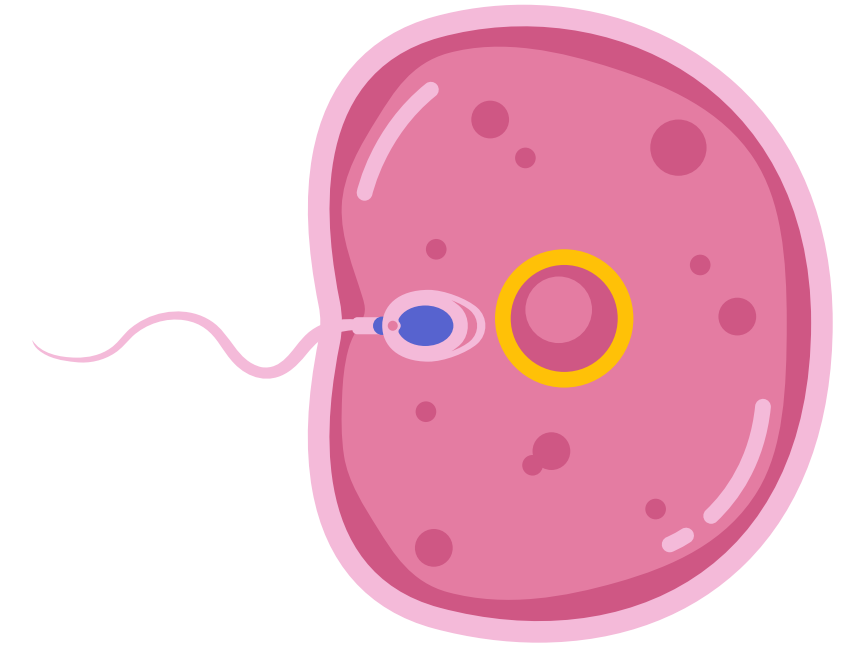
## How pregnancy happens

When a person with a penis orgasms or ejaculates in a person with a vagina, sperm (found in the semen) can travel through the vagina and meet an egg in the fallopian tube.

If a sperm meets an egg and joins together, this is called fertilisation.

Over nine months, the fertilised egg grows into a baby.

For some people it is easy to get pregnant, for others it is more difficult.



## Signs of pregnancy

If people are pregnant, they might notice this by...

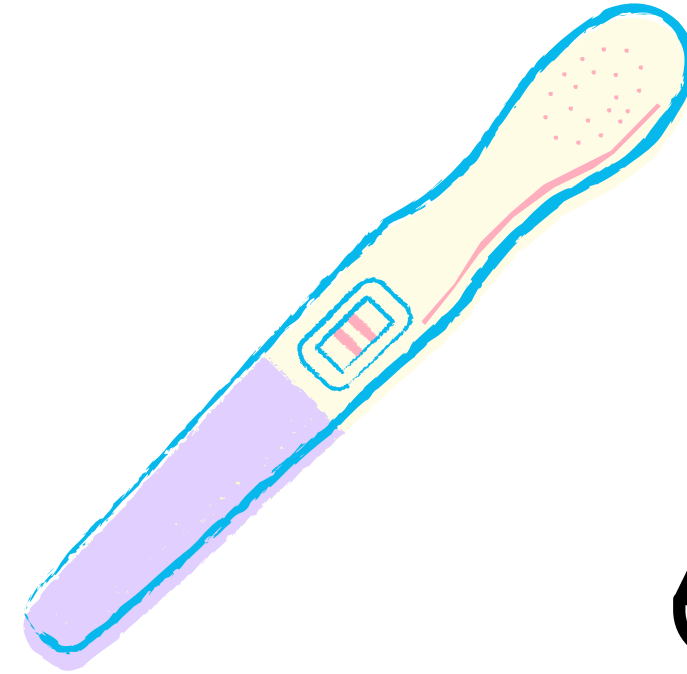
- Missing a period (monthly bleed).
- Feeling very tired.
- Sore breasts.
- Feeling sick.
- Needing to go to the toilet more.
- Strong wants for certain foods.
- Mood changes.



## Checking if you are pregnant

If you think you might be pregnant, you can...

- Buy a pregnancy test from a supermarket or pharmacy to use at home.
- Contact or visit your local GP or sexual health clinic.
- Speak to someone you know and trust about it.





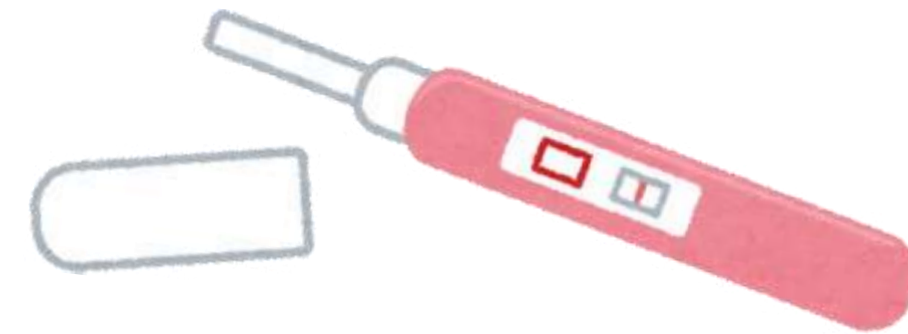
## **Taking a pregnancy test**

Read the instructions or speak with someone you know and trust about it, because every test may be different.

Usually, tests have a stick that you wee on, or you can wee in a cup and dip the stick in it.

Make sure you wee on the right bit of the test.

Wait a few minutes.



## Taking a pregnancy test

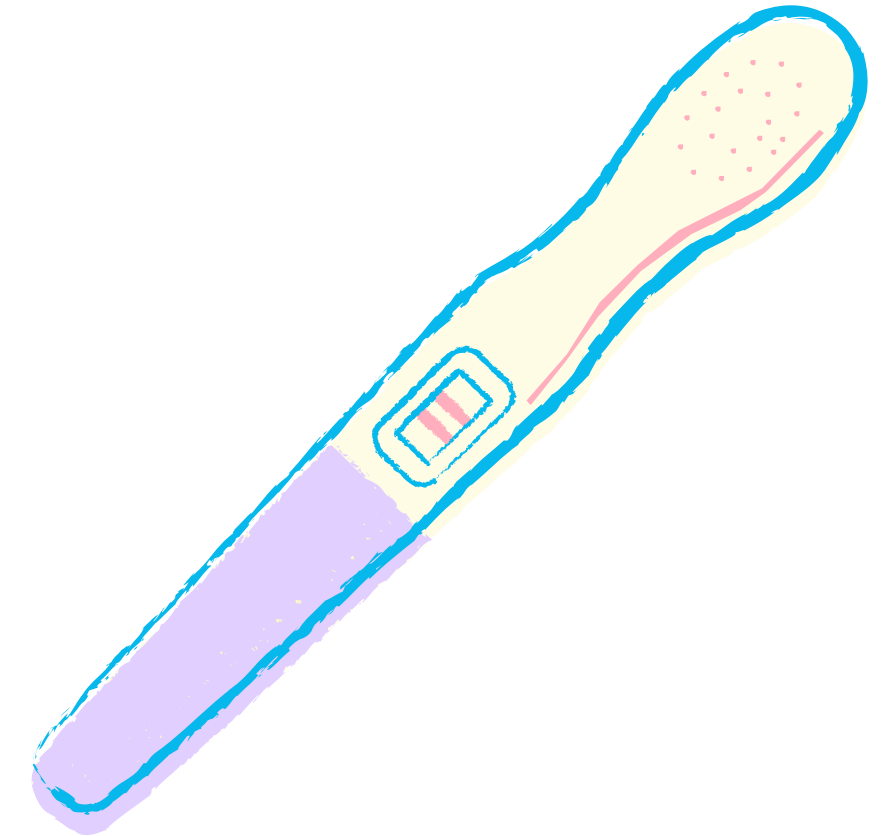
Look at the test.

- If there's **one line**, it usually means you're not pregnant.

If you still think you might be, you could take another test in a few days or speak to a doctor.

- If there's **two lines or a plus sign**, it usually means you are pregnant.

It is best to tell someone you know and trust and talk to your local GP or sexual health clinic to get advice.



## **Finding out you are pregnant**

When people find out they are pregnant...

Sometimes they are happy because they want a baby.

Sometimes they may feel sad or worried because they don't want a baby.

If you get pregnant, it is your choice whether you have the baby.



## Parenting

If you are choosing whether to have a baby, you could think about and discuss the following questions with someone you know and trust.

Do I want to have a baby and be a parent?

---

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Do I feel ready to take care of a baby?

---

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Do I have people to help me with taking care of a baby?

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If you are pregnant and don't want a baby, there are options:

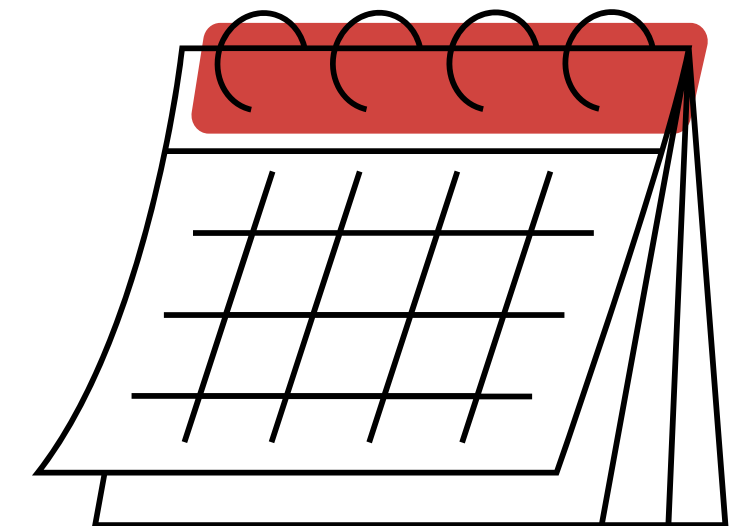
## **Abortion**

You can end a pregnancy safely by having an abortion.

This can happen by taking pills that a doctor gives you or having an operation to take away the pregnancy.

If you want to have an abortion, you usually need to have it before the pregnancy is 24 weeks.

It can be painful, but everybody is different.



## **Adoption**

Adoption means you continue with the pregnancy but give the baby to another family when it is born.

The family would be the legal parents of the baby.

Sometimes people want to stay in touch with the family and baby, sometimes people don't want to.

Adoption is another way you can have a baby if it is hard to get pregnant or you don't want to get pregnant.



## What happens during pregnancy

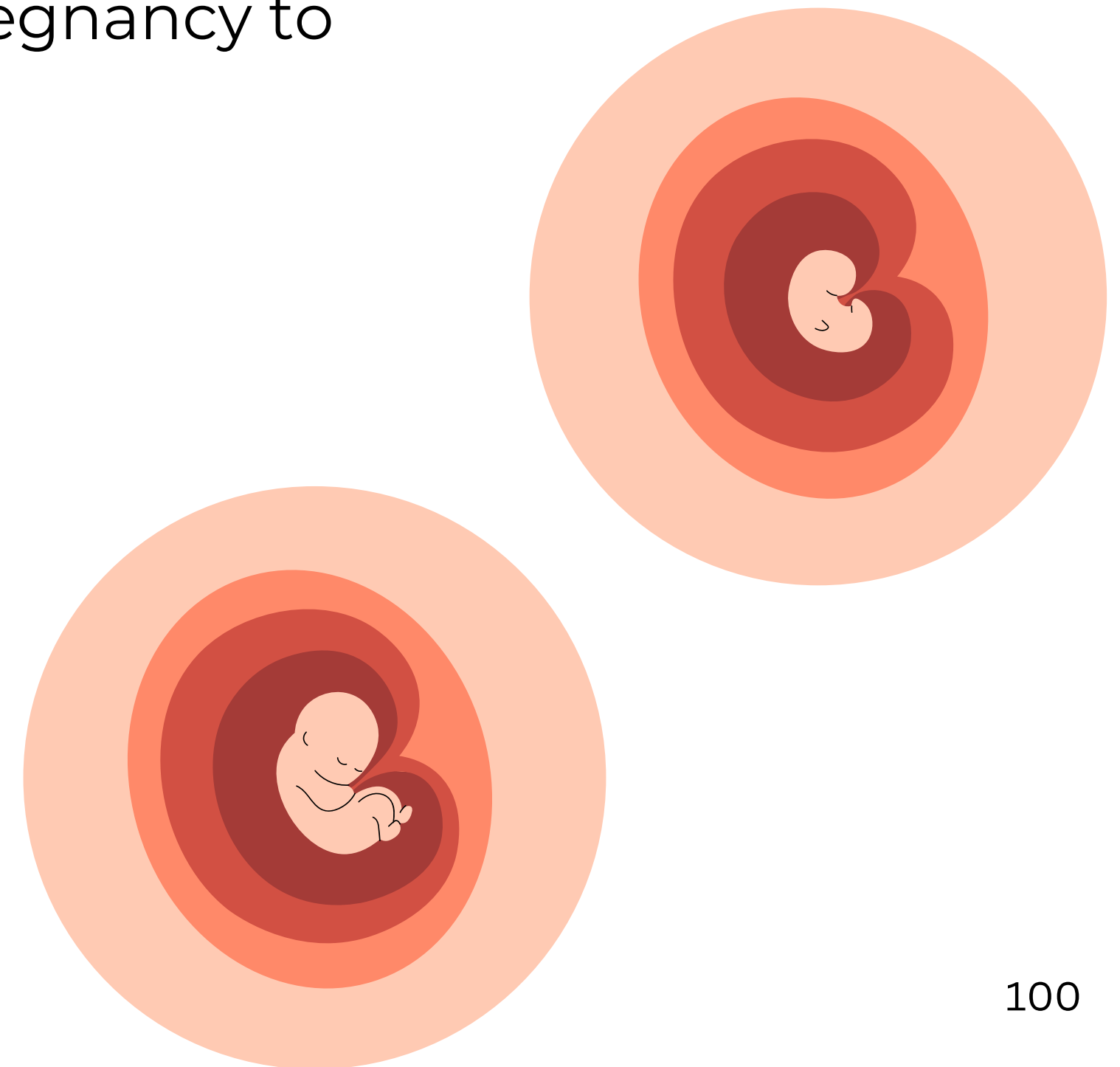
The body goes through lots of changes during pregnancy to help the baby grow.

### Months 1-3

- Might feel tired
- Might feel sick and be sick
- Breasts might feel sore and get bigger

### Months 4-6

- Tummy will grow bigger as the baby grows.
- Might feel the baby moving.
- Might have more energy and feel happier.





## Months 7-9

- Tummy will grow very big as the baby gets ready to be born.
- Might be harder to move around or get comfortable.
- Might feel excited or nervous about having the baby.



Every pregnancy is different - some women feel okay, some women feel uncomfortable and need extra support.

It is important to see a doctor regularly to check everything is okay. They can do a scan of the tummy to check on the baby.



## Miscarriage

A miscarriage is when a pregnancy ends before the baby grows big enough to be born, usually in the early months of pregnancy.

If it happens, there is usually bleeding from your vagina (like a period, but heavier).

You should go to hospital so a doctor can check you're okay.

It can be very sad and it's important to speak to someone you know and trust about it.

Miscarriages are nobody's fault, and you can get pregnant again.



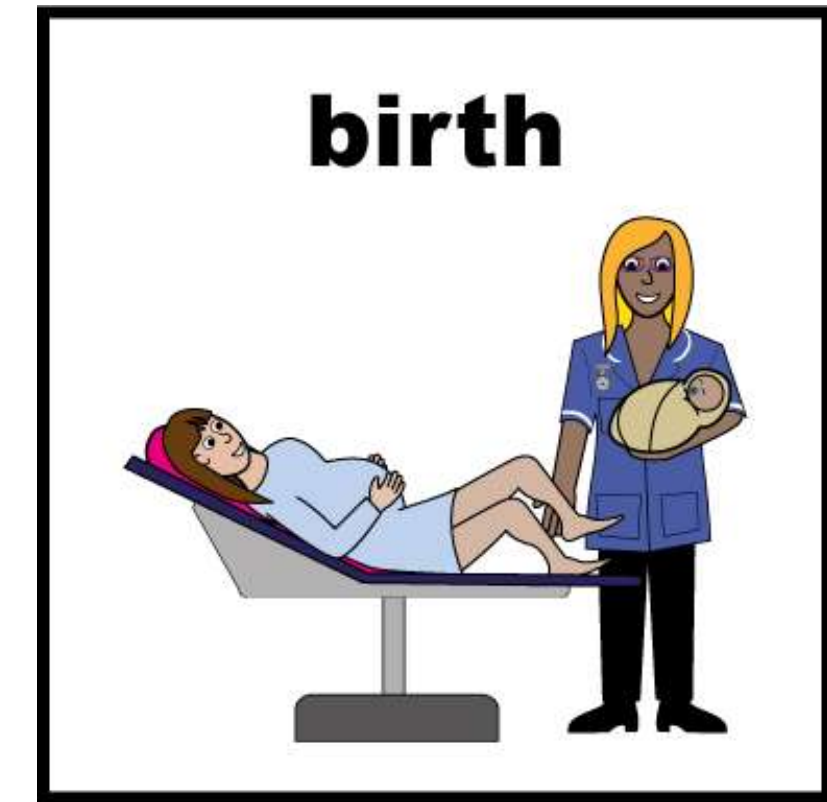
## Childbirth

Childbirth is when the baby is ready to be born, usually after 9 months of growing in the tummy.

You might notice it is starting if water fluid comes out of the vagina and painful feelings happen in the tummy.

Usually, people go to hospital to give birth, but some people prefer to give birth at home.

It is important to talk to your doctor about your options.



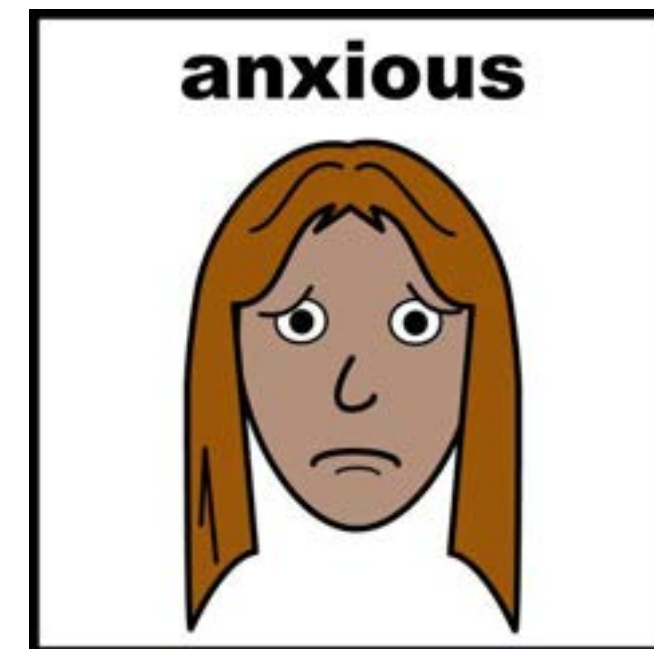
Some people give birth by pushing the baby out of their vagina.



Some people have an operation to have the baby taken out of them. This is called a C-section.

Childbirth can be very painful, but the doctor can give you some medication to help the pain.

Some people feel scared or anxious about childbirth so it's important to speak to someone you know and trust about it.





**True or false?**

You can get pregnant from kissing someone.

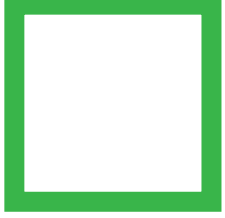
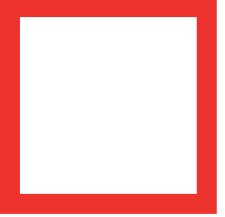
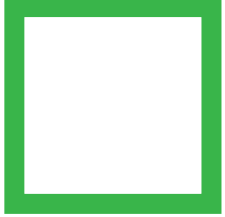
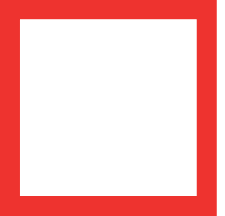
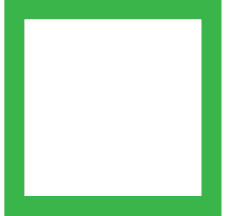
During pregnancy, a baby grows in the woman’s tummy.

If you miss a period, you should take a pregnancy test.

Everyone must have a baby.

Abortions are a safe way to end a pregnancy.

You can only give birth in a hospital.



## Summary

- Having vaginal sex (penis in vagina) can lead to pregnancy and having a baby.
- If you don't want a baby, you can use contraception during sex.
- If you don't want a baby and get pregnant, you can have an abortion or give the baby to someone else for adoption.
- Pregnancy usually lasts 9 months whilst the baby is growing.
- Childbirth happens when the baby is ready to be born.
- It is your choice whether you have a baby or don't have a baby.



# CONSENT

## What is consent?

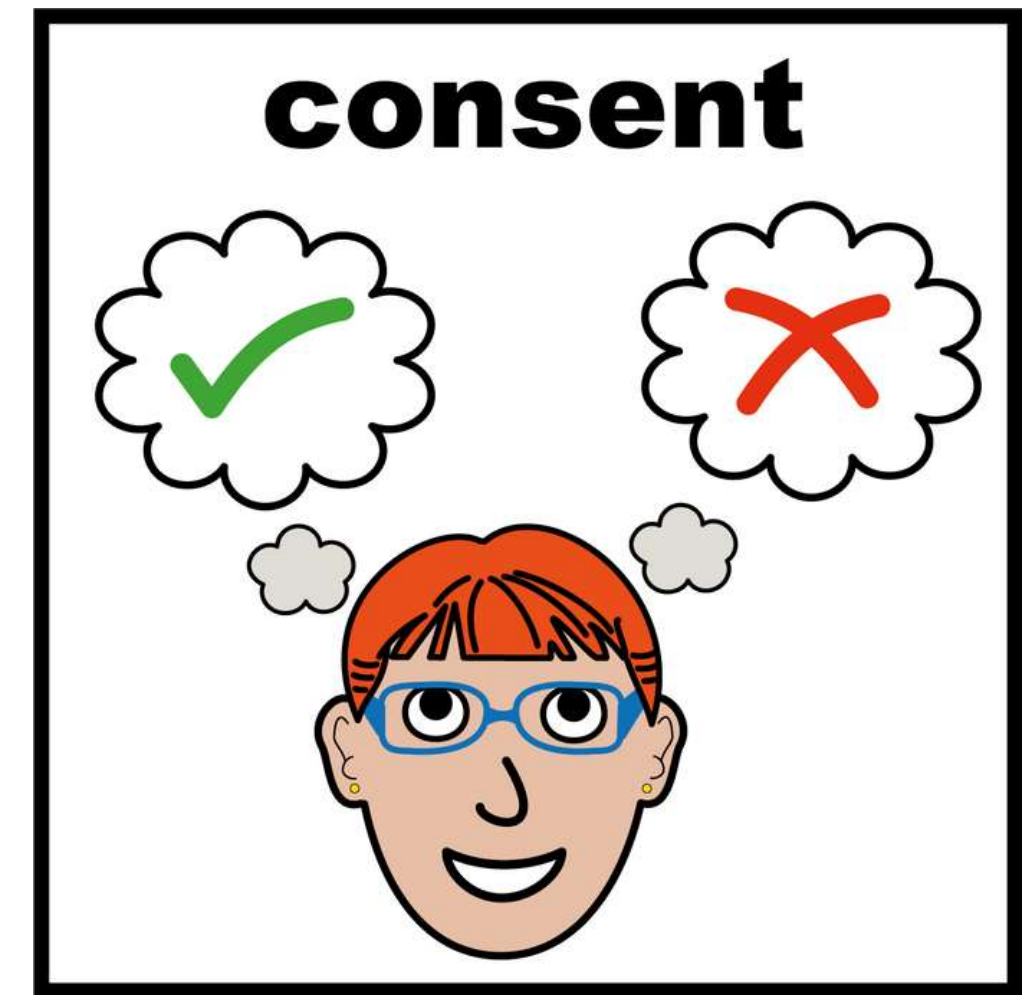
Consent is an agreement between two people to do something - including touching, sex and relationships.

You can say **yes** or **no**.

Consent is important to make sure that everyone feels good and is safe.

Getting and giving consent is very important.

You never have to give consent.





## What is consent?



It is against the law to touch someone without their consent.



You can take away consent at **any** time. Even if you are already having sex. This means the other person must **stop**.

## Should you ask consent for:

A hug ?

A kiss ?

Hold hands ?

To touch someone's body over their clothes ?

To take off someone's clothes ?

To have sex ?

☐☐☐☐☐☐☐☐☐☐☐☐

What might these people be thinking? Do they look like they are happy being touched?





What might these people be thinking? Do they look like they are happy being touched?





## Age of consent

To consent to having sex, each person must be 16 years old or over.

It is illegal to have sex if you, or the other person is under the age of 16.

It is still illegal if the person under the age of 16 says yes to having sex.

However, not everyone older than 16 can consent. This is called **capacity**.



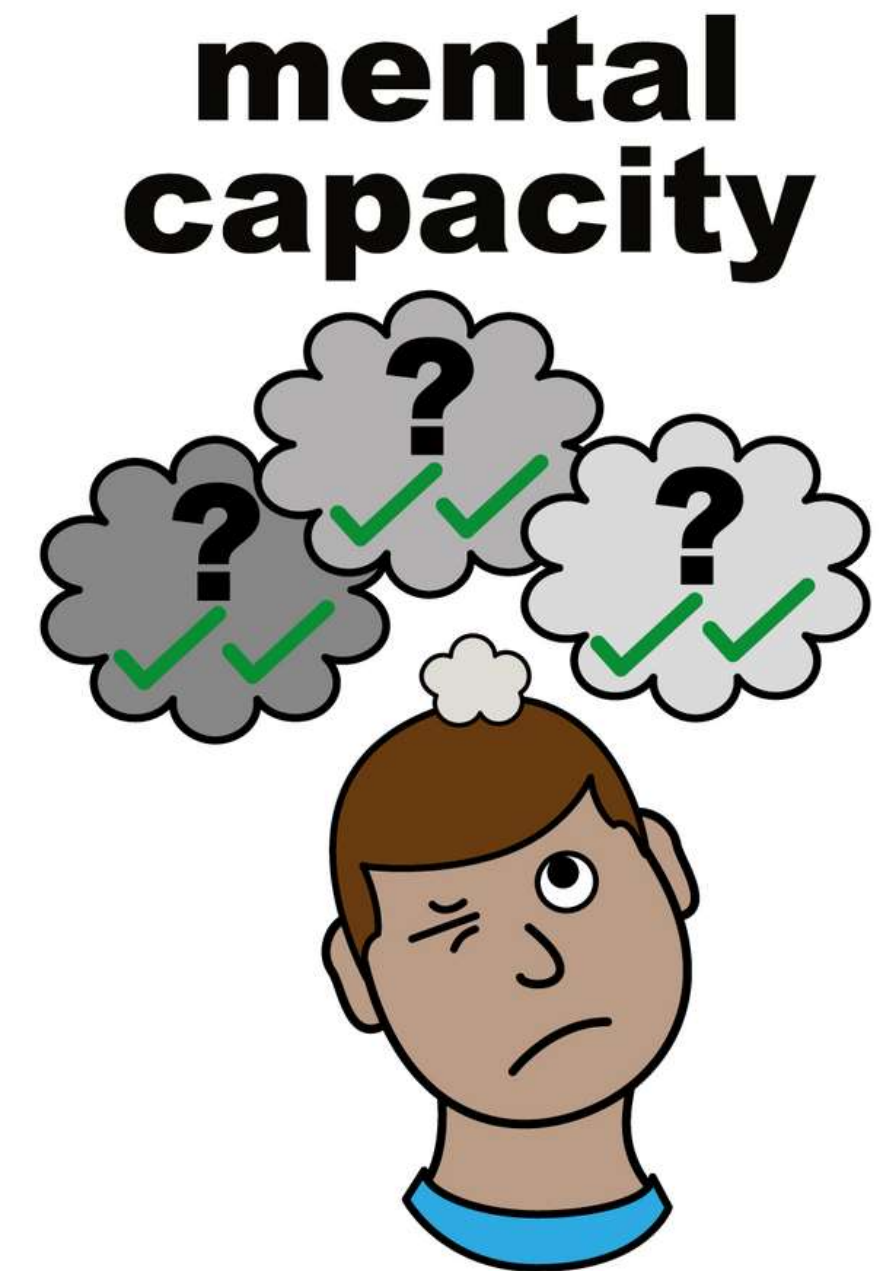
## Capacity

Capacity means you understand the choices that you make - this can be for lots of things like how you spend your money or your health.

The Mental Capacity Act (2005) is a law which explains this.

In order to have a relationship or have sex, you **and** the other person must have capacity.

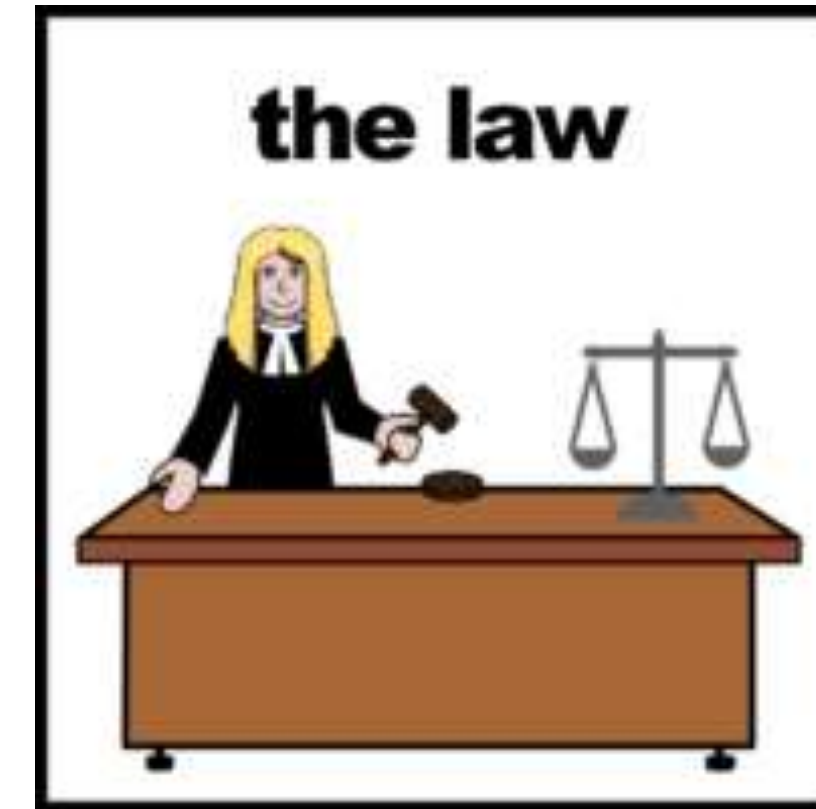
This means you understand what a relationship means, what sex is and what happens when you have sex.



## Capacity



If someone lacks capacity, it means they **cannot** consent to sex or a relationship.



It is against the law to have sex with someone who lacks capacity.

What might happen if you have sex with someone under the age of 16?

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What might you say if someone asks you to have sex and you don't want to?

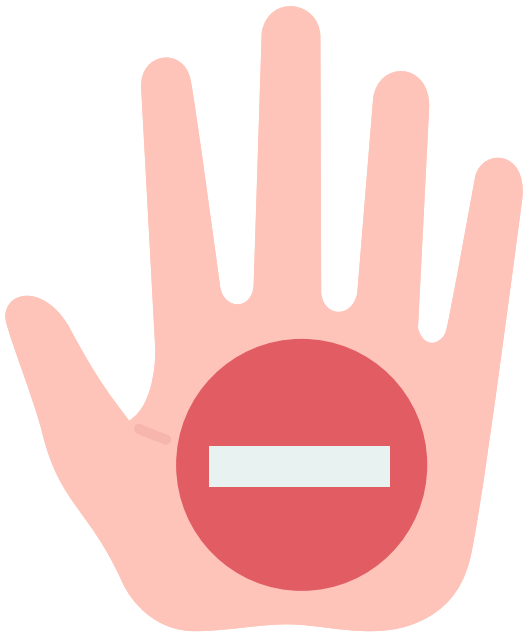
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What might you say if someone asks you to have sex and you're not sure if you want to?

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??



What might you do if someone touched your private parts when you did **not** give them your consent?

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What might you say if someone **under the age of 16** says they would like to have sex and asks if you would like to have sex with them?

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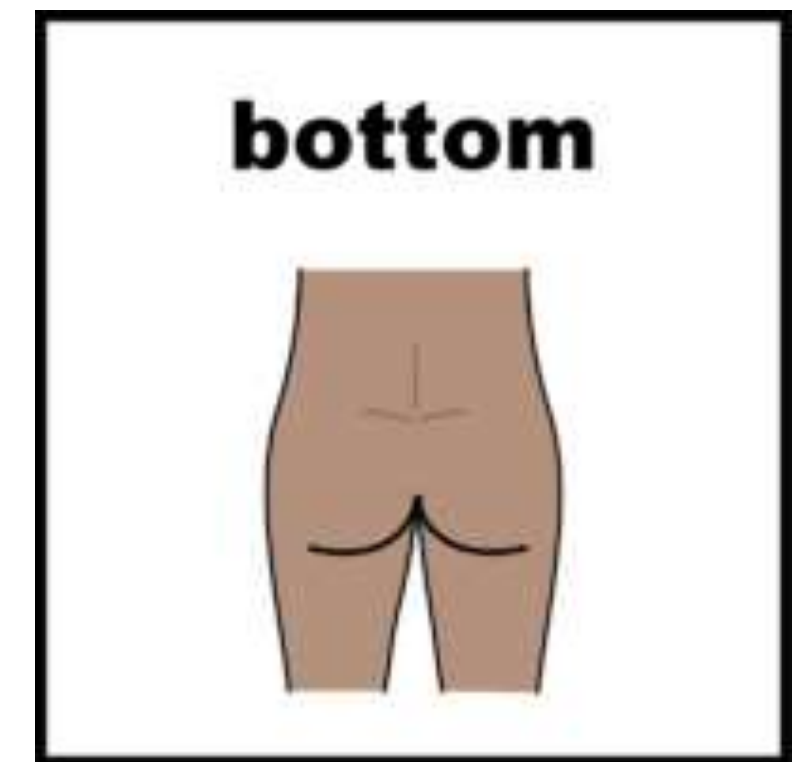
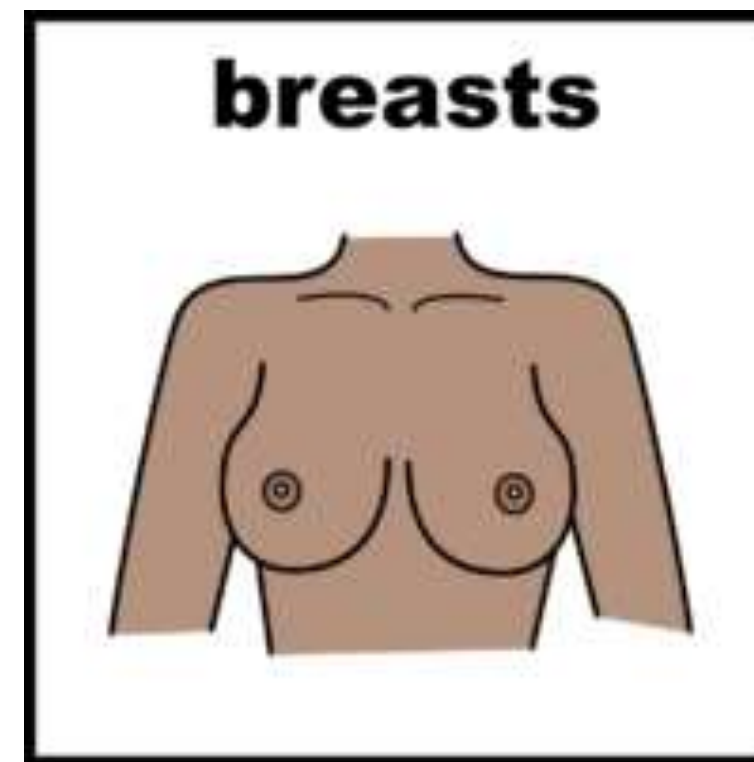
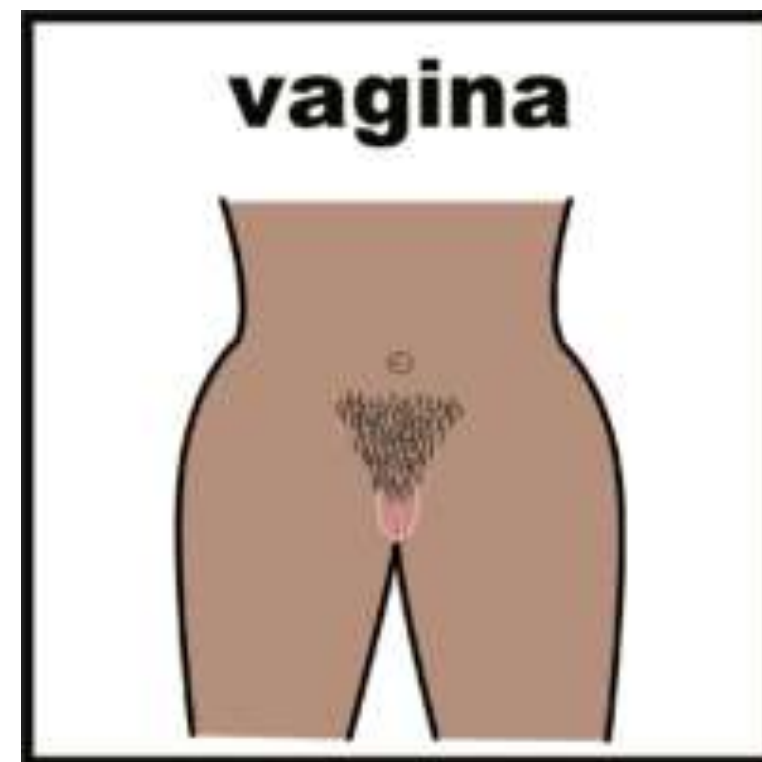
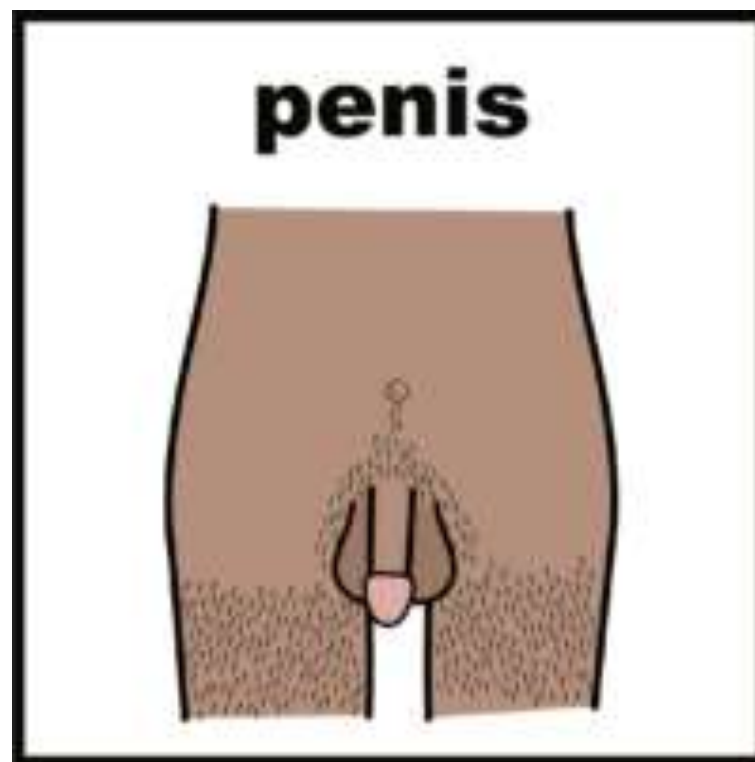
## Summary

- Consent means that you agree to do something.
- You should **always** give consent to have sex or be touched.
- You should also always ask people for their consent before you have sex or touch them.
- You can change your mind and say **no** at any point.
- People under the age of 16 can't give their consent for sex.
- It is against the law for someone to touch you or have sex with you without your consent.

# MASTURBATION & PORNOGRAPHY (PORN)

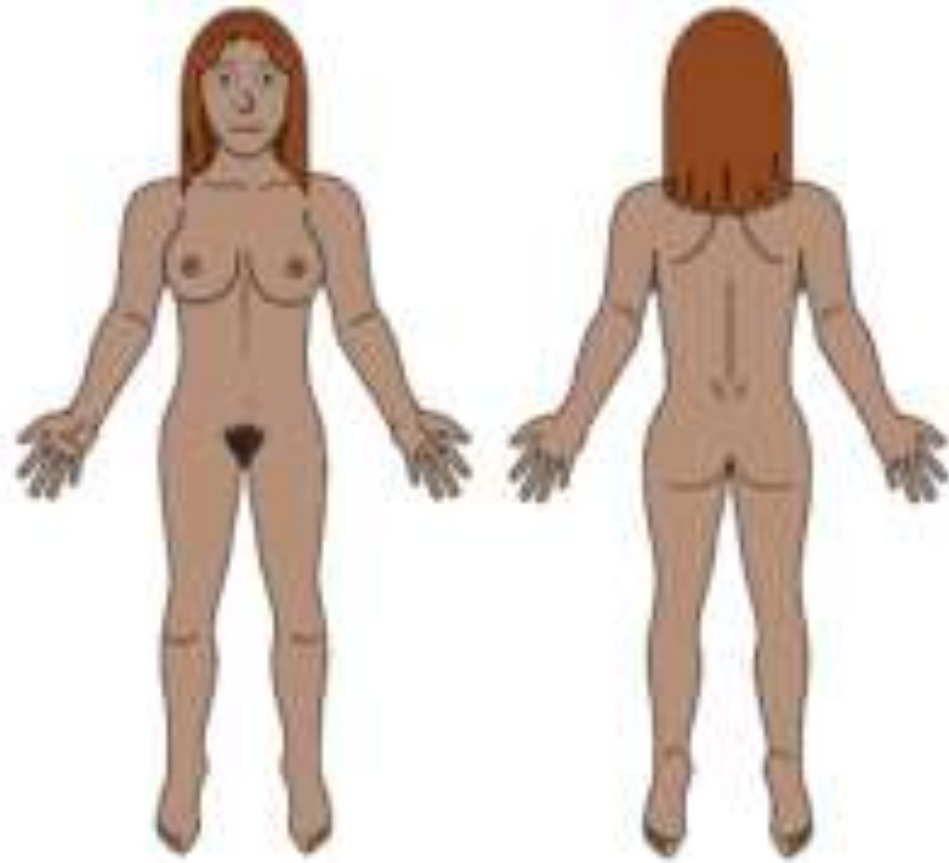


Masturbation is touching any of your private parts, this could be your genitals, breasts or bottom, because it feels nice.

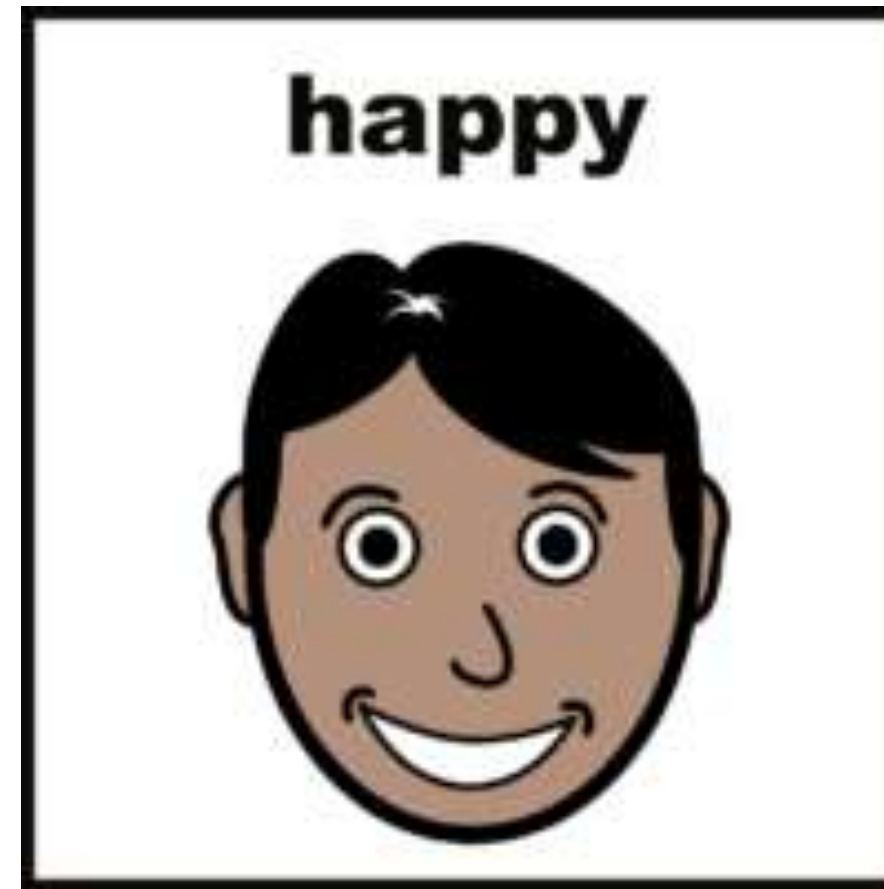


When masturbating you might get an exciting feeling, your body may feel nice, and you may have an orgasm.

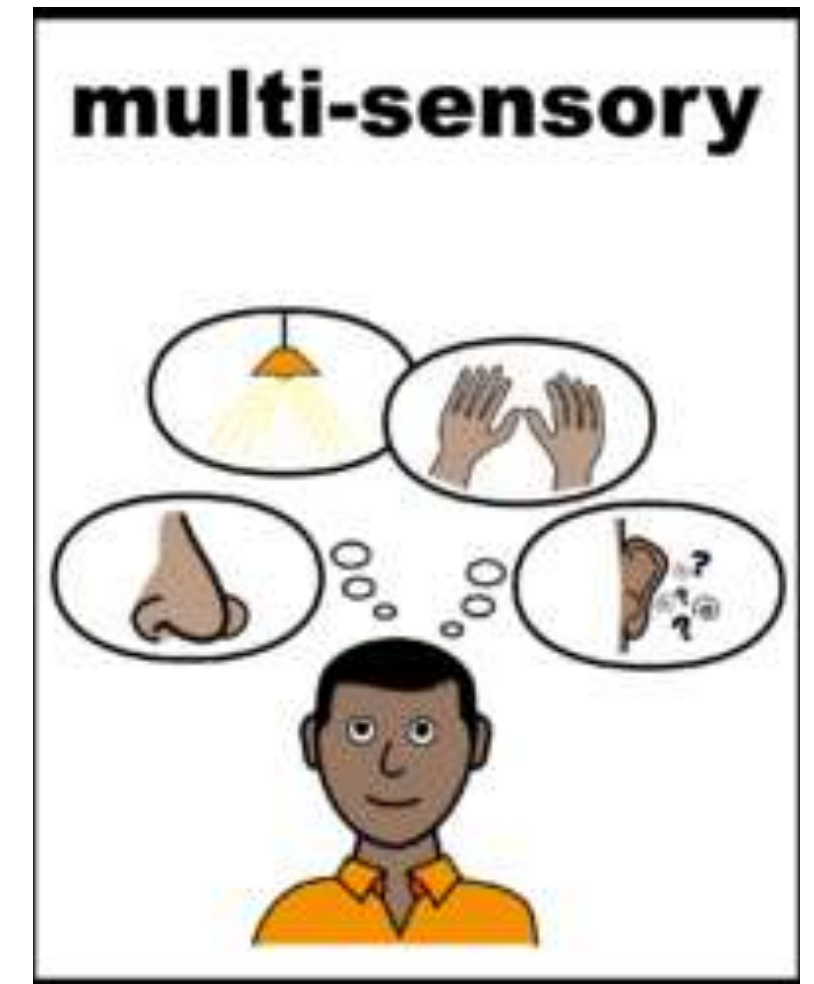
## Masturbation has many benefits!



Getting to know your  
body and what you  
like.



It can be fun or give  
pleasure.



It can be a sensory  
experience.

## Masturbation has many benefits!



It can reduce sexual frustration.



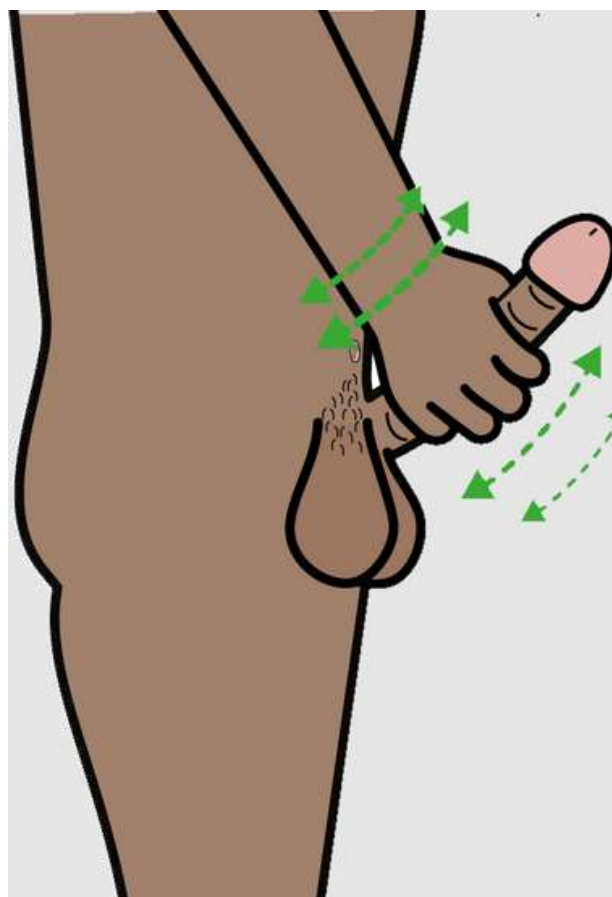
It can help you to sleep.



It can reduce stress.

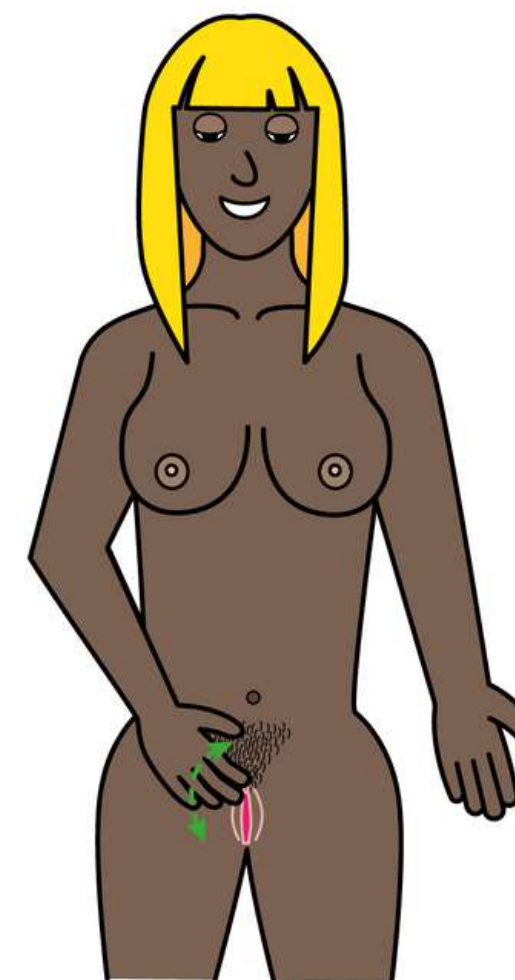
## **If you have a penis...**

When you orgasm, sticky stuff sometimes come out of your penis. This is called semen. Semen has sperm in it which is used to make a baby.



## **If you have a vagina...**

You might notice that your vagina becomes wet. This is normal.

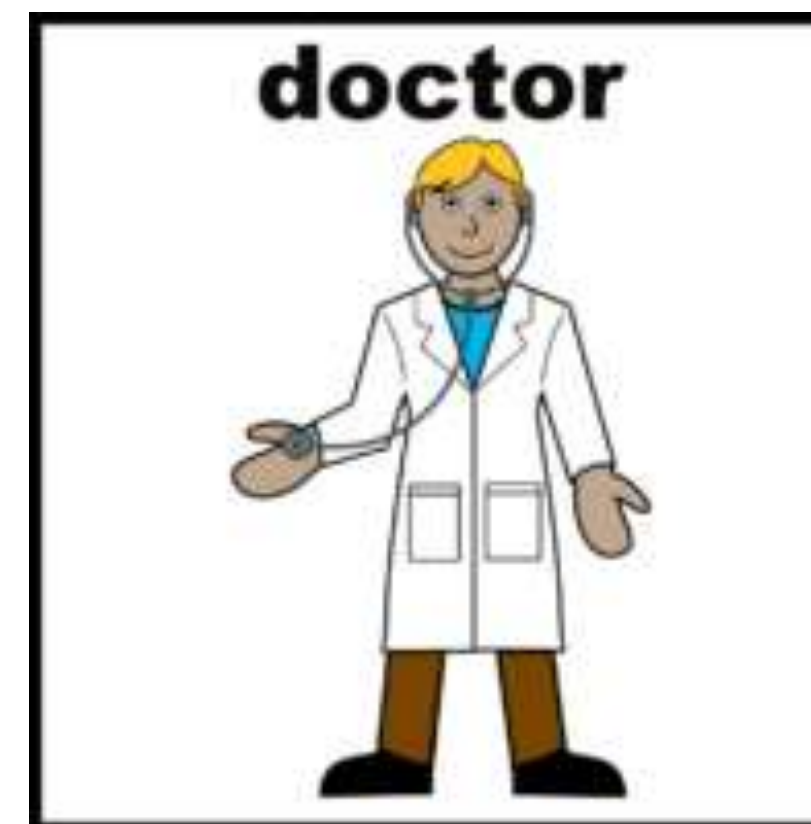
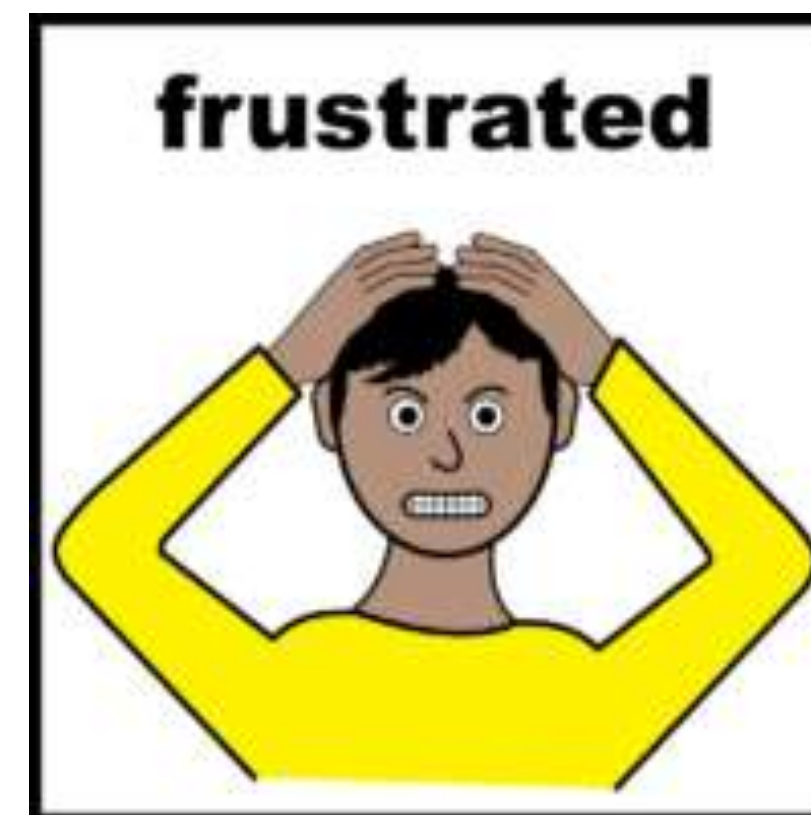




Some people can find it difficult to have an orgasm.

This can make you feel annoyed or you may have other feelings in your body, like frustration.

You can talk to your GP or sexual health clinic who could help.



Masturbation is normal and healthy.

It is important that you do it in a private space.

This might be your bedroom or bathroom at home.

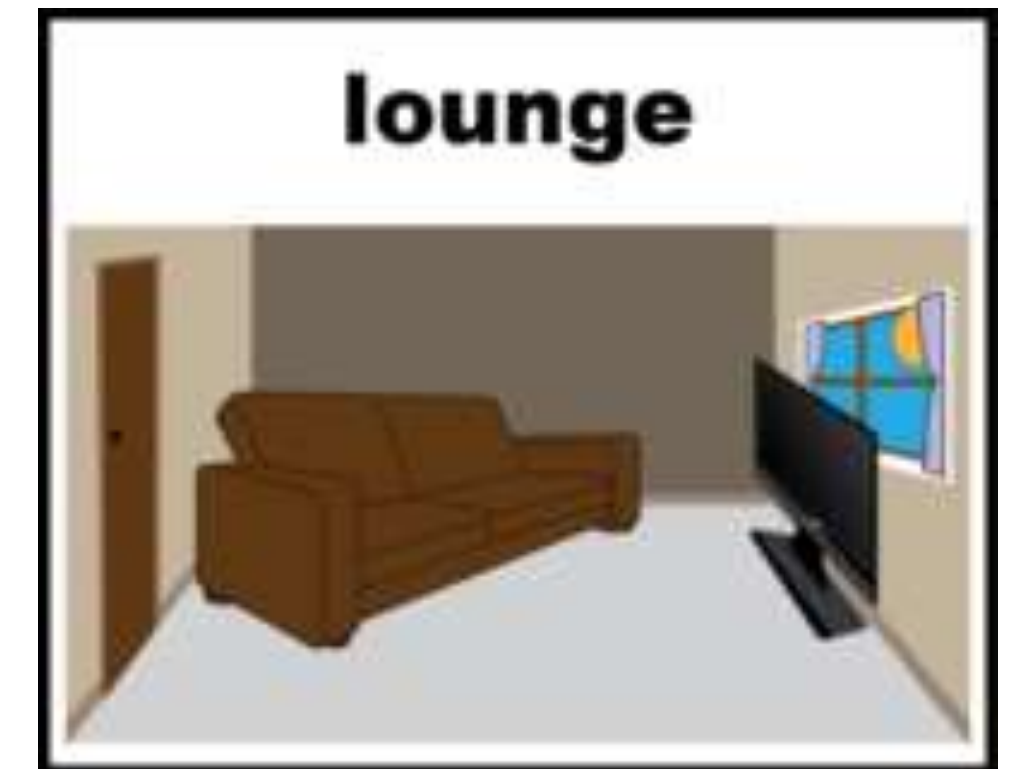
You should make sure the door and curtains are closed.



If you masturbate in a public space you could cause someone to feel upset or you could get in trouble.

Public spaces include shared spaces in your home and areas outside your house.

**Where in your house do you think it would be ok to masturbate?**





Remember that you can only masturbate in private. Put a tick next to all the places you think it would be ok to masturbate.

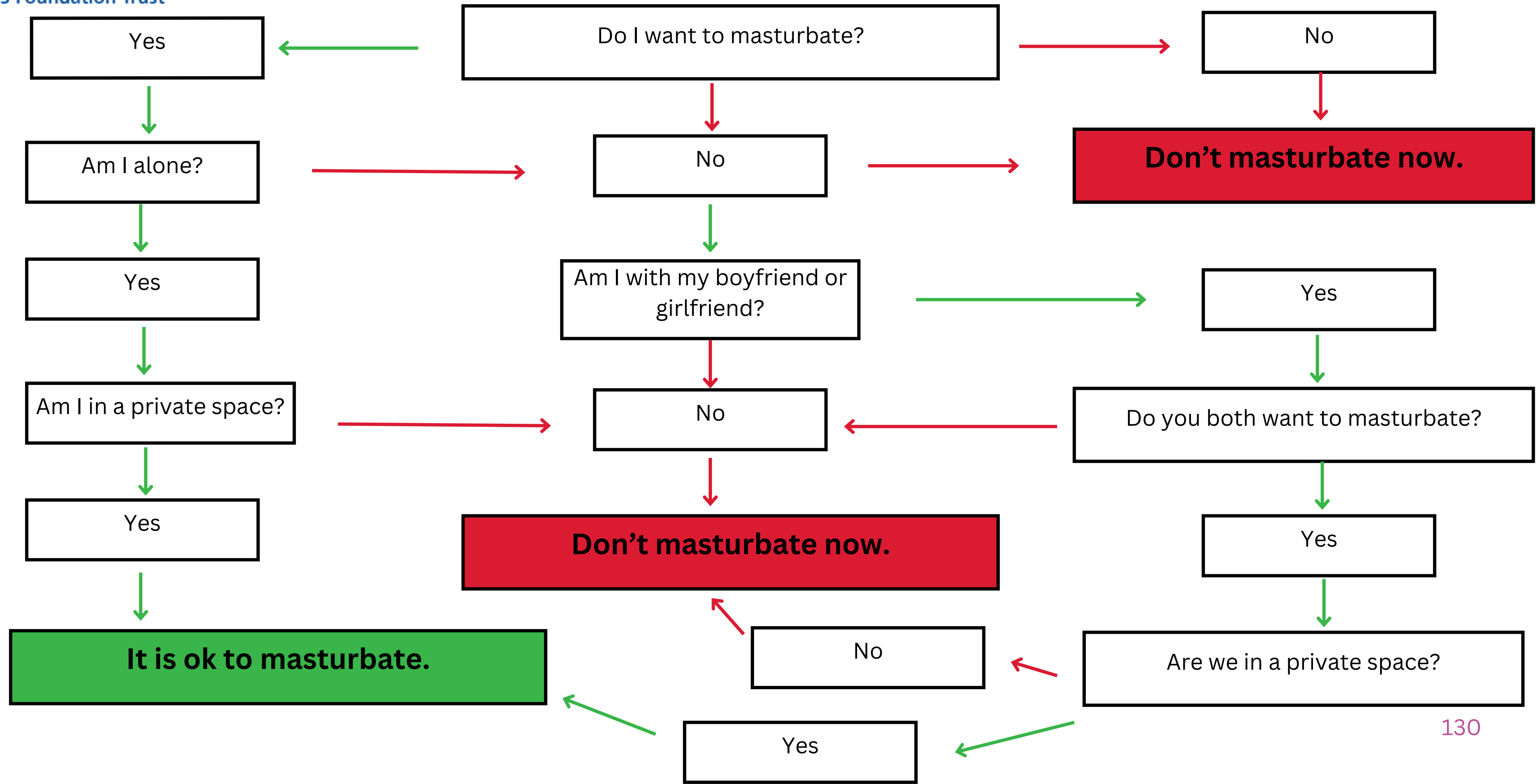




Remember that you can only masturbate in private. Put a tick next to all the places you think it will be ok to masturbate.



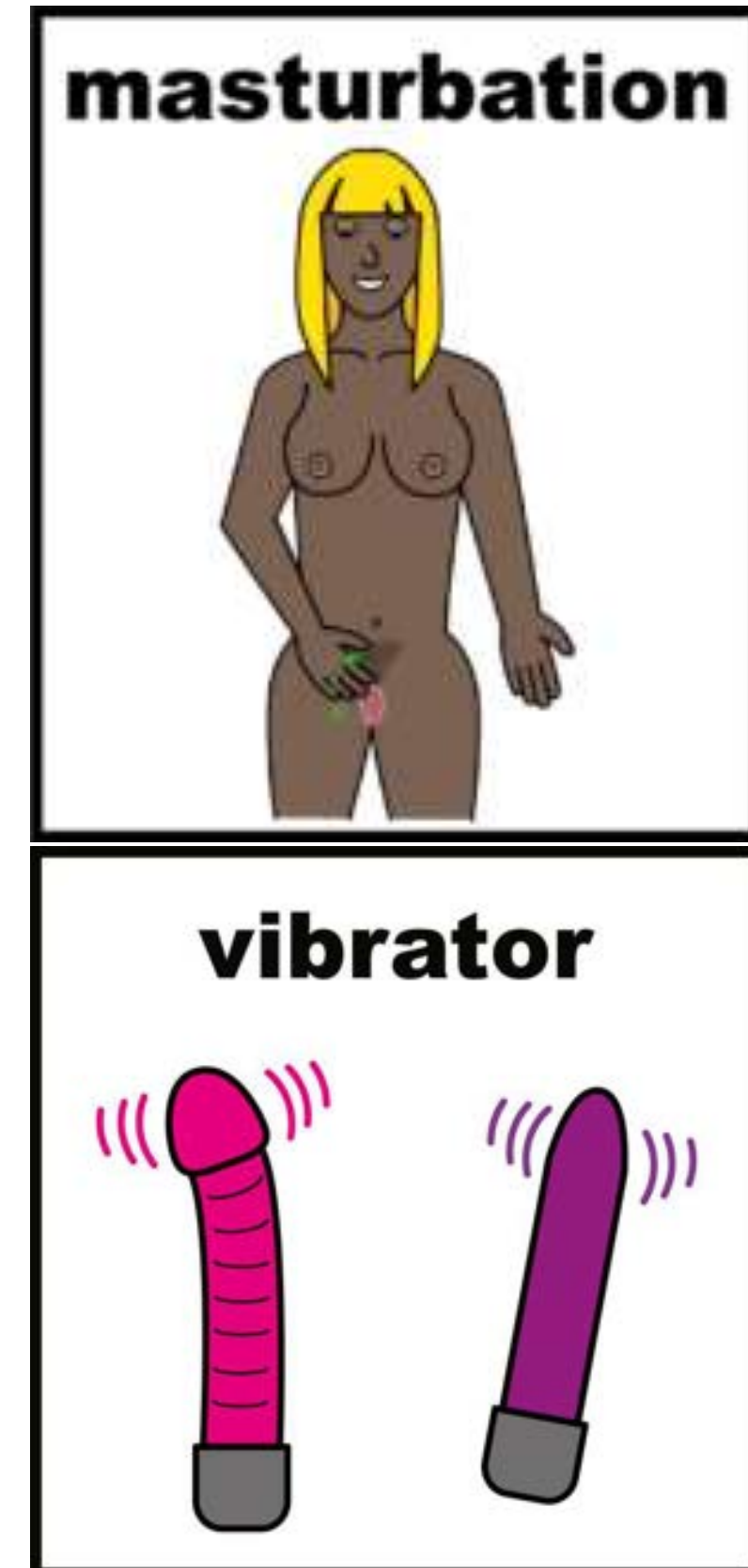
# MASTURBATION & PORN



Some people use objects to masturbate.

It is important these objects are made for masturbation, so they don't harm your body.

These are called sex toys. You may have heard of 'dildos' or 'vibrators' but there are lots of different sex toys.





If you are placing sex toys in your vagina or anus, you may want to use lubrication to stop it from getting sore.

If you want support to get a sex toy or lubrication you can speak to someone you trust. This could be a friend or support worker.

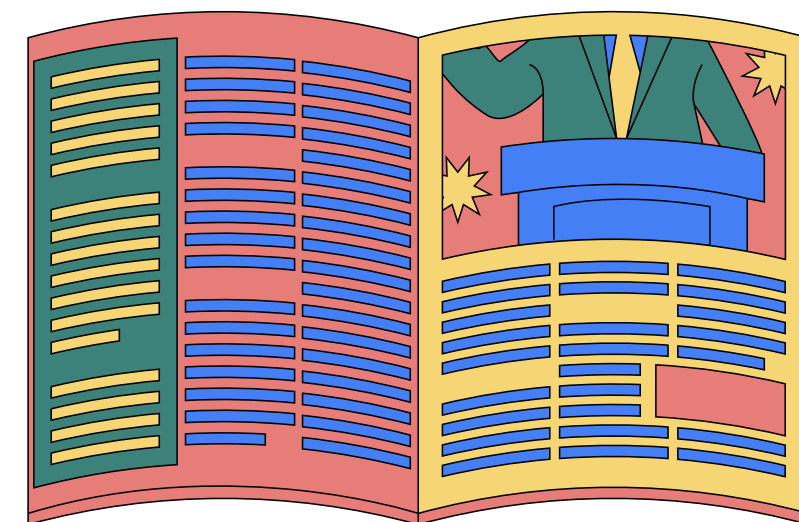




Different things make different people feel sexy, or like they want to have sex.

Some people might find looking at pictures of people in their underwear exciting. Other people might like reading about sexy stories.

Some people like to watch pornography, this is also known as porn.



People might look at porn to give them a sexy feeling or whilst they are masturbating.

Porn is writing, videos or pictures that show sex.

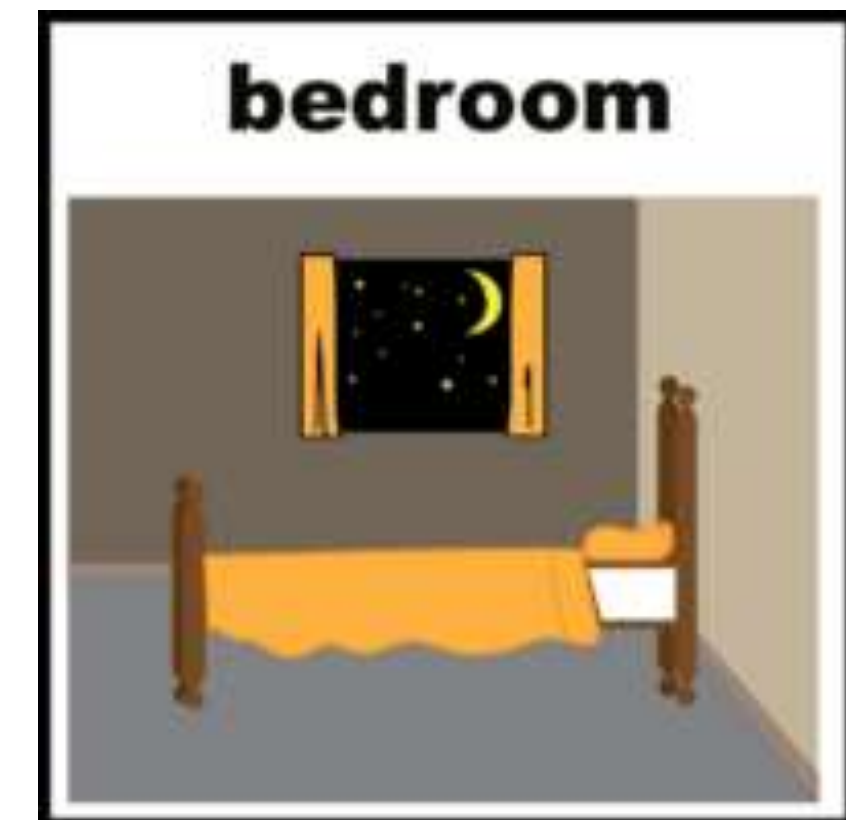
It is okay to watch porn if you are an adult, lots of people watch and enjoy porn.



It is legal to watch porn if you are over 18 years old. Porn is legal if it shows adults having sex with consent (see 'consent' section for more information).

If you are going to watch porn, you must watch it in a private space.

**Do you remember where your private spaces are?**



Porn is illegal if it includes:

- Sex with children under the age of 18.
- Sex with animals.
- Sex which causes harm or death.

If you watch illegal porn, you will get in trouble with the police.

If you try and watch illegal porn, the police will find out about this.

They will find out even if you use private internet browsing or delete your internet history.





Have a think about why someone might want to look at porn. Circle which ones you think.

To masturbate

To feel sexy

With a romantic partner to feel sexy and have fun

For a joke with their friends

To learn more about sex

To get ready to have sex

Can you think of any other reasons someone might want to watch porn?

---



What makes porn illegal? What might happen if you watch it?

---

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Where might people be able to find porn?

---

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Sex in porn and sex in real life often look very different. Can you sort each of these into groups - which might belong in porn and which might look like normal, healthy sex?

Everyone has  
their pubic  
hair removed

Nobody uses  
condoms

Not everyone  
will orgasm

People talk  
about using  
contraception

Not everyone  
enjoys anal  
sex

Women have  
pubic hair on  
their vulva  
and anus

Everyone  
enjoys anal  
sex

Sex is always  
loud

## Summary

- It is normal and okay to masturbate.
- You can only masturbate in a private space (your bedroom or bathroom).
- You can watch pornography if you are 18 or over but this must be done in a private space.
- Some porn is illegal, and you must never watch this.
- The police will find out if you watch illegal porn.

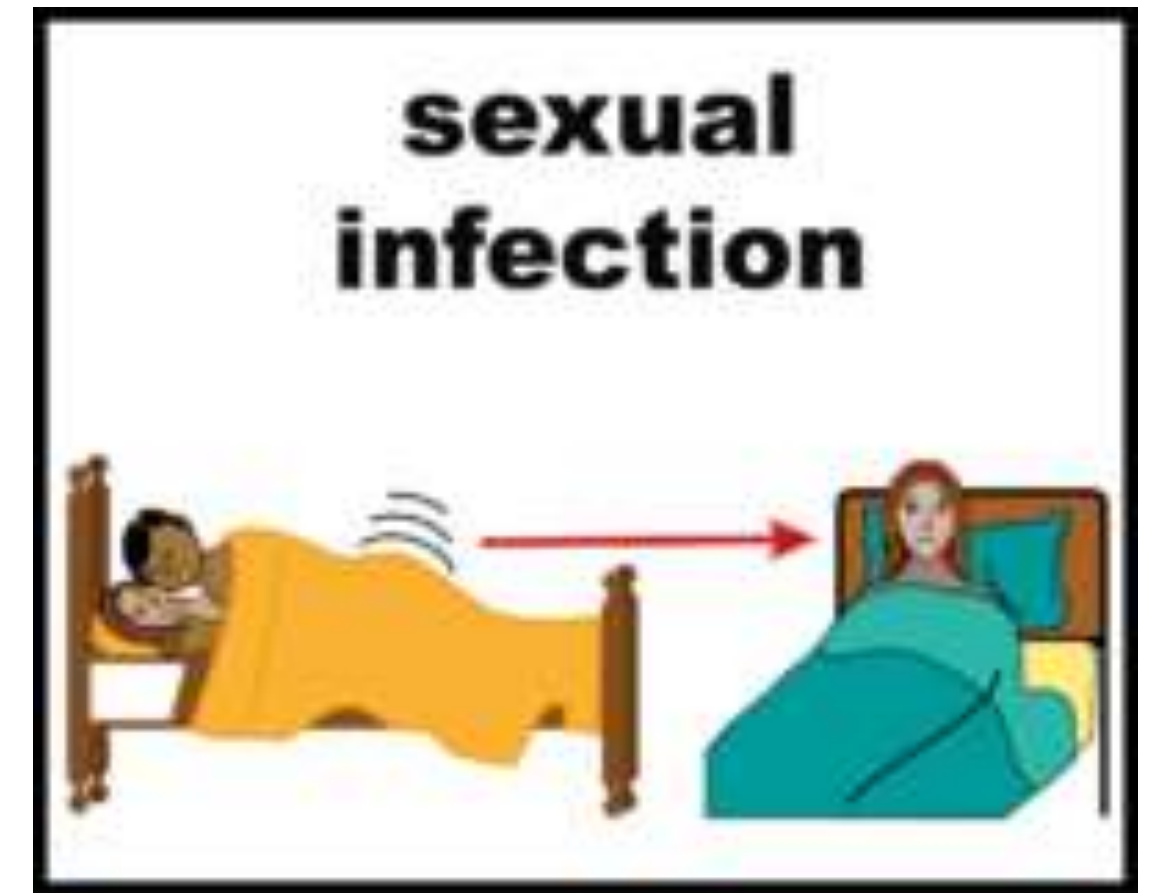


# SEXUALLY TRANSMITTED INFECTIONS (STI'S)

If you are having sex, there is a risk that you can get a sexually transmitted infection.

You might also hear sexually transmitted infections (STI's) be called sexually transmitted diseases (STD's).

You are protected against most STI's by using a condom.

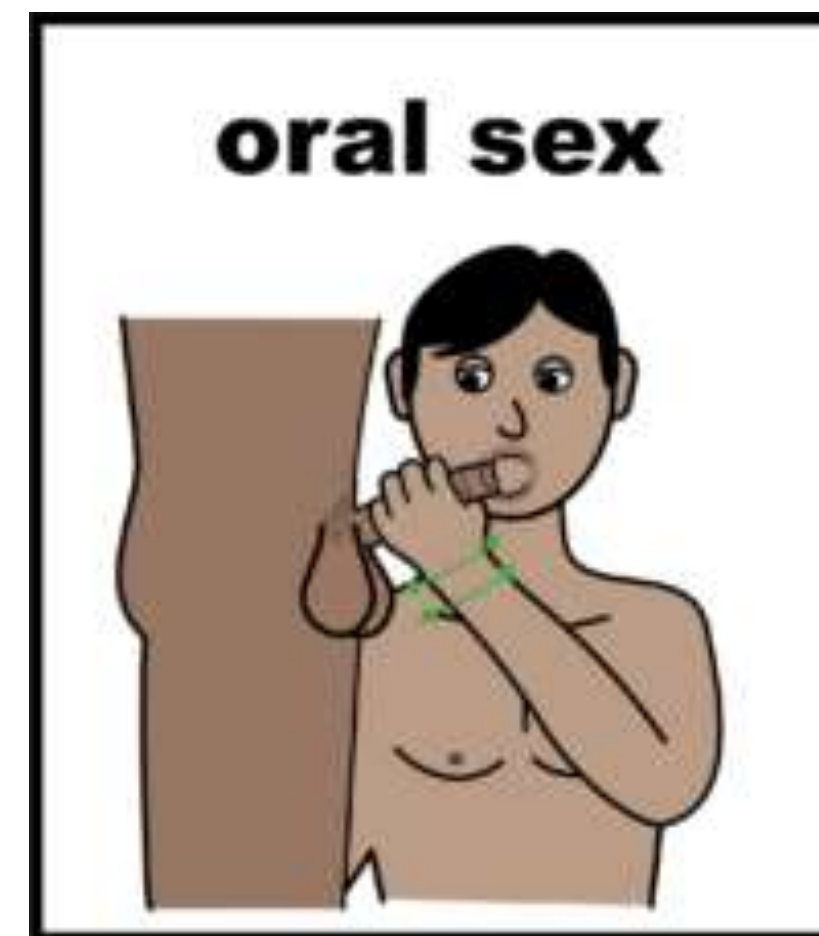


You should use a condom for all types of sex, including oral sex.

Some STI's you cannot protect against using a condom, this includes herpes and pubic lice.

It is important that you visit the sexual health clinic if you have any new symptoms.

## SEXUALLY TRANSMITTED INFECTIONS



# Visiting a sexual health clinic

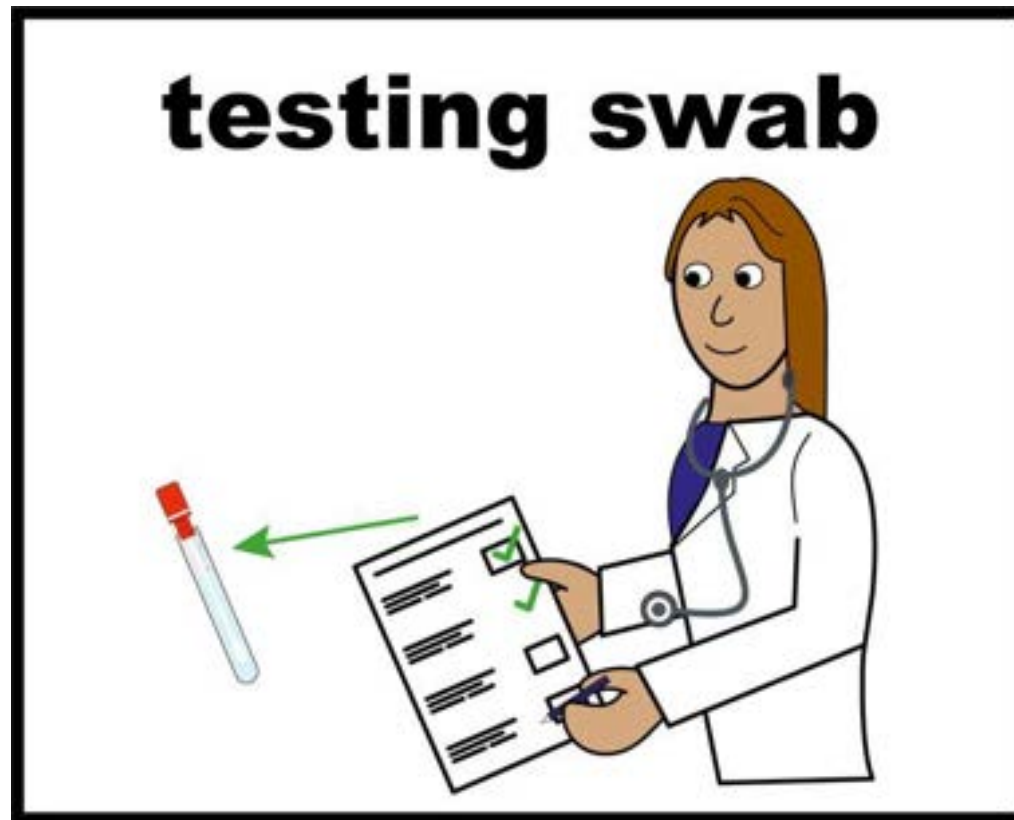




If you are having sex, it is a good idea to get a test for STI's before you have sex with a new partner.

This keeps both your bodies safe and well.

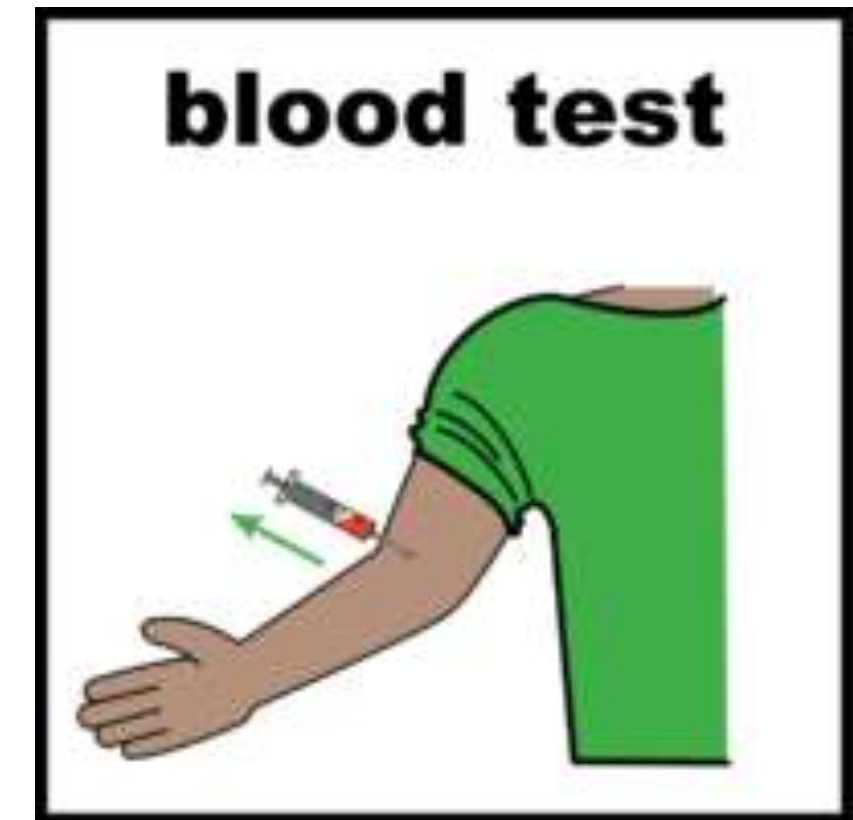
A nurse at a sexual health clinic can help you if you're worried you might have an STI.



If you have a vagina this will likely be a swab, the nurse might do this or ask you to do it yourself. Sometimes they will have a look at your vagina.



If you have a penis this will likely be giving a urine sample or taking a swab of your penis.



The nurse may also want to take a sample of your blood.



The nurse will then call you to let you know your results.



If you did have an STI you would then be given some medicine to help cure or reduce symptoms of the STI.



**If someone was worried they might have an STI and they asked for some advice, what might you tell them?**

The details for the sexual health clinic in Salford are:

Salford Sexual Health Service,  
Lance Burn Medical Centre, Churchill Way,  
Salford M6 5QX.

Number: 0161 388 4982

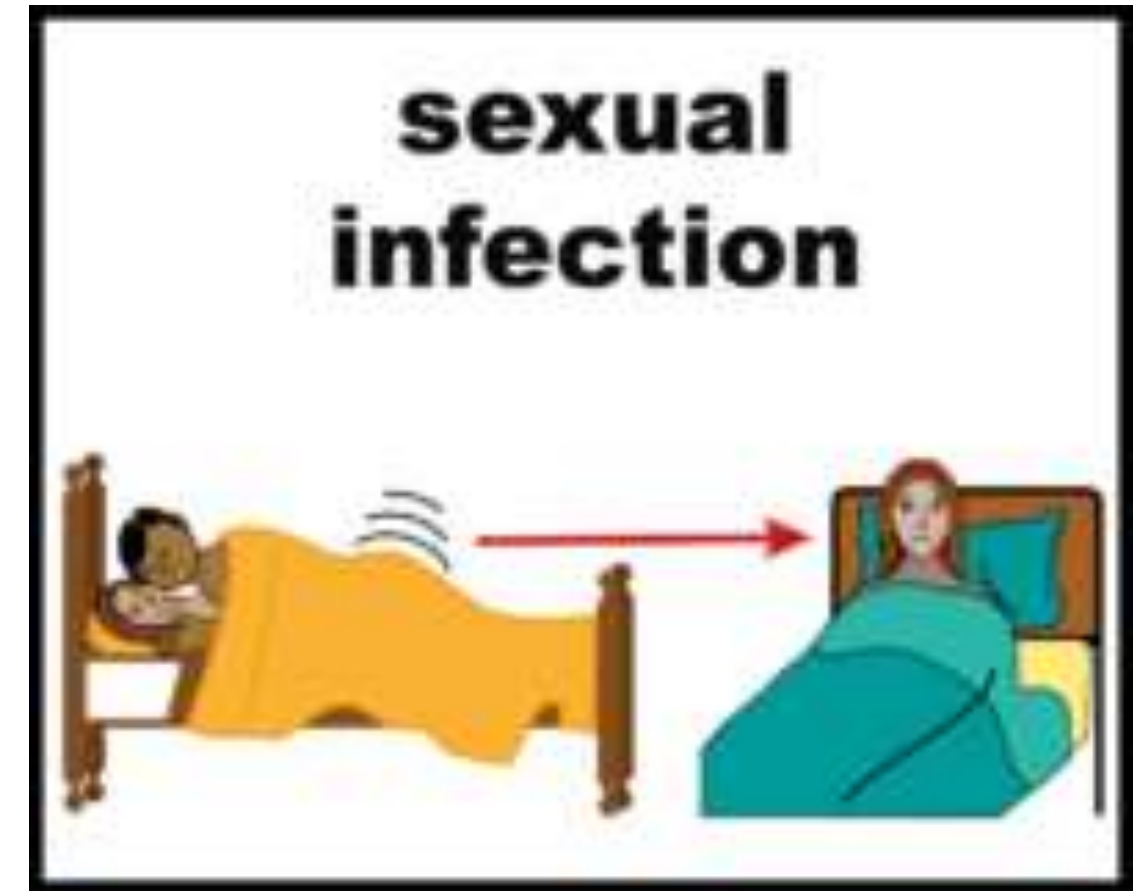
Email: [Salford.SexualHealth@mft.nhs.uk](mailto:Salford.SexualHealth@mft.nhs.uk)





There are different types of STI's.

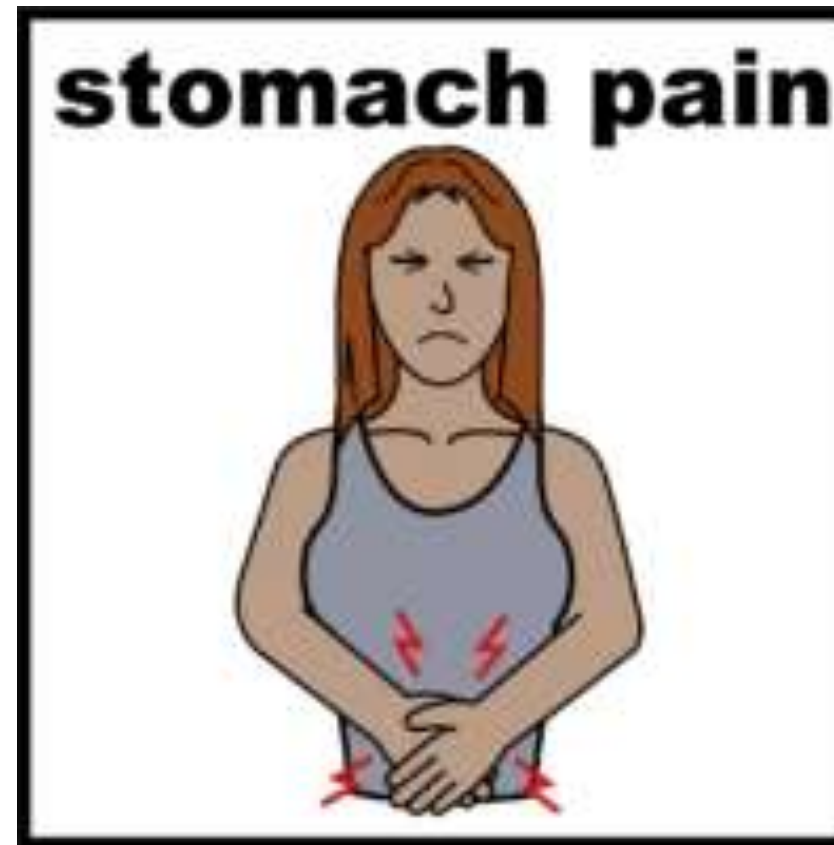
Here are some of the common ones and signs to look out for.



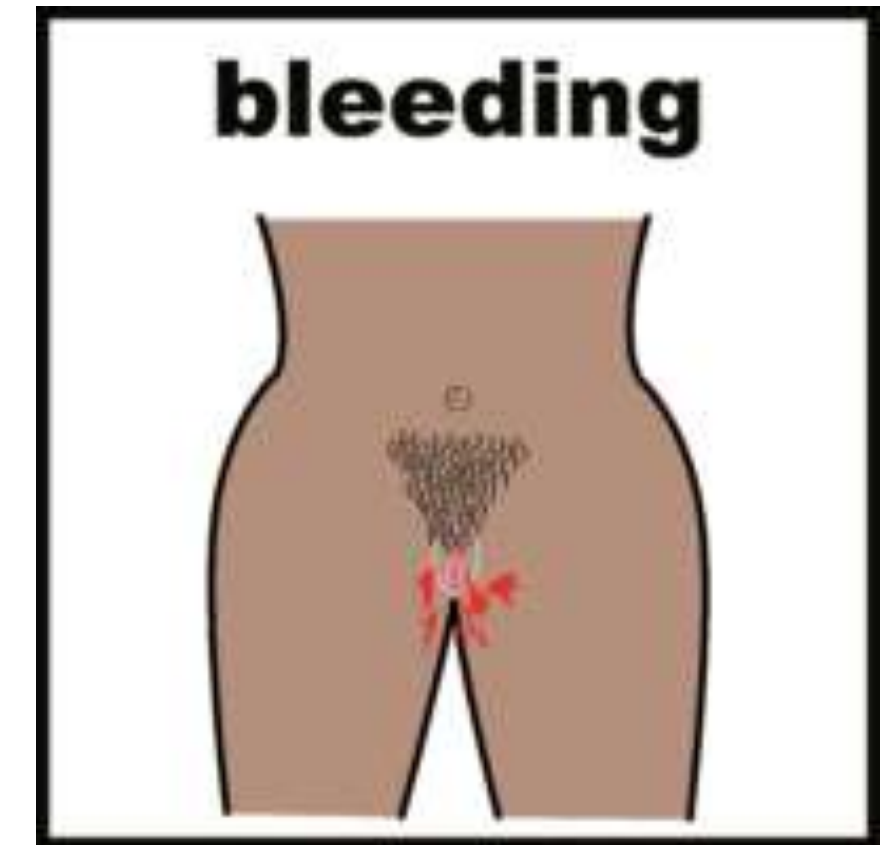
## Chlamydia



Most people have no symptoms.



Some people have pain in their tummy, pain when having sex or pain when having a wee.



If you have a vagina, you may have bleeding between your period.

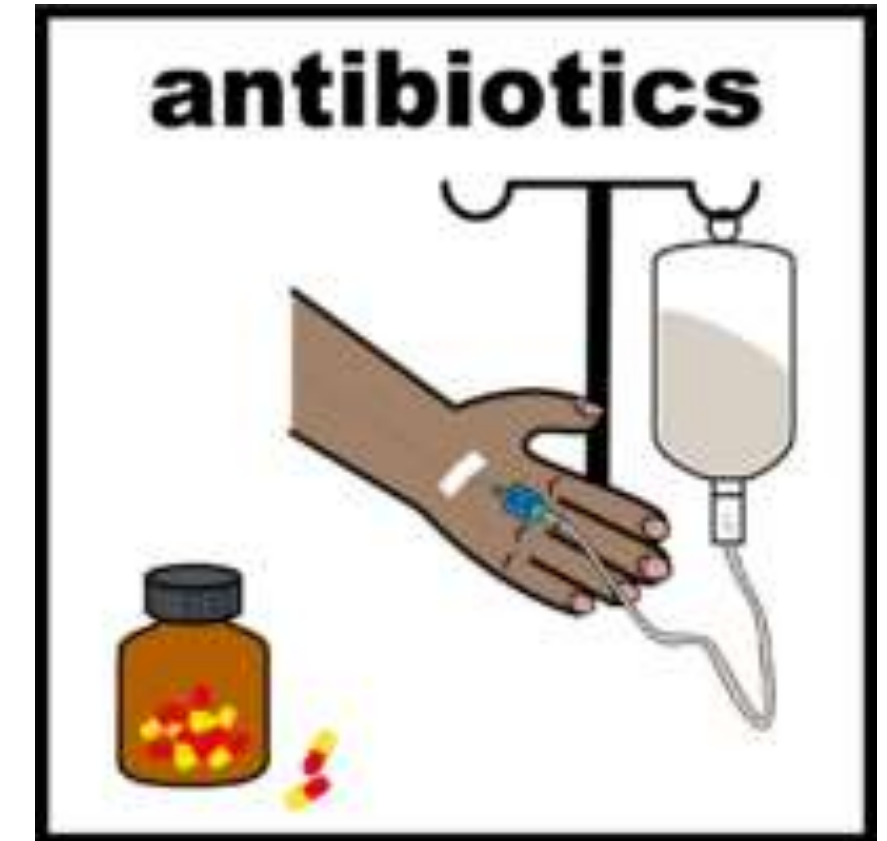
# Chlamydia



If you have a penis you may have pain in your testicles.



If you have any of these symptoms and are sexually active it is important to go to the sexual health clinic.

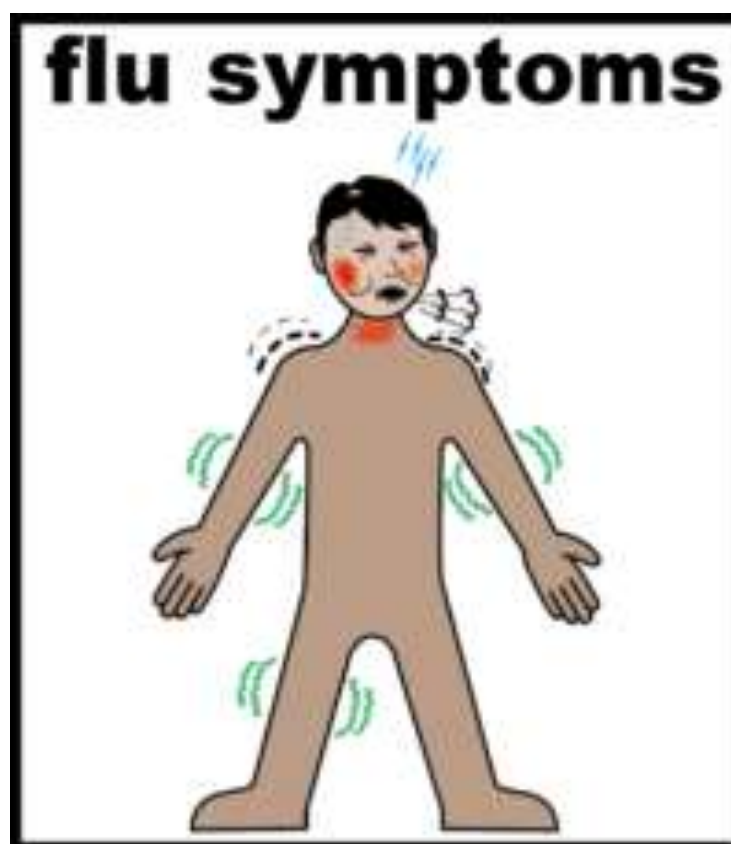


If you did have chlamydia, you would then be given antibiotics which would make the infection go away.

## Herpes



You may have itching or tingling in your genitals.



You may have painful blisters or sores and flu symptoms.



There is no cure for herpes, but there are tablets you can take which reduce symptoms and help you feel better quicker.



## Herpes



If you have any of these symptoms and are sexually active it is important to go to the sexual health clinic.



Condoms can't fully protect you from herpes, but they do reduce the risk.

## Gonorrhoea



Most people have no symptoms.



You may have itching or pain around your genitals.



You may have unusual discharge (liquid) from your penis or vagina.

## Gonorrhoea



You may have pain when having a wee.



If you have any of these symptoms and are sexually active it is important to go to with the sexual health clinic.

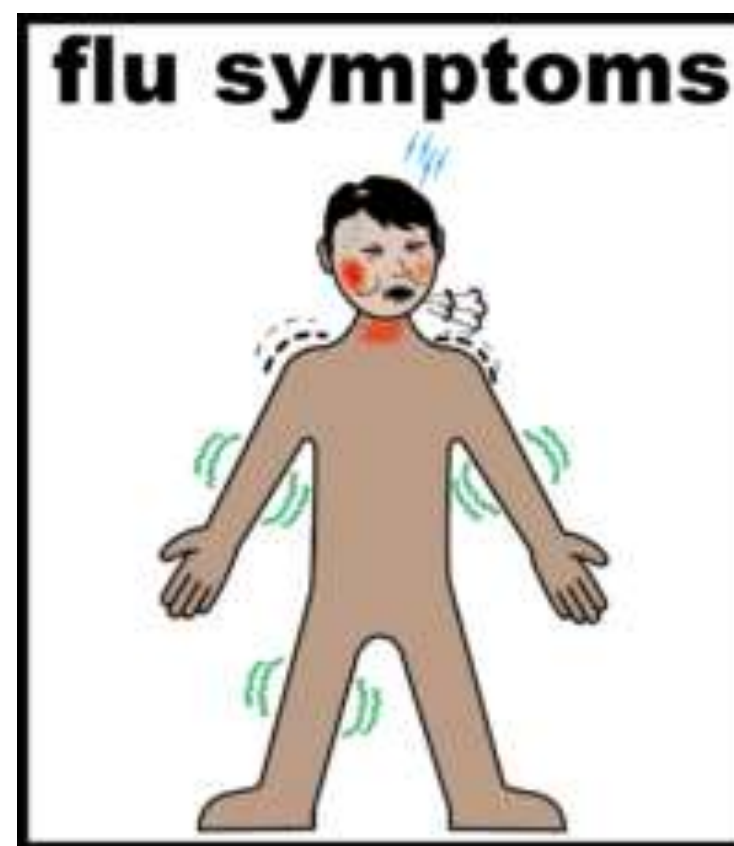


Gonorrhoea can be treated with antibiotics which would make the infection go away.

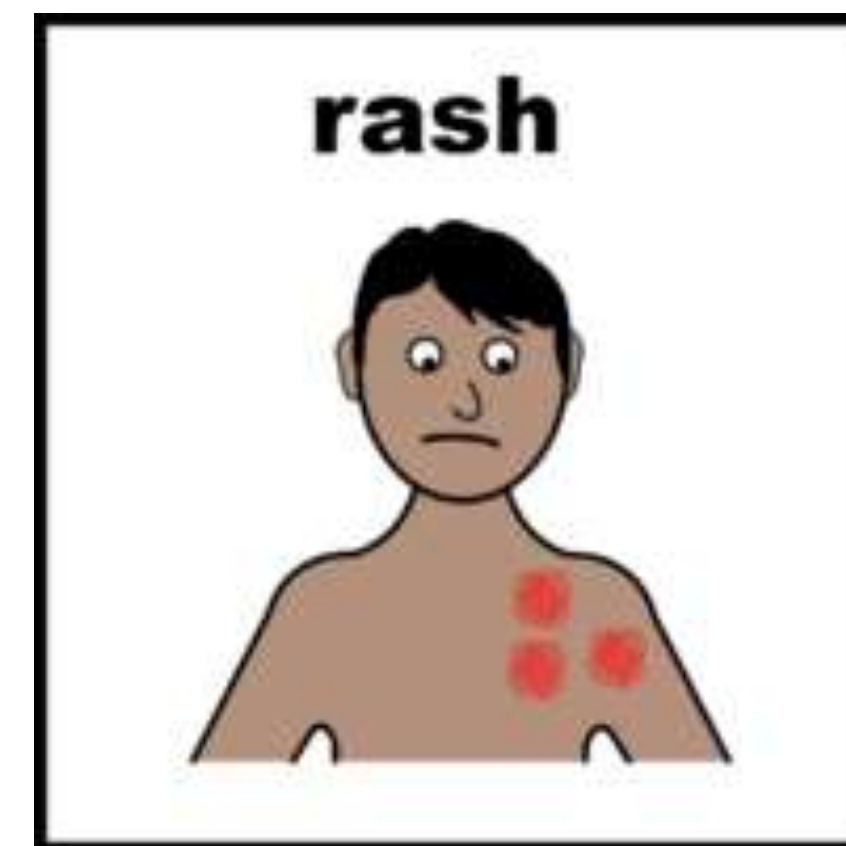
## HIV



Some people will experience no symptoms.



Some people may have flu symptoms, a sore throat or a high temperature.



Some people might have a rash.



# HIV

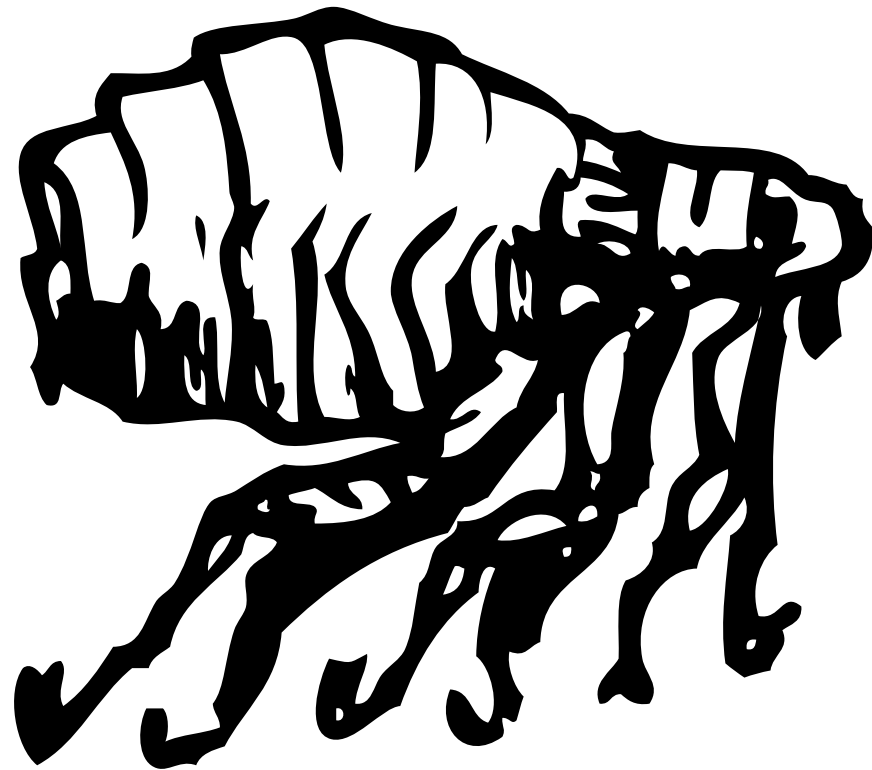


There is no cure for HIV, but there is medication which can manage your symptoms and make it so you can't pass on the virus.



If you have any of these symptoms and are sexually active it is important to go to with the sexual health clinic.

## Pubic Lice



Pubic lice are small insects, they can be hard to see.



They live in the hair around your genitals.



Lice may make you feel itchy. You may notice small red dots on your skin.

## Pubic Lice



If you have pubic lice, you can use a special cream which will get rid of the lice.



If you have any of these symptoms and are sexually active it is important to go to the sexual health clinic.

**Circle some reasons you might go to a sexual health clinic:**

Pain when having sex

For condoms to have sex

Itchy genitals

New discharge from penis or vagina

To talk about contraception

Masturbating

Bleeding during a period

New rash on genitals

Feeling unwell after a new sexual partner

A sore foot





Tick which you think are the most common symptoms of a STI

New rash

Itchy bottom

No symptoms

Discharge from penis or vagina

My local sexual health clinic is:

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If I want to contact them I can:

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## Summary

- Condoms protect against most STI's.
- It is important to have a sexual health screening before having sex with a new partner.
- The most common symptom of an STI is no symptoms.
- Most STI's can be cured with medication, others can be managed.
- Salford Sexual Health Clinic are most likely to be able to help with these.

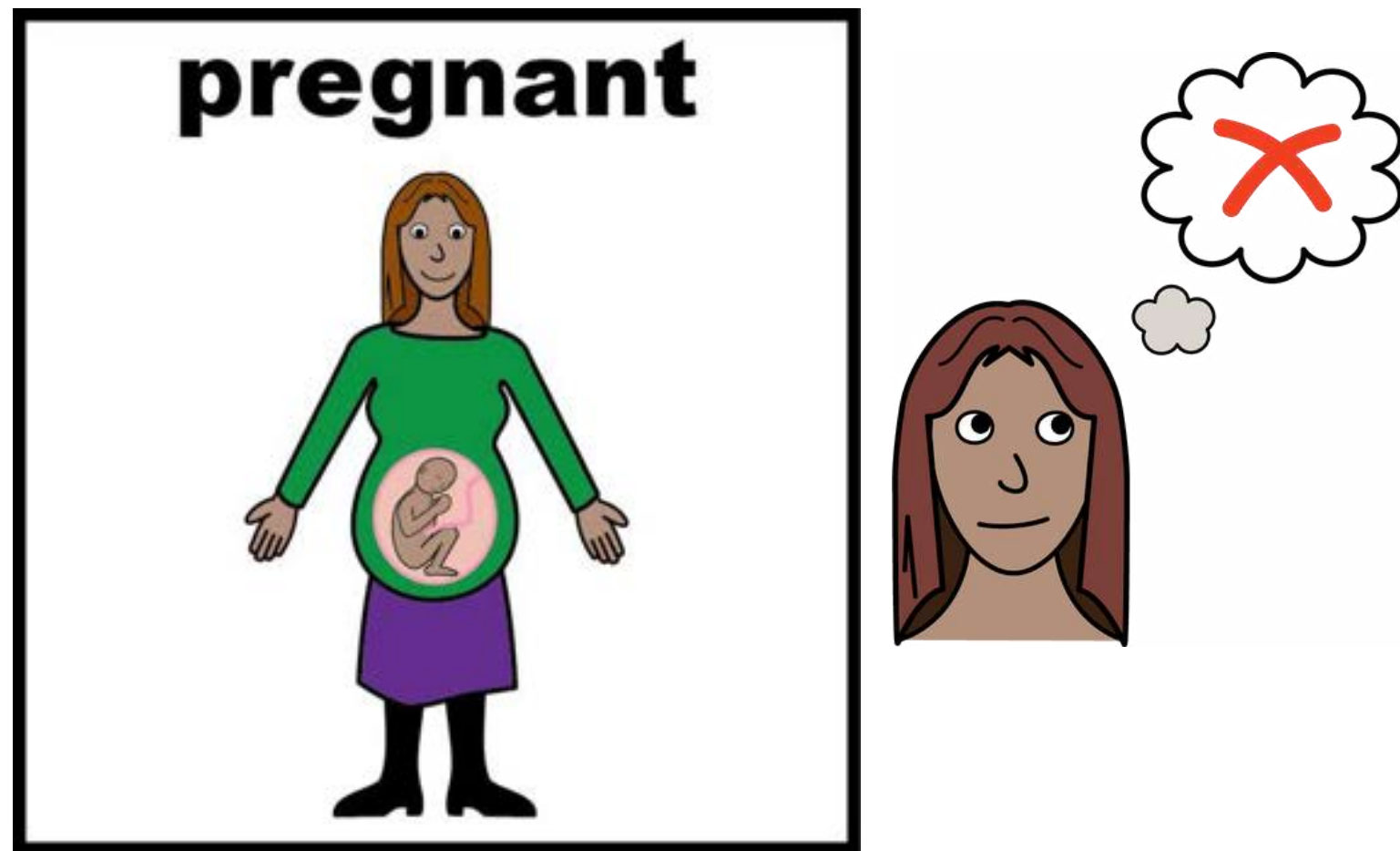


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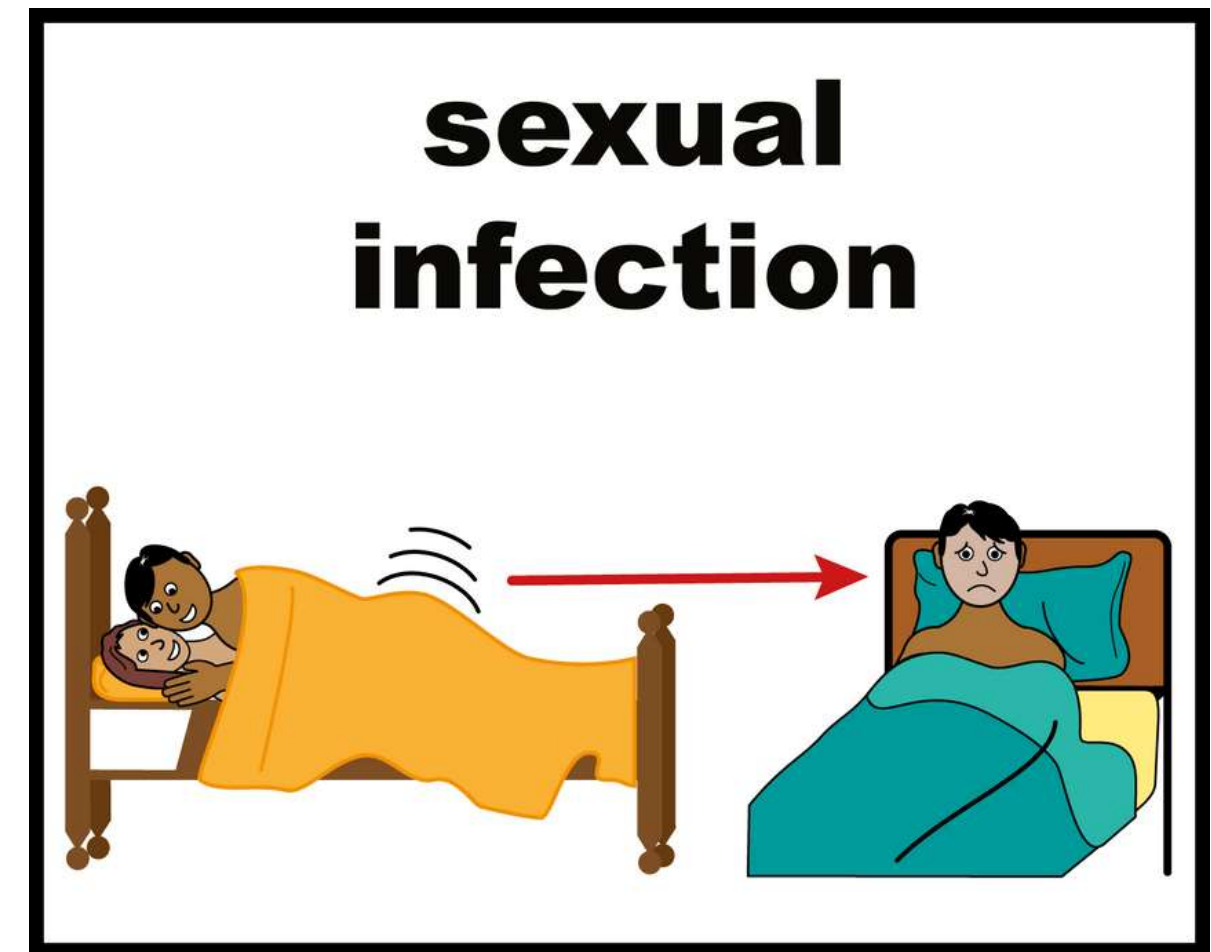
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**APPRECIATE**  
**INSPIRE**  
Be the difference.

# CONTRACEPTION

Contraception is something used by men and women. It is used for two different reasons:



To stop getting pregnant or stop making someone else pregnant.



To stop getting or spreading a sexually transmitted infection.



You must **always** use contraception if you're having sex, unless you want to have a baby. Sex using contraception is called 'safe sex'.

Sex without contraception, when you don't want a baby, is called 'unprotected sex'.

**Can you make a list of all the types of contraception you know?**

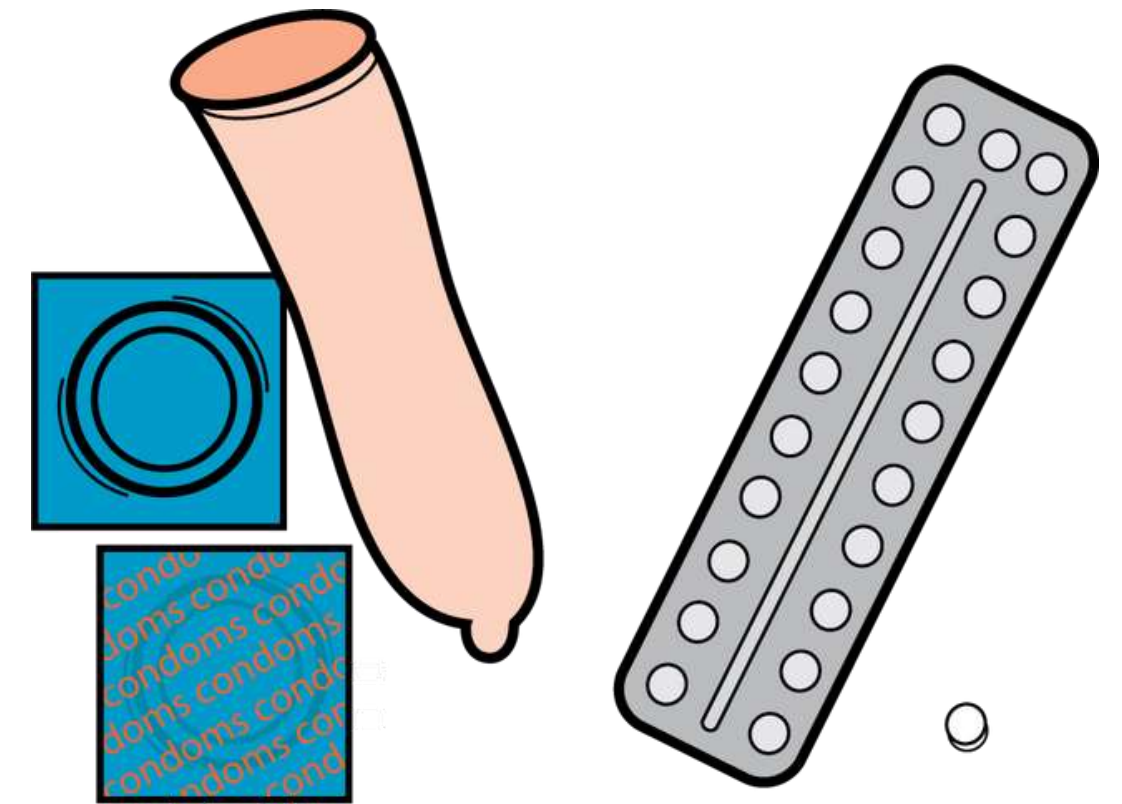
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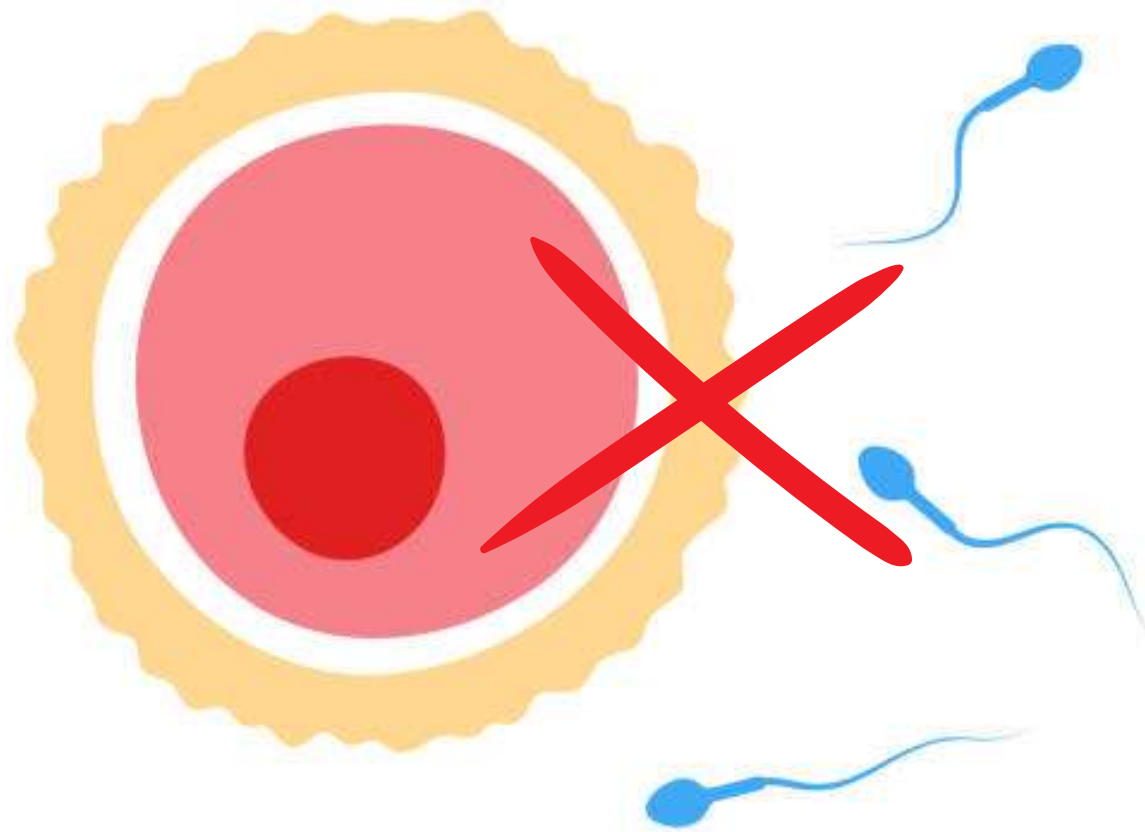
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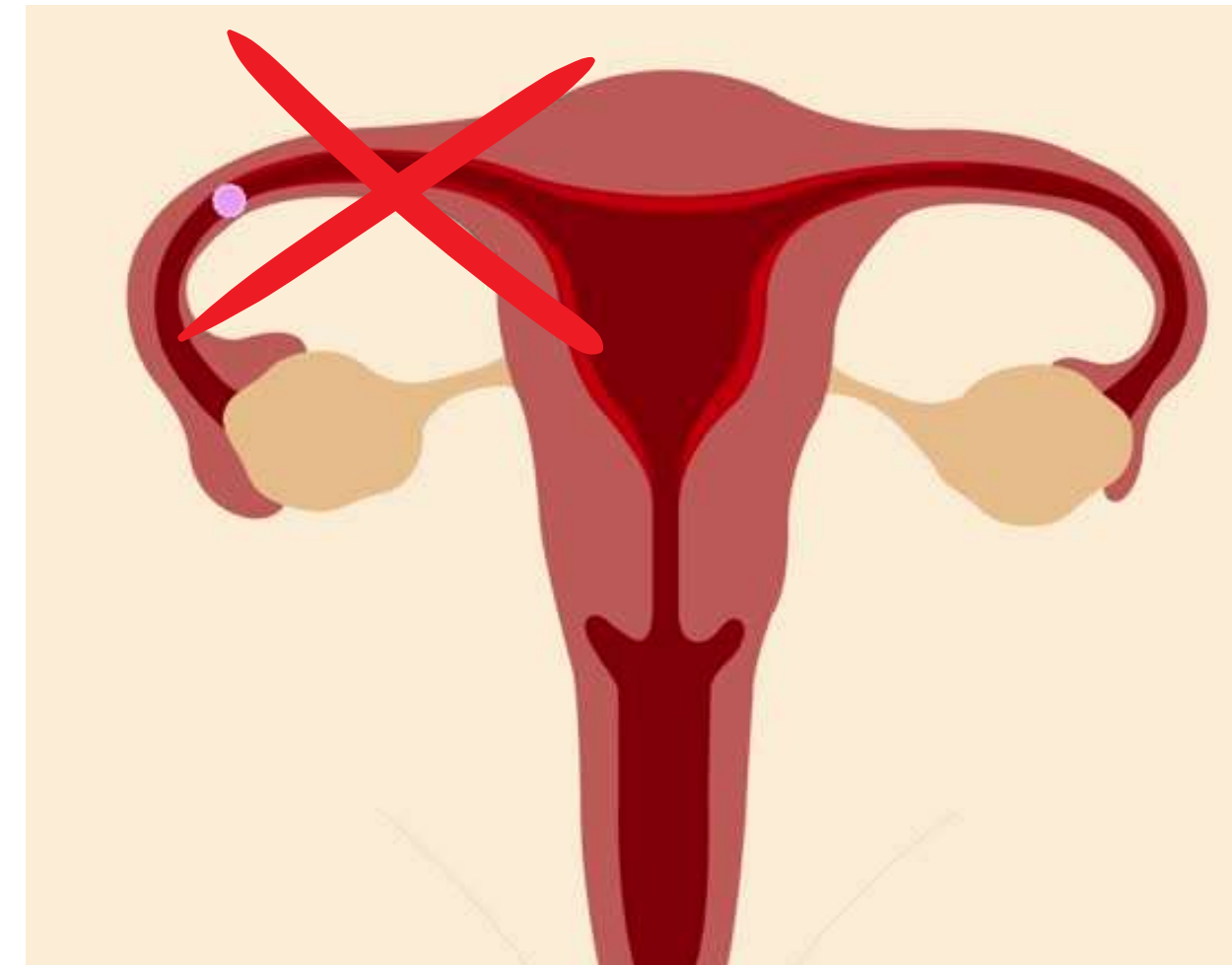
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There are lots of types of contraception and they can work in different ways.

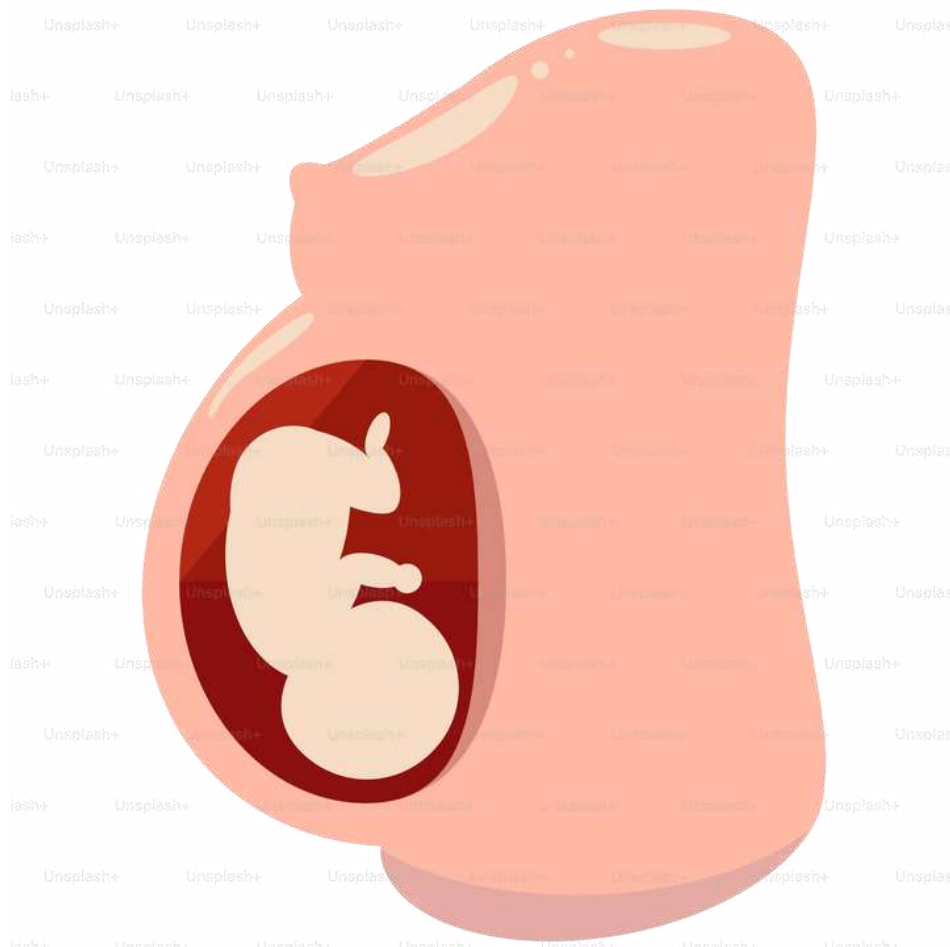


Some stop the sperm from meeting and egg and making a baby.

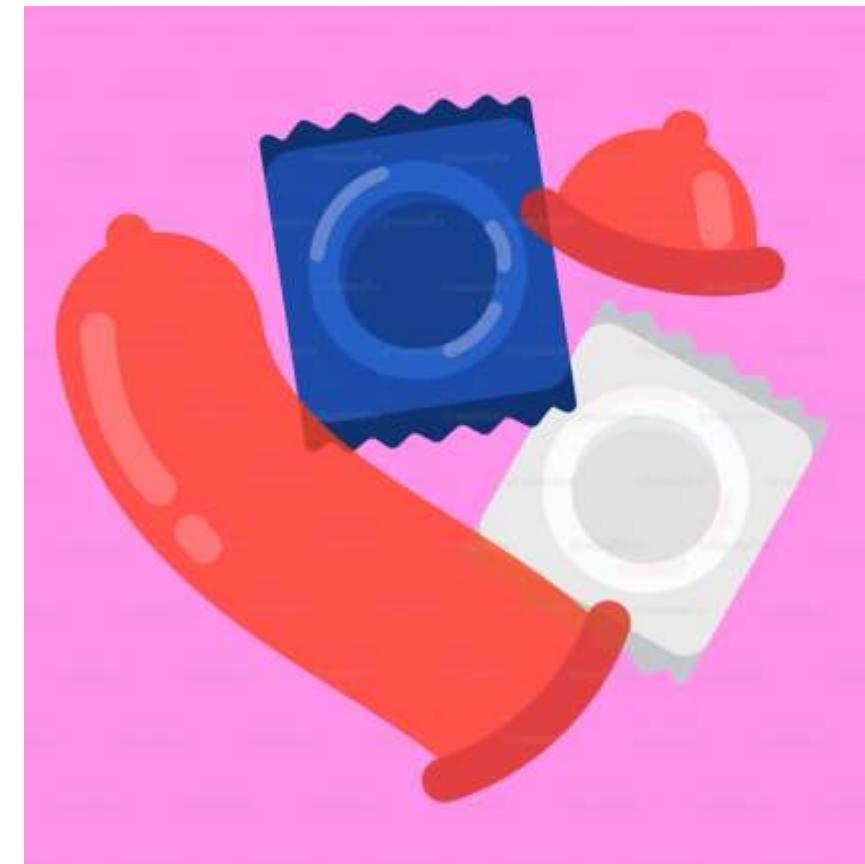


Some stop the women from releasing an egg.

There are lots of types of contraception and they can work in different ways.



Some stop the egg from settling down inside a woman's womb and growing into a baby.



Some create a block so sexually transmitted infections don't pass to the other person.

True or false?



Contraception prevents babies.

☐☐

All contraception stops sexually transmitted infections from spreading.

☐☐

There is only one type of contraception.

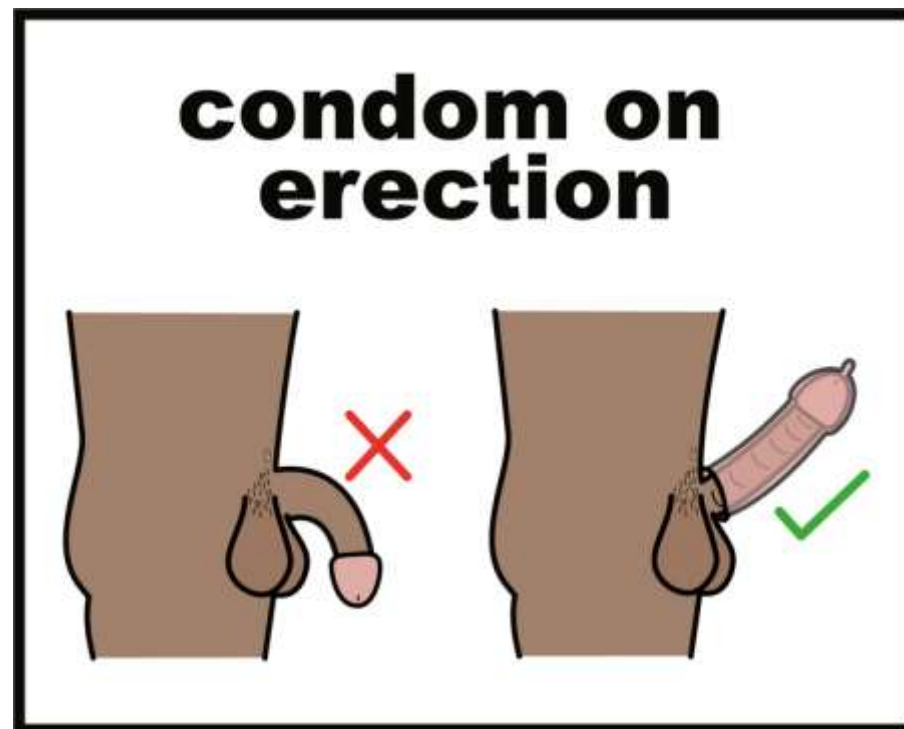
☐☐

Contraception is for men and women.

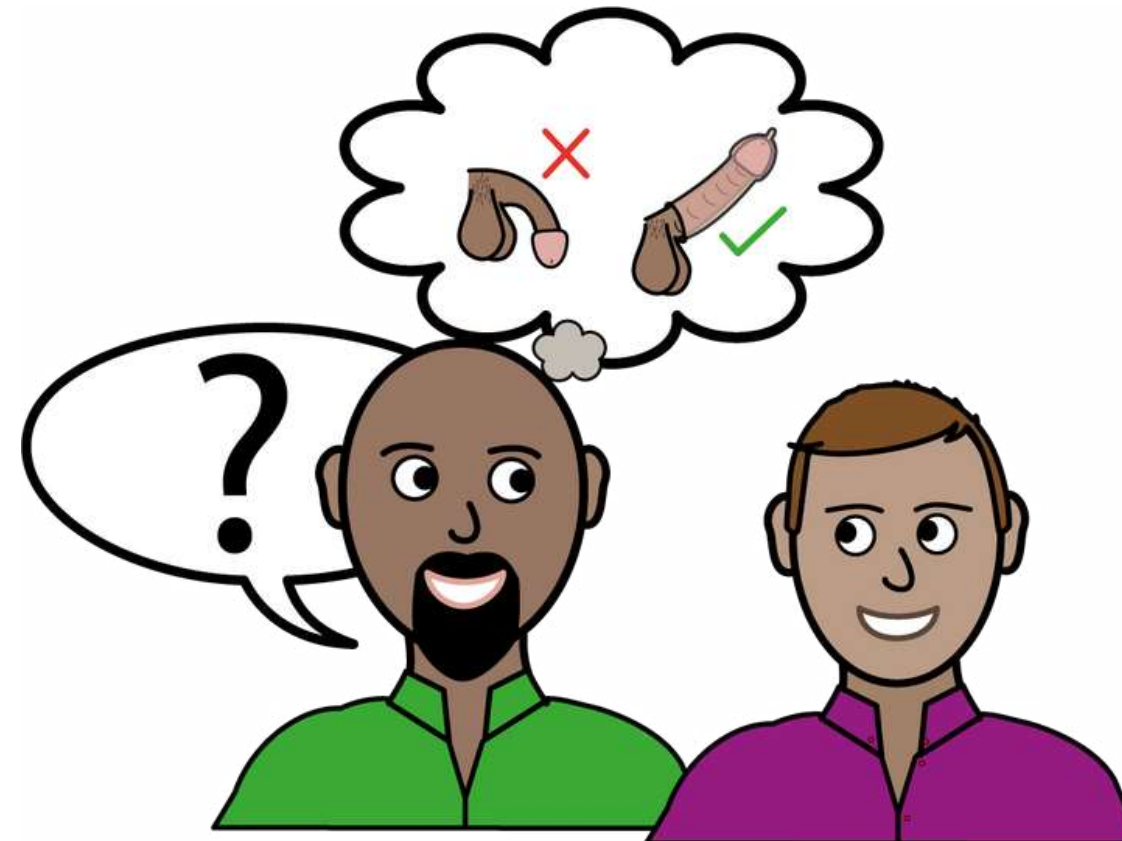
☐☐



## Condoms



Condoms go on the penis before it goes inside someone's vagina, mouth or anus (bottom).



They stop sperm meeting an egg inside a vagina. This stops a baby from being made.

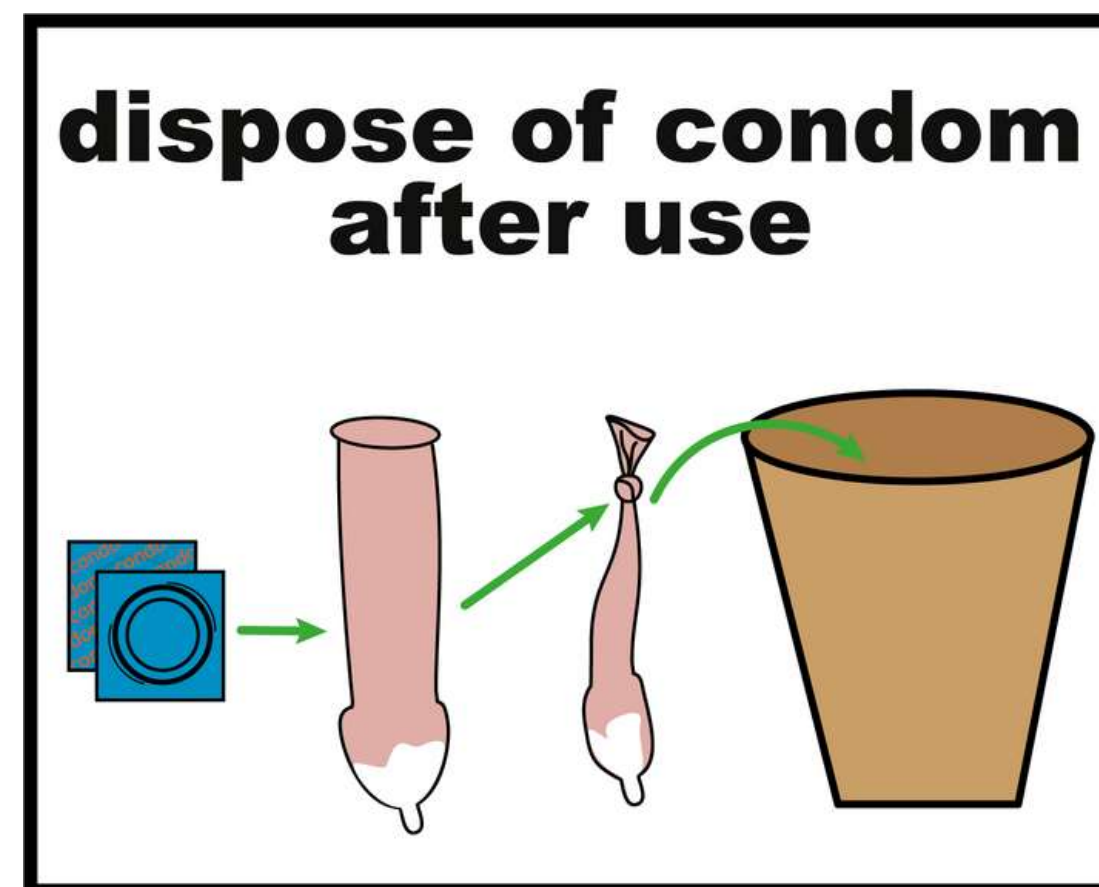


They also help stop the spread of sexually transmitted infections.

## Condoms



You can buy condoms from most supermarkets or the chemist. You can also get them from the sexual health clinic.

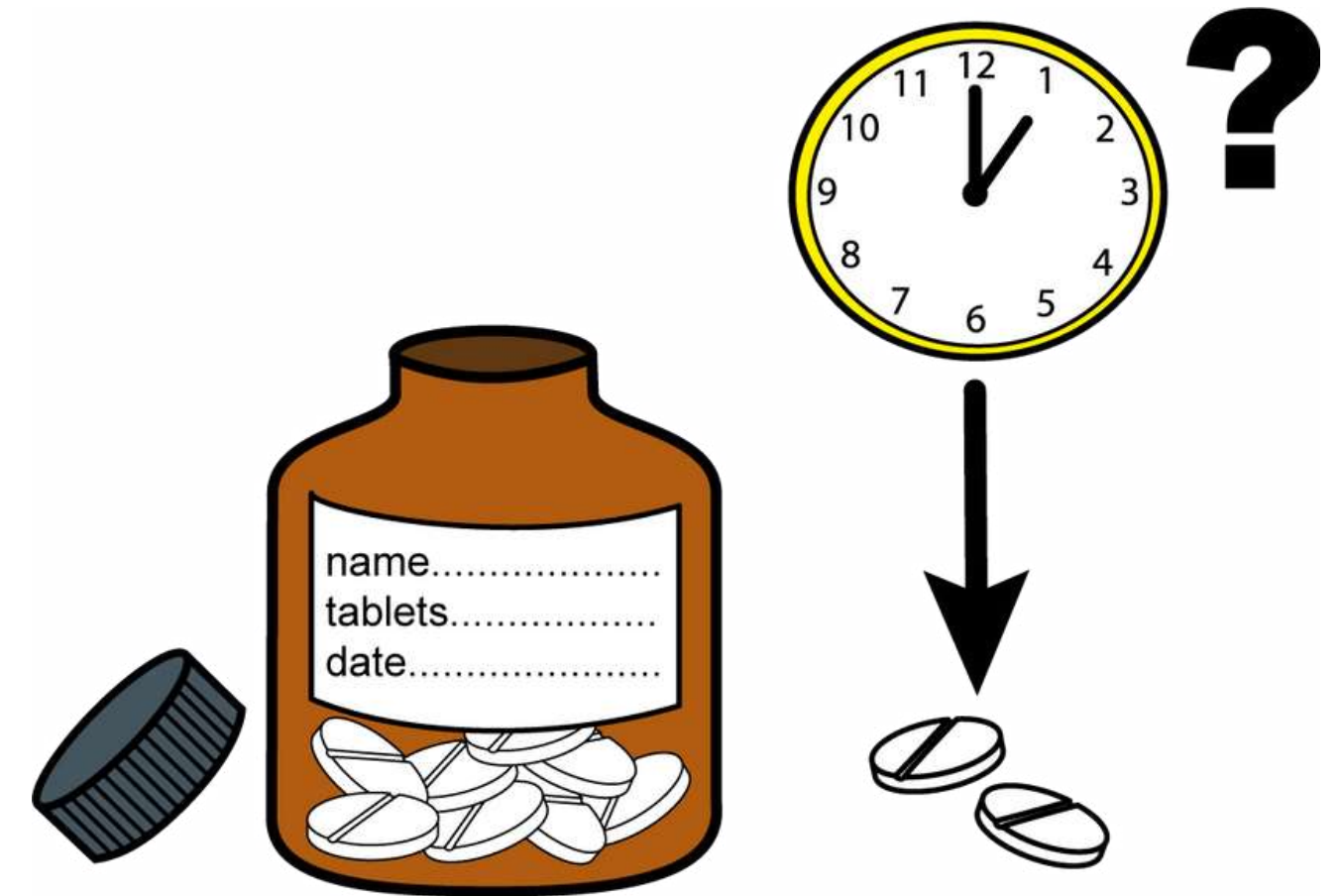


After sex, you take the condom off and put it in the bin.

## The contraceptive pill



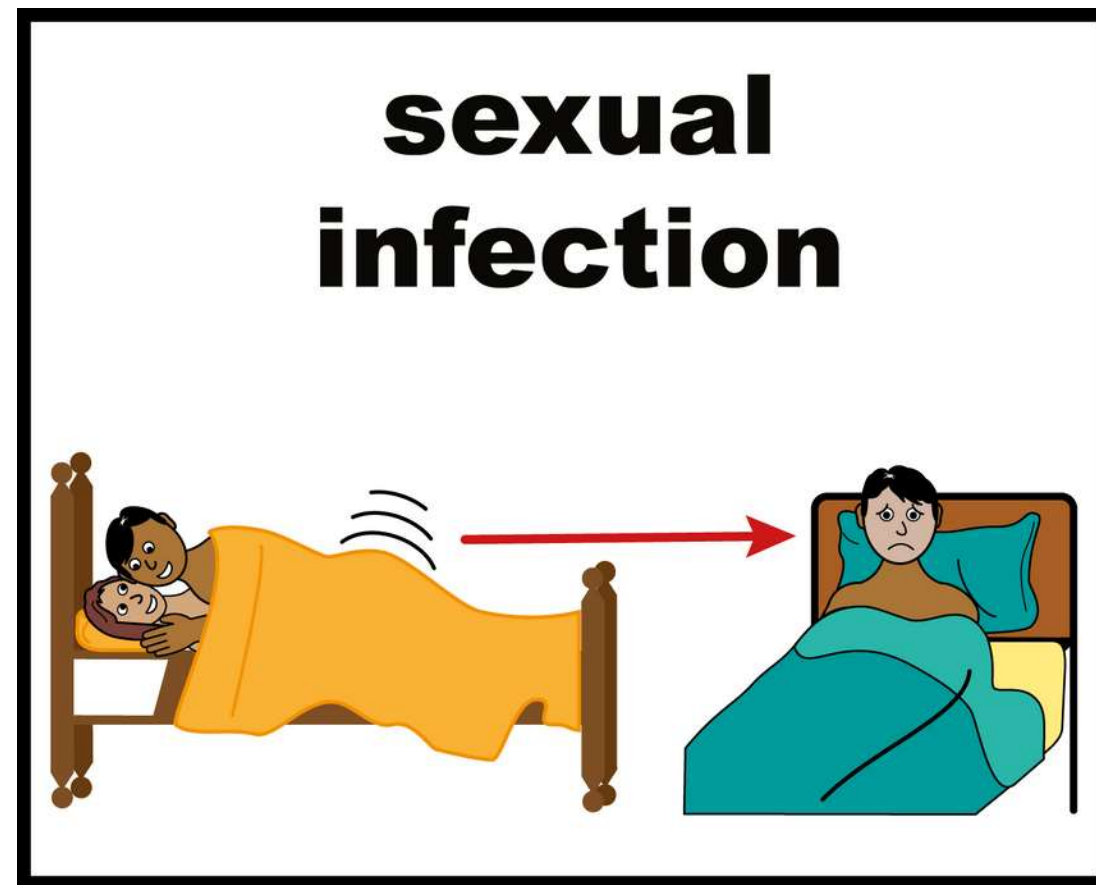
The pill is something that a woman takes to stop pregnancy. You take one pill every day.



You need to take the pill at the same time every day.



## The contraceptive pill



The pill does **not** stop you from getting a sexually transmitted infection, or from giving one to someone else (if you already have an infection).



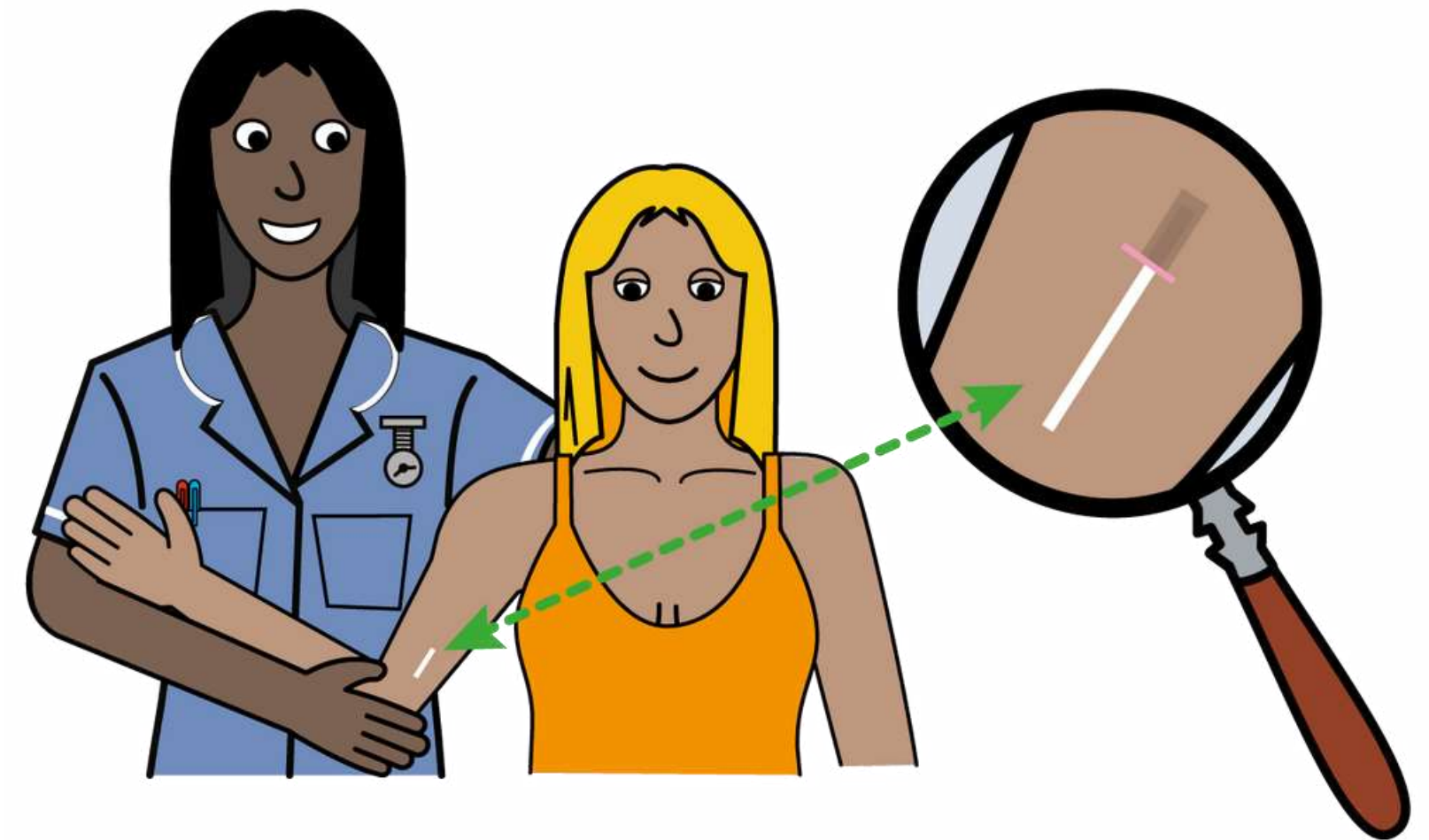
It is important to speak to a doctor or nurse about the pill before you start taking it. You can get the pill from the doctor or the sexual health clinic.



## The implant

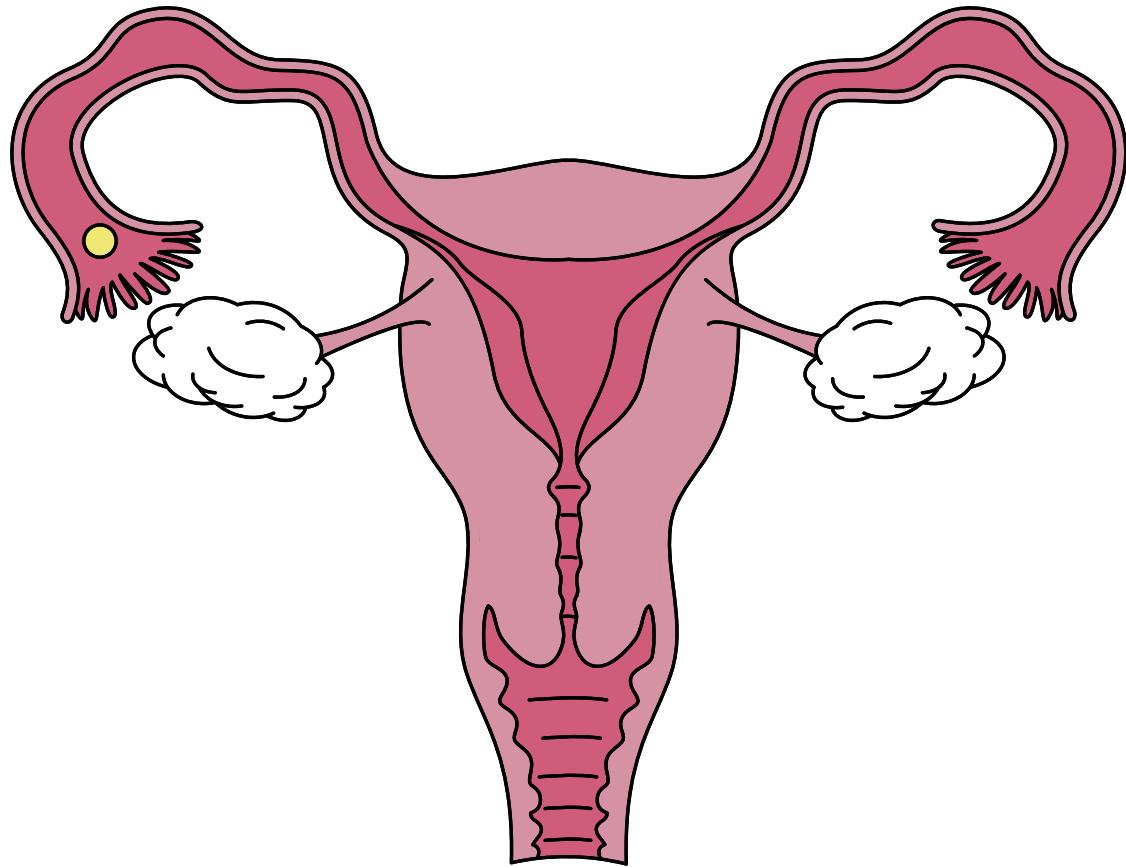


The implant is a small matchstick shape with hormones in. It stops your body from releasing an egg, which is needed to make a baby.

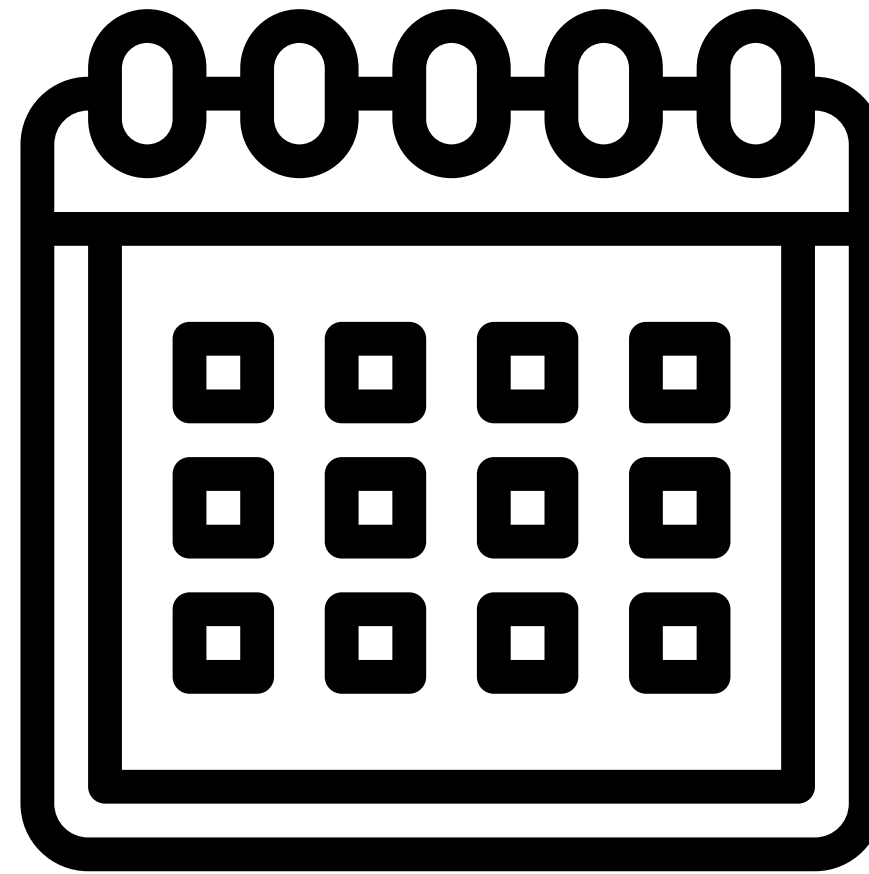


A nurse or doctor will put it under the skin in your arm. They will numb your arm first; this means you won't feel any pain.

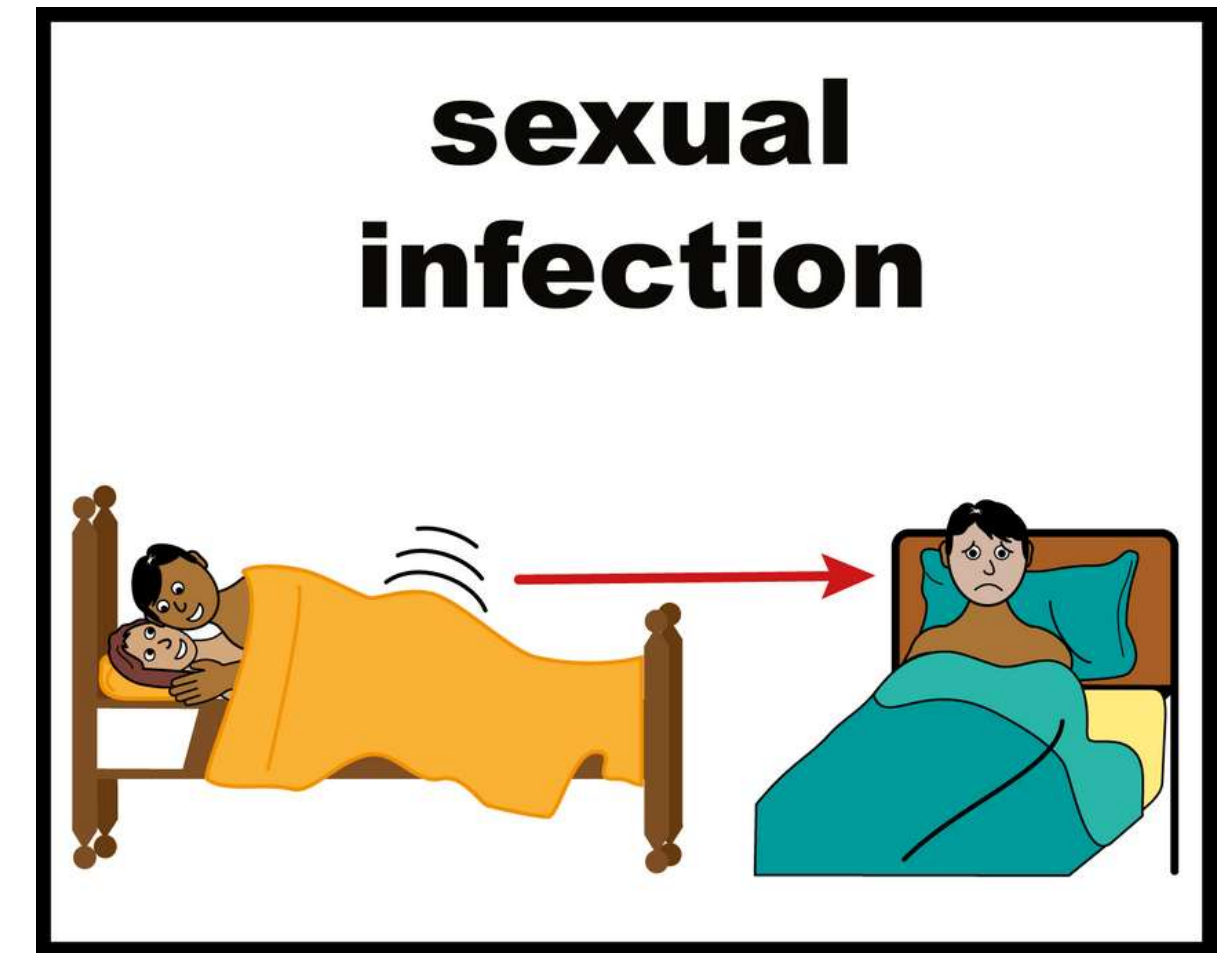
## The implant



This stops your body from releasing an egg, which is needed to make a baby.

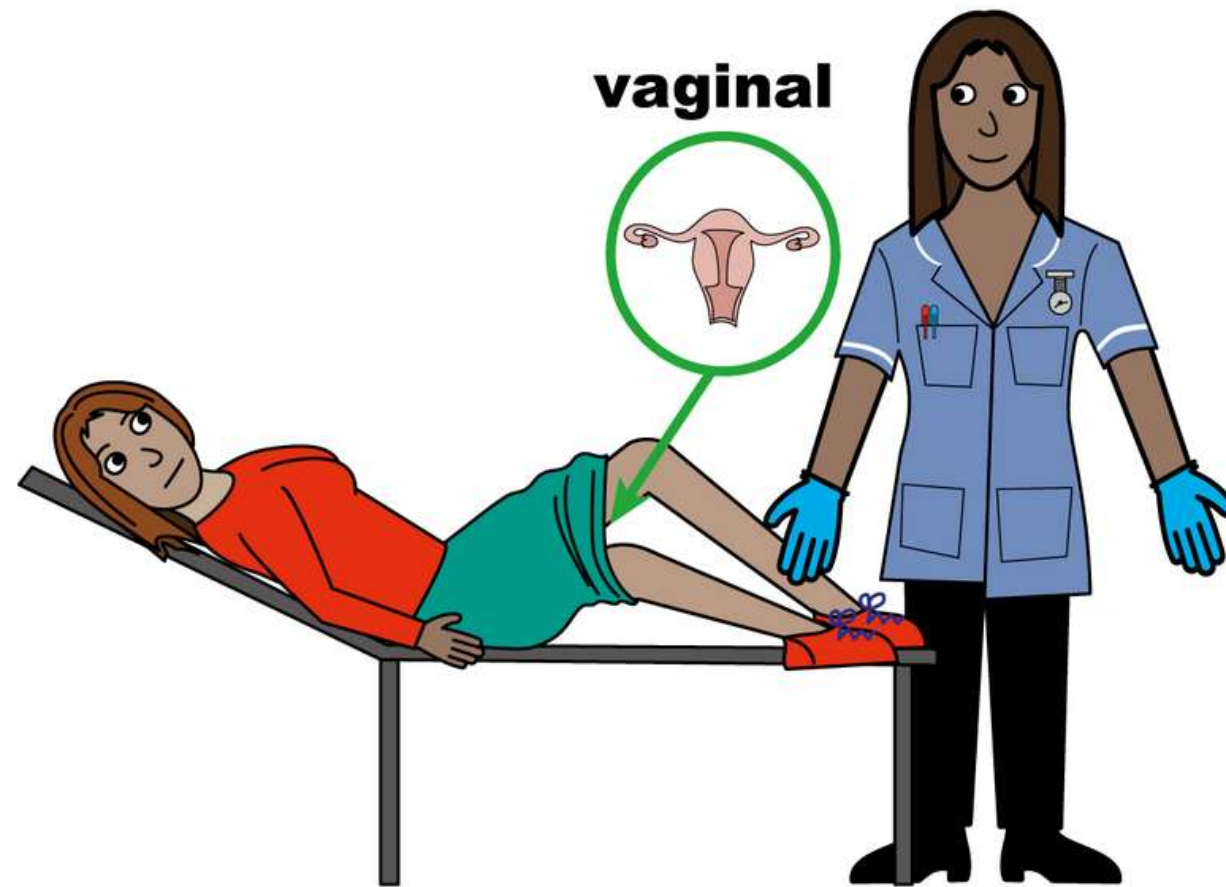


It stops pregnancy for three years.

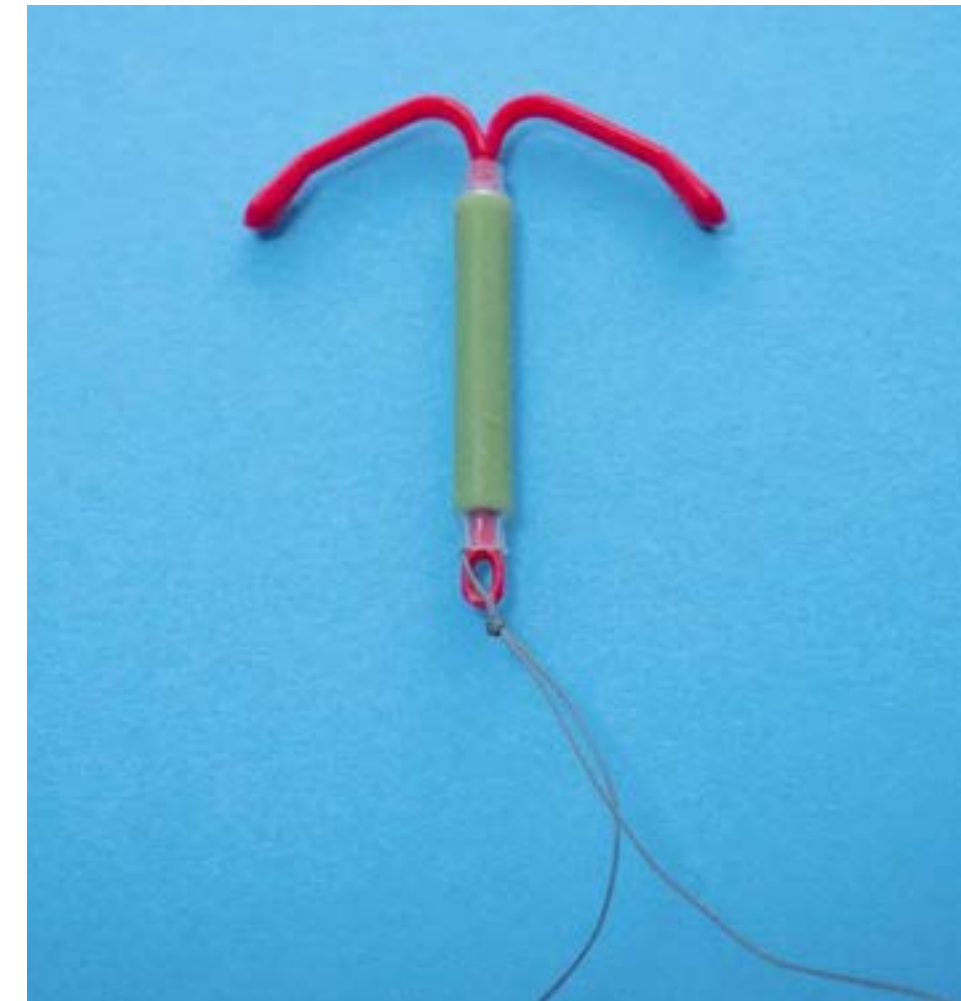


It does **not** stop you from getting or spreading sexually transmitted infections.

## The coil (or 'intrauterine device'/ IUD)



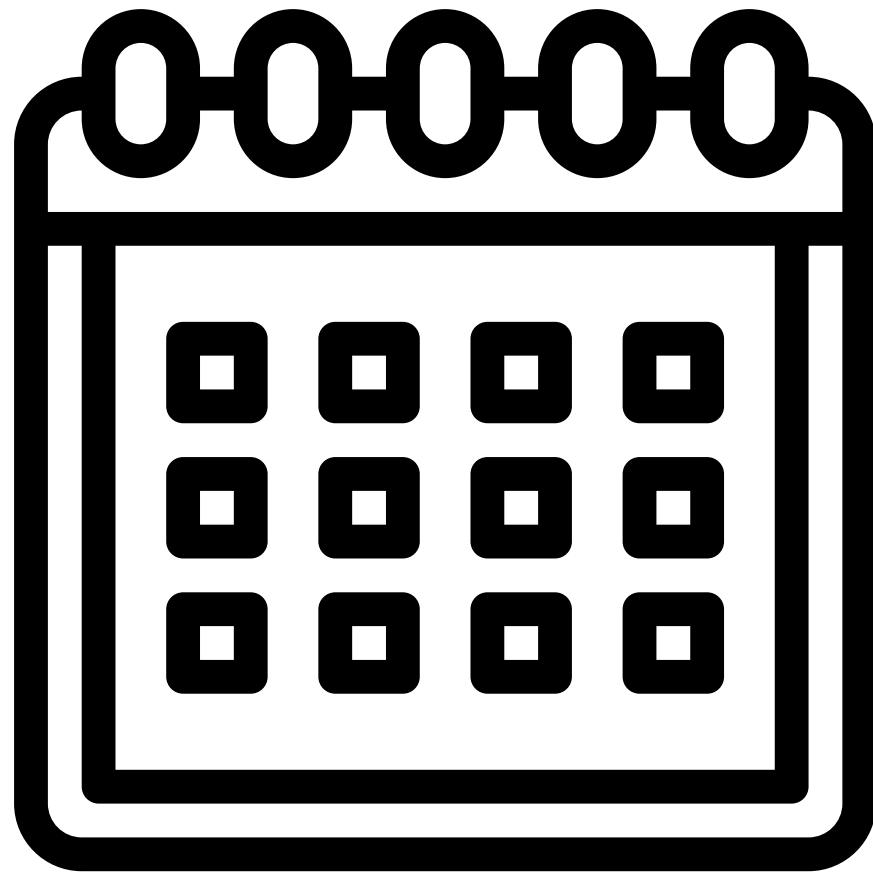
The coil is put into your womb through your vagina. This is done by a doctor or nurse.



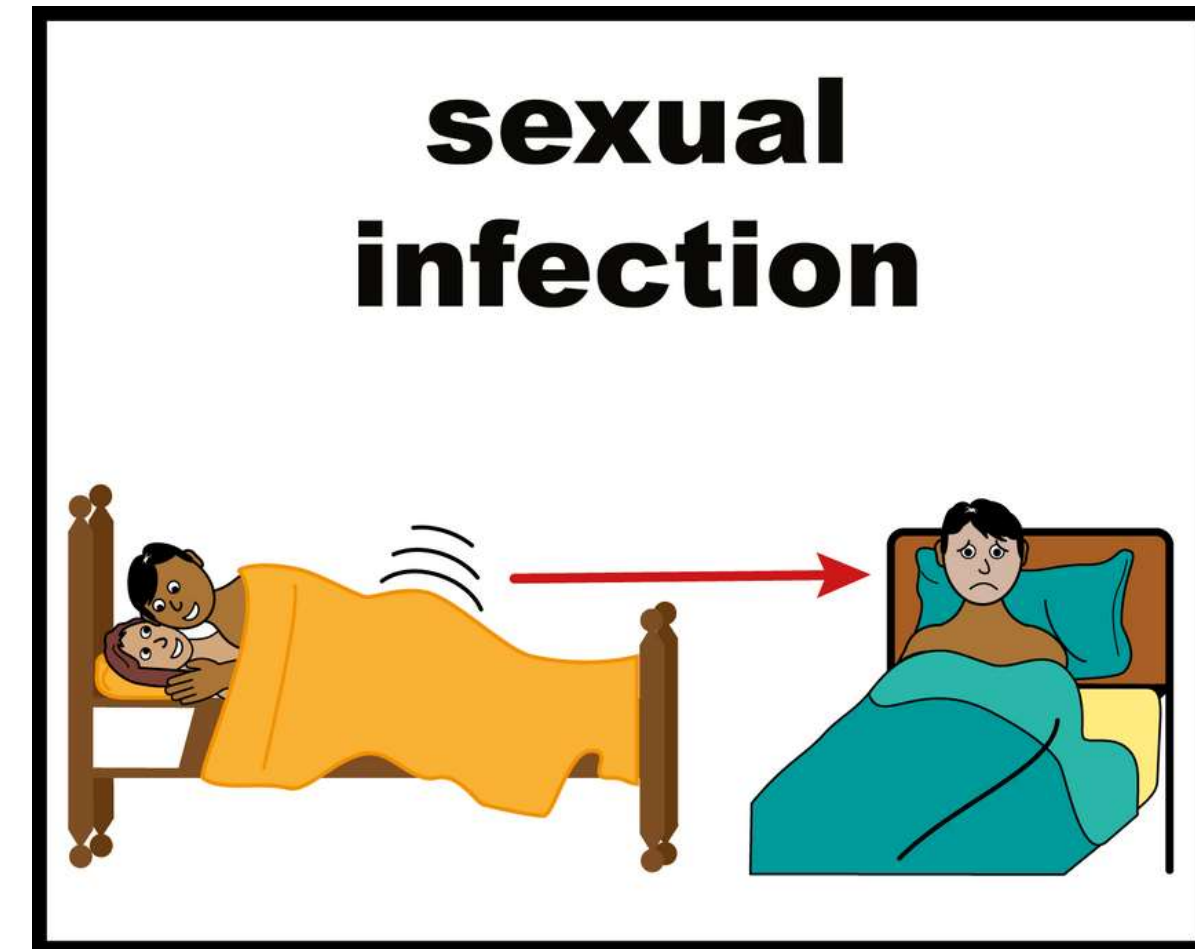
There are two types of coil. One has hormones in, one does not have hormones in.



## The coil (or 'intrauterine device'/ IUD)



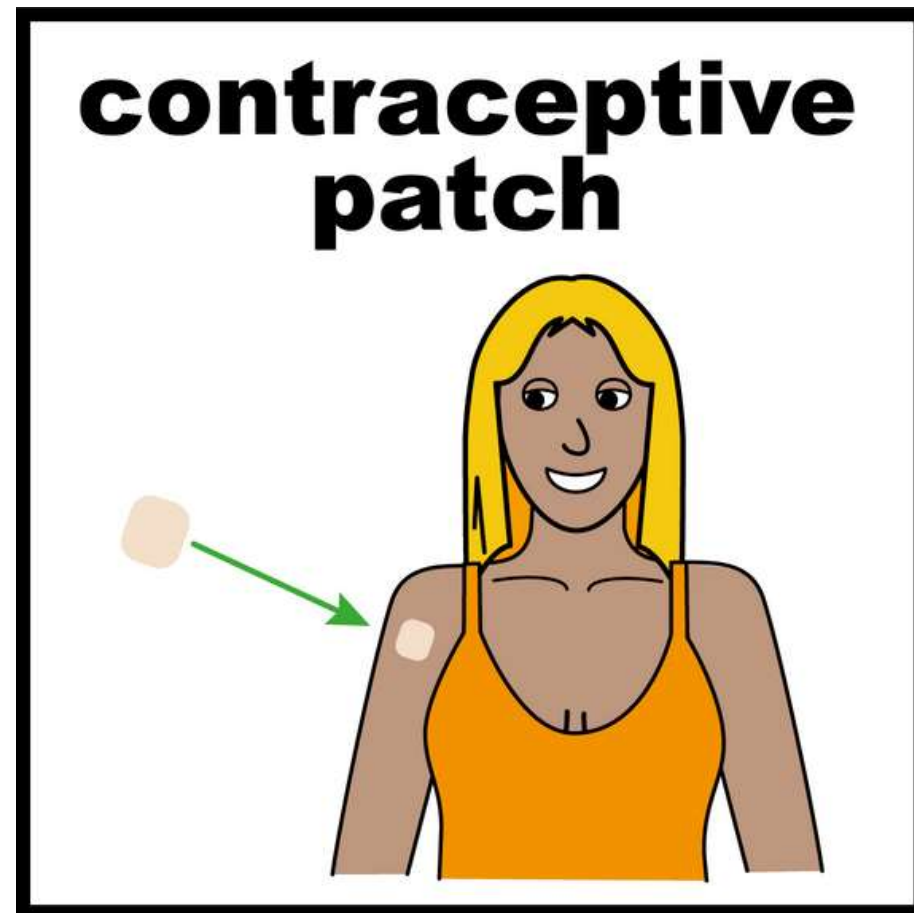
It stops pregnancy for 5  
- 10 years.



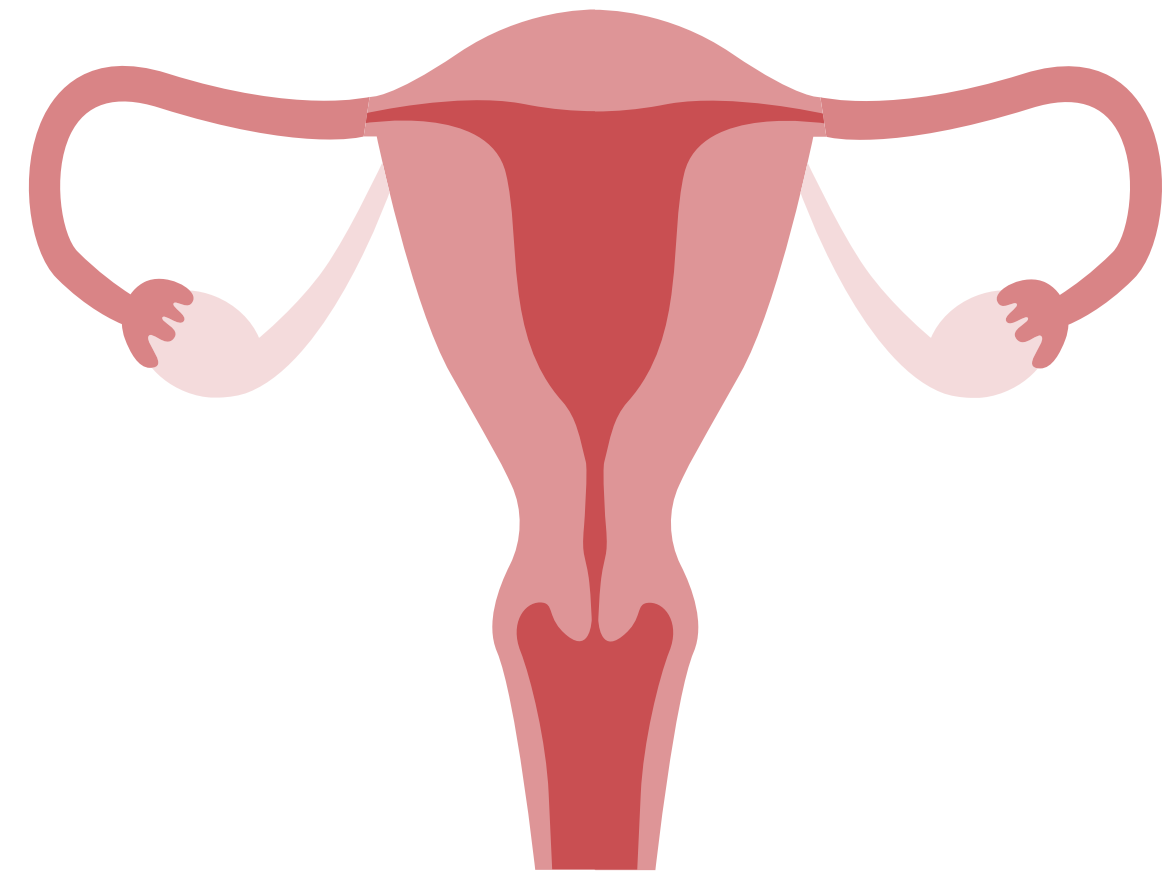
It does **not** stop you from getting or  
spreading sexually transmitted  
infections.



## The patch

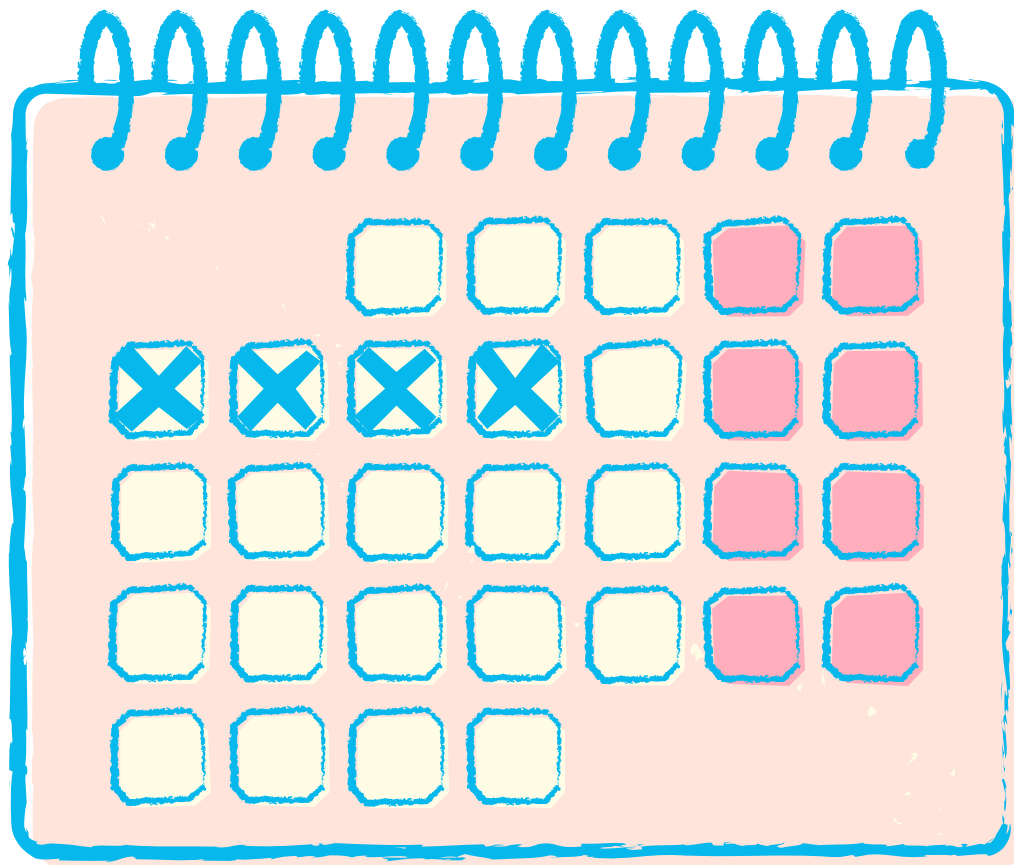


The patch is a sticky plaster with hormones that go into your body through your skin.

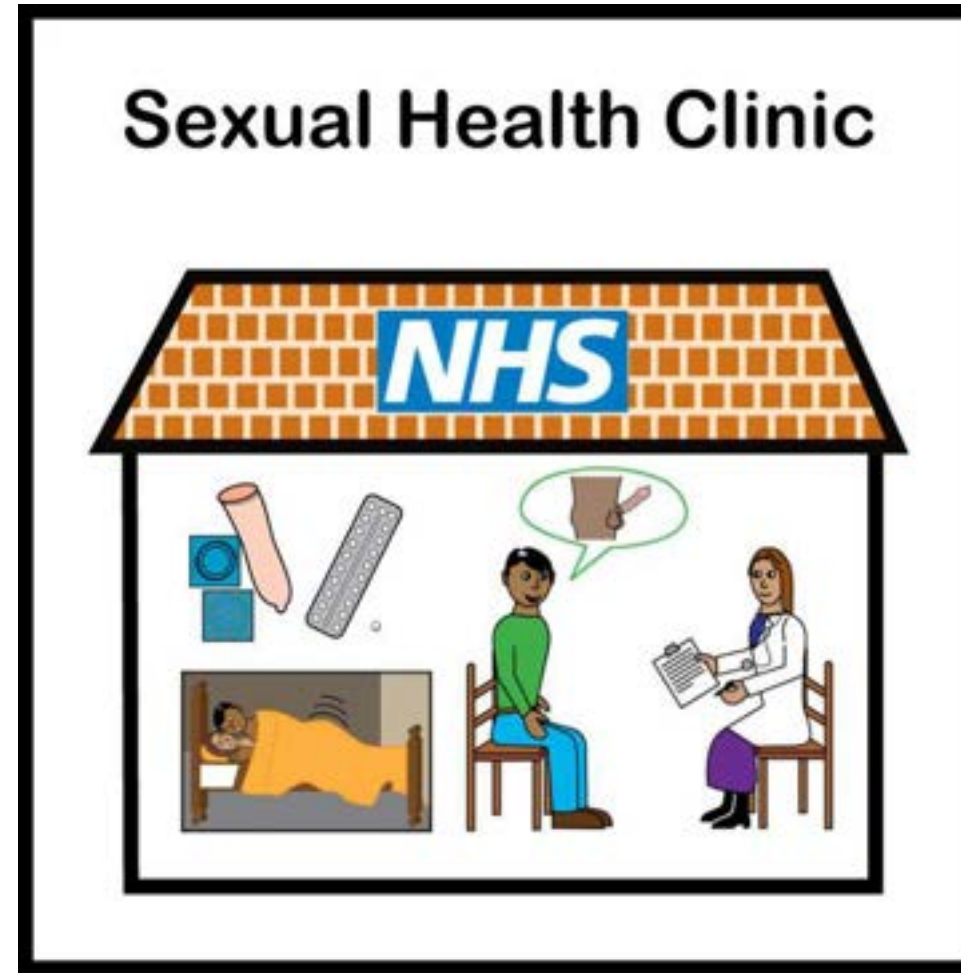


It stops you getting pregnant by stopping an egg being released.

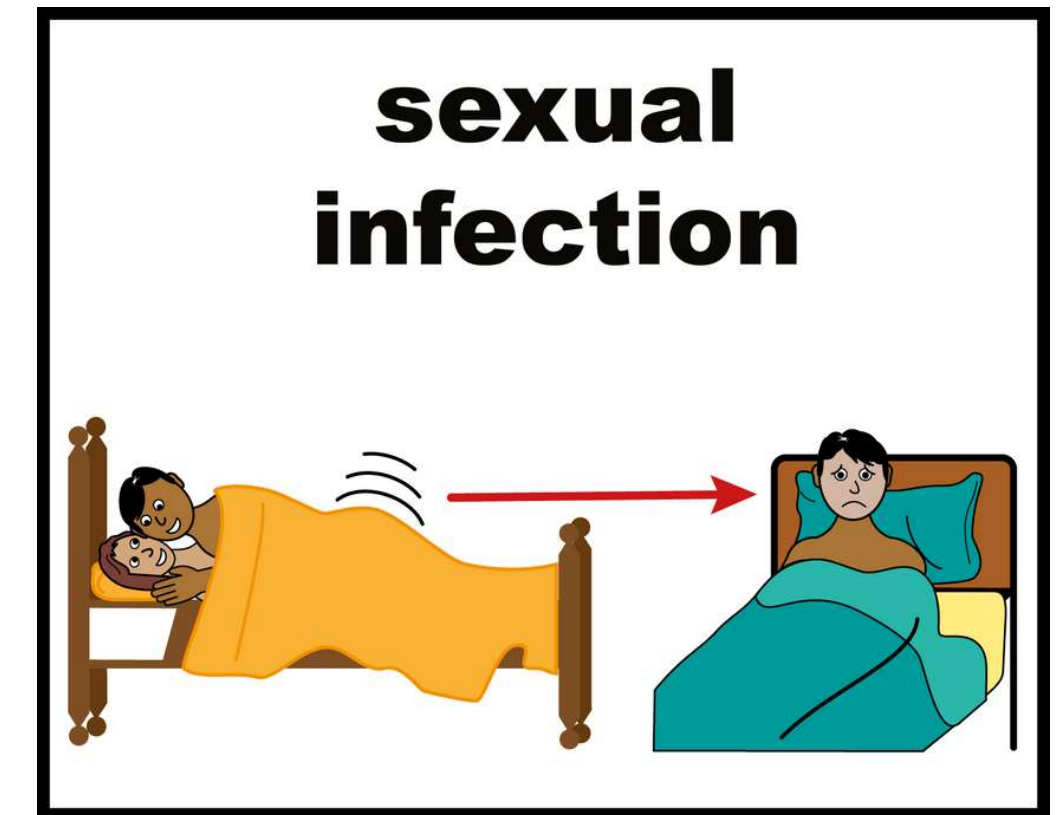
## The patch



You wear the patch for 7 days. Then you take it off, put it in the bin and put a new one on.



You can get a patch from your doctor or the sexual health clinic.



It does **not** stop you from getting a sexually transmitted infection.

## Emergency contraception (or the ‘morning after pill’)



Emergency contraception stops you from getting pregnant after you have unprotected sex.



You can get emergency contraception from the sexual health clinic or a pharmacy.

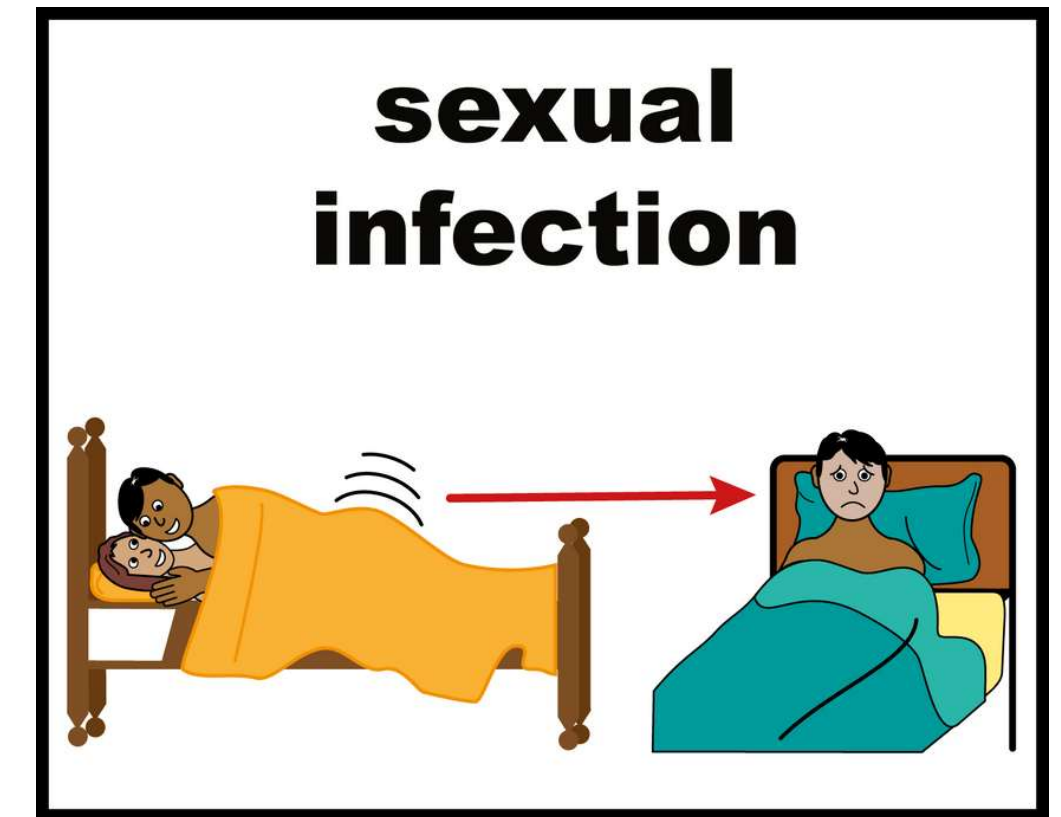
## Emergency contraception (or the ‘morning after pill’)



This is one pill that you can take up to five days after you had unprotected sex.



Take the pill as soon as you can, this will make pregnancy less likely.



It does **not** stop you from getting a sexually transmitted infection.



True or false?



The pill can prevent sexually transmitted infections.

☐☐

You can buy condoms at the supermarket.

☐☐

Emergency contraception is used before sex.

☐☐

All contraception can prevent pregnancy.

☐☐

The implant lasts for three years.

☐☐

## Can you name the types of contraception?

1.



2.



3.



4.



## Summary

- Contraception is used to stop people from getting pregnant.
- Some types of contraception also stop the spread of sexually transmitted infections.
- There are lots of different types of contraception - you can choose the right type for you.
- All types of contraception work in different ways.
- You can get all types of contraception from your local sexual health clinic.



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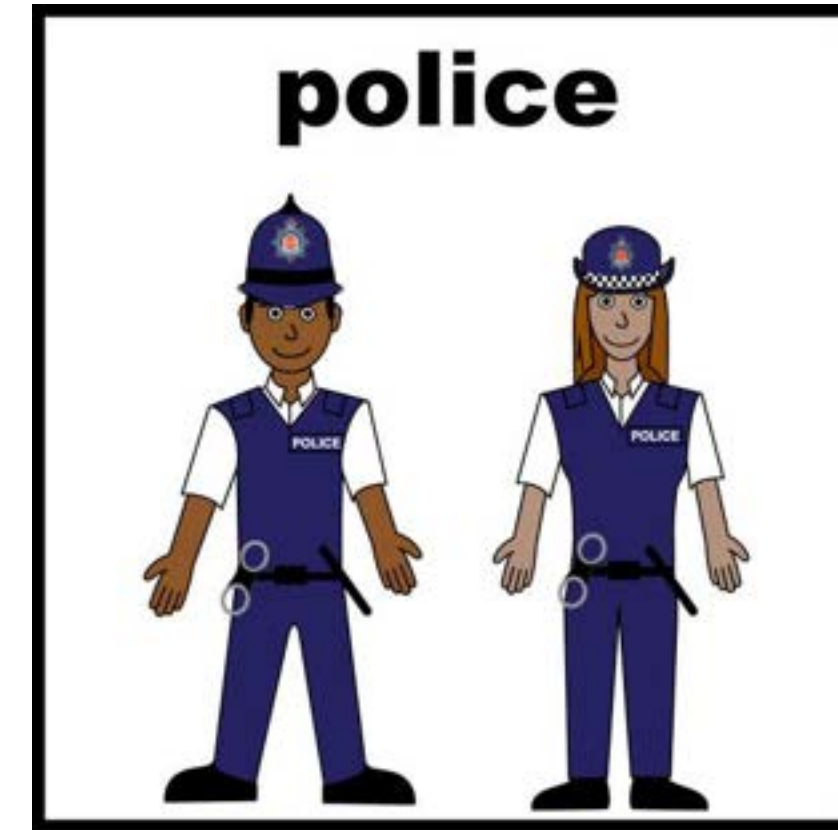
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**ABUSE**





Abuse is when someone does something on purpose to hurt you, or makes you do things you do not want to.



There are different types of abuse.  
All types of abuse are illegal.

You have a right to be safe from harm.

You should always talk to someone you trust or ask for help if someone is hurting you or making you do things you don't want to do.

**Who could you ask for help?**

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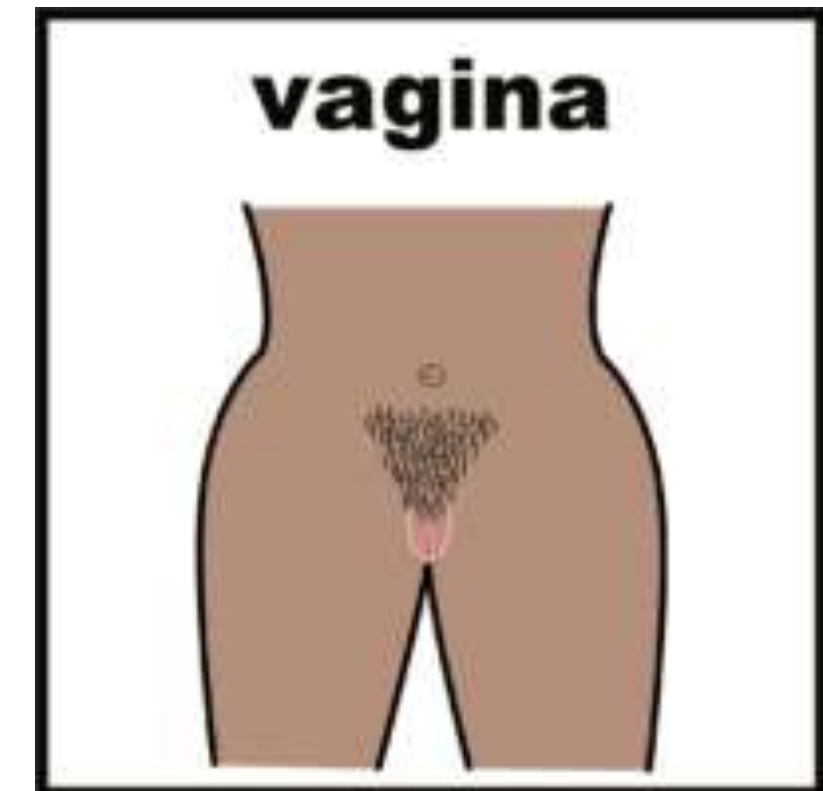


## Female genital mutilation (FGM)

FGM happens to women and girls (or people with a vagina). It is a very serious type of abuse.



Mutilation means changing, damaging or removing. It involves damaging or removing parts of someone's vagina.



This is wrong, and it is illegal.



## Female genital mutilation (FGM)



FGM can cause a lot of pain for many years, it can be painful to wee, have sex or have a period.



It can make girls feel very sad or worried. It can make it hard to enjoy sex and can cause issues having a baby.



If you have been told to keep a secret about you or another woman having FGM, it is ok to break this secret. It is important you tell someone who can help.



## Domestic abuse - different types of abuse



This is when a family member, partner or someone close to you hurts you or makes you feel scared.



Physical abuse - when someone hits or hurts you.



Emotional abuse - when someone says things that make you feel sad, bad about yourself or scared.

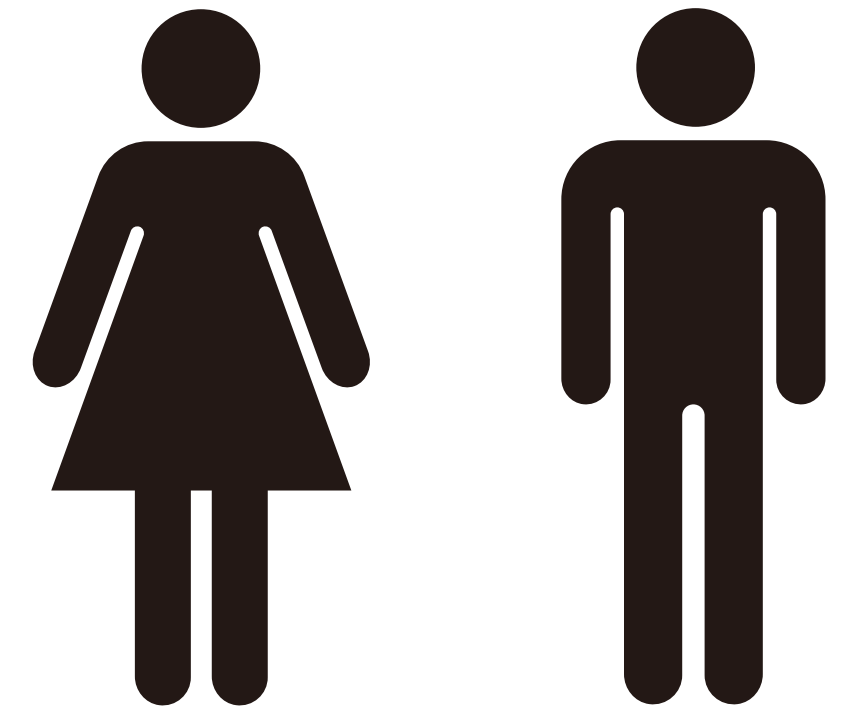
## Domestic abuse - different types of abuse



Financial abuse -  
when someone steals  
or controls your  
money.



Sexual abuse - when  
someone makes you do  
something sexual that  
you don't want to do.



Anyone can be a victim  
of domestic abuse. Both  
men and women can be  
victims.

## Coercion



Coercion is when someone tries to make you do something you don't want to do by threatening or scaring you.



Someone might also try to make you do something you don't want to by giving you something you want.



**This is wrong.**

## How to spot coercion?

Someone might say:

“If you don’t do this, I will tell your secret.”

“If you do this, I will buy you a present you really want.”

“I helped you yesterday, so you have to do this for me.”

“Everybody else is doing it, you need to do it too.”

“I will hurt myself if you do something I don’t want you to.”

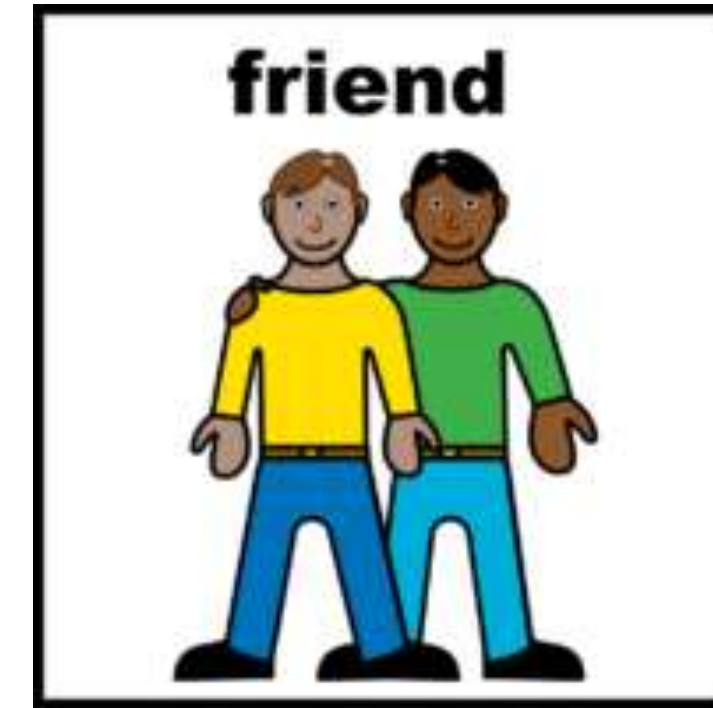




## Coercion



It is ok to say no if someone asks you to do something you don't want to do.



If someone is asking you to do things you don't want to do, or they make you feel scared, talk to a trusted person.

## What to do if you experience abuse

Tell someone you trust, this could be a friend, support worker or family member.



If you are in danger, call for help on 999.



**Who are my trusted people that I can talk to?**

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## Which secrets are okay to keep?

- ☐ Someone hurting me.
- ☐ Someone touching me in a way that makes me feel upset or uncomfortable.
- ☐ What I have got my family member for their birthday present.
- ☐ Someone hurting someone else.
- ☐ Who I fancy.





## Who might abusers be?

- ☐ Friends.
- ☐ Family members.
- ☐ Support workers.
- ☐ Strangers.
- ☐ Doctor.
- ☐ Online friends.



## Which of these situations might be coercion?

A support worker or family member asking you to clean your room.

A stranger telling you have to show them your underwear, or something bad will happen.

A friend asking you to go to the cinema with them.



A support worker telling you they will buy you a gift if you send them a picture of your genitals.

A boyfriend or girlfriend telling you that you should have sex as all your friends are having sex.

## Summary

- All abuse is wrong.
- If someone does something to you which makes you feel upset or scared speak to someone you trust.
- If you know that someone is going to upset or harm someone else it is also important to tell someone you trust.
- Call the police on 999 if you are ever in danger.

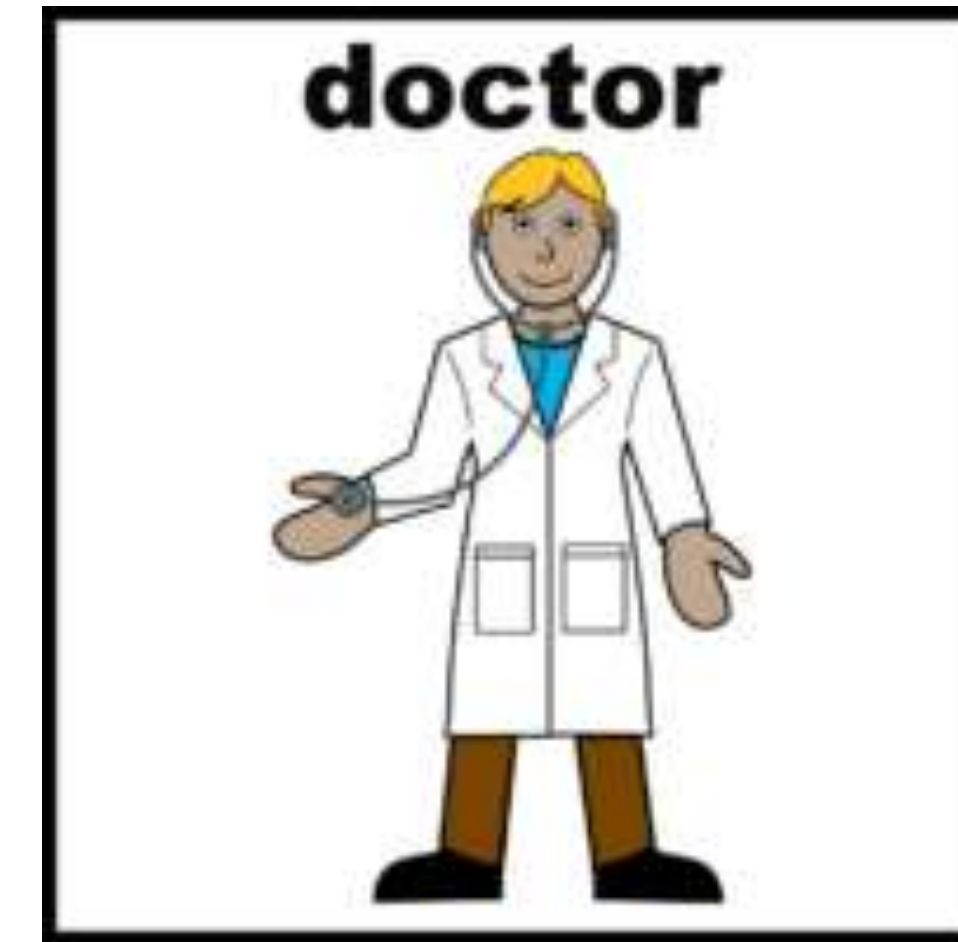


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# HEALTH SCREENINGS



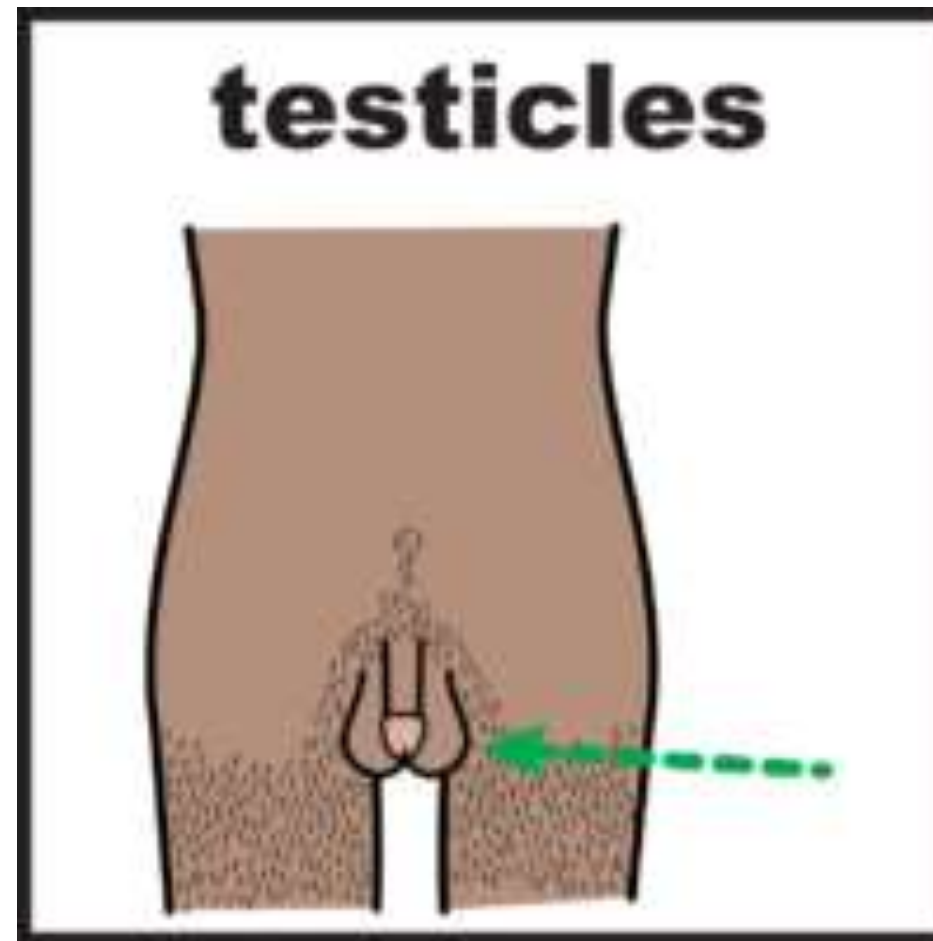


To keep our bodies safe and well, we need to check certain parts for any signs that something might be wrong.

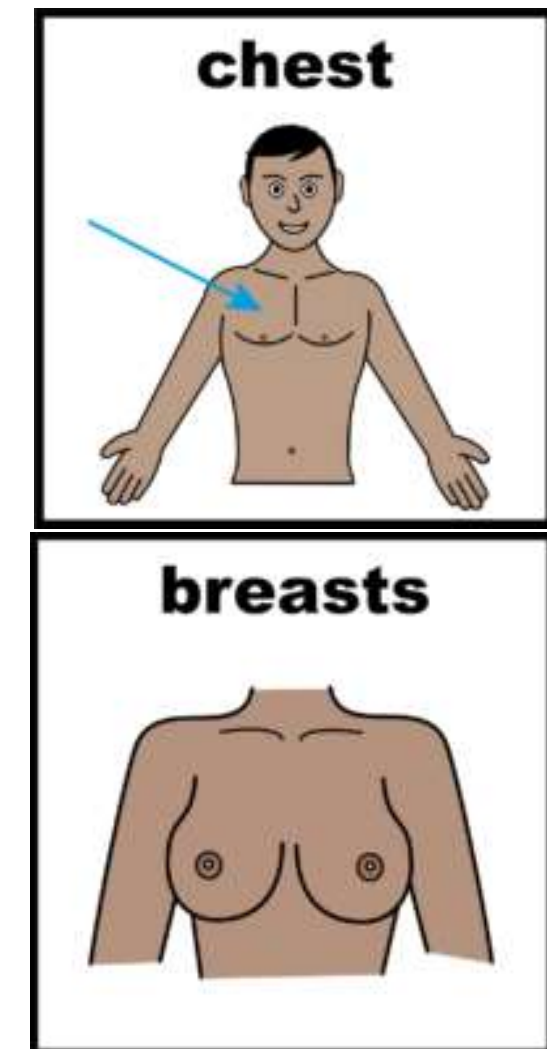
Doctors may also do tests, called screenings, to make sure we are healthy.



For people with vaginas, you might have something called a smear test.



For people with penises, you may have to check your testicles.



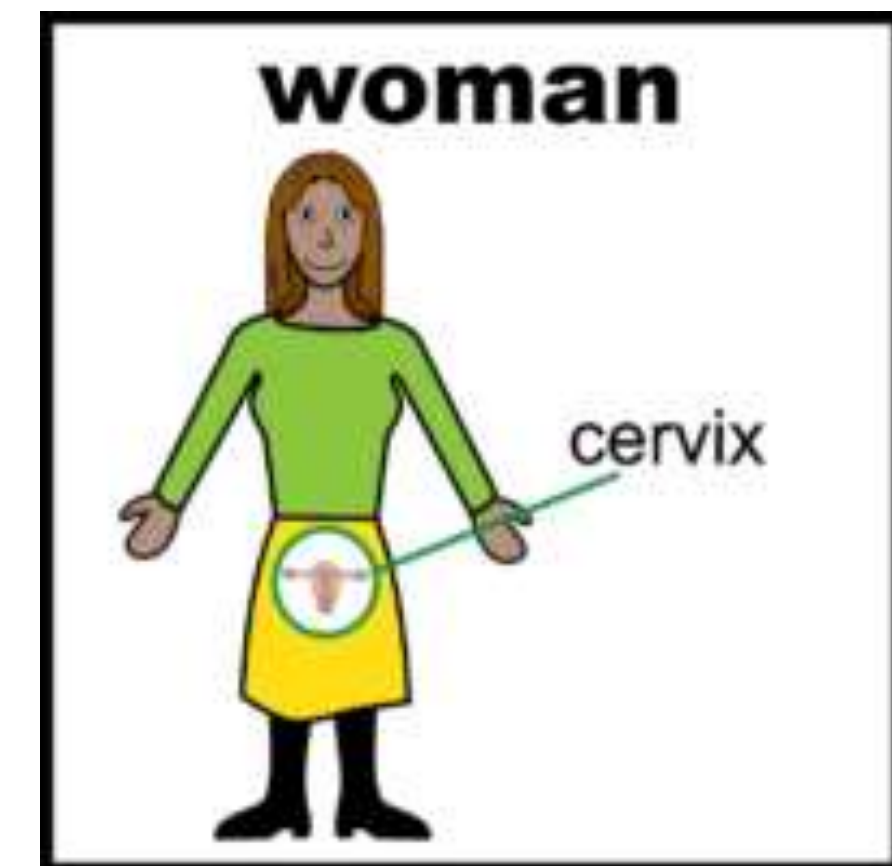
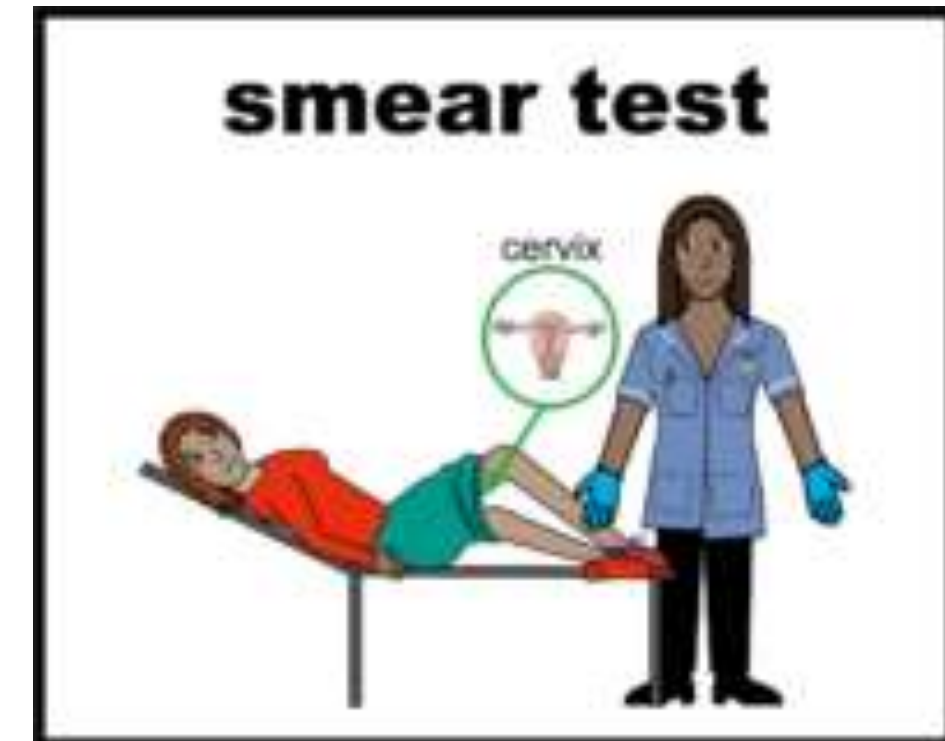
You may have to check your breasts or chest.

# WHAT IS A SMEAR TEST?

A smear test is a test that checks whether your cervix is healthy.

Your cervix is inside your vagina.

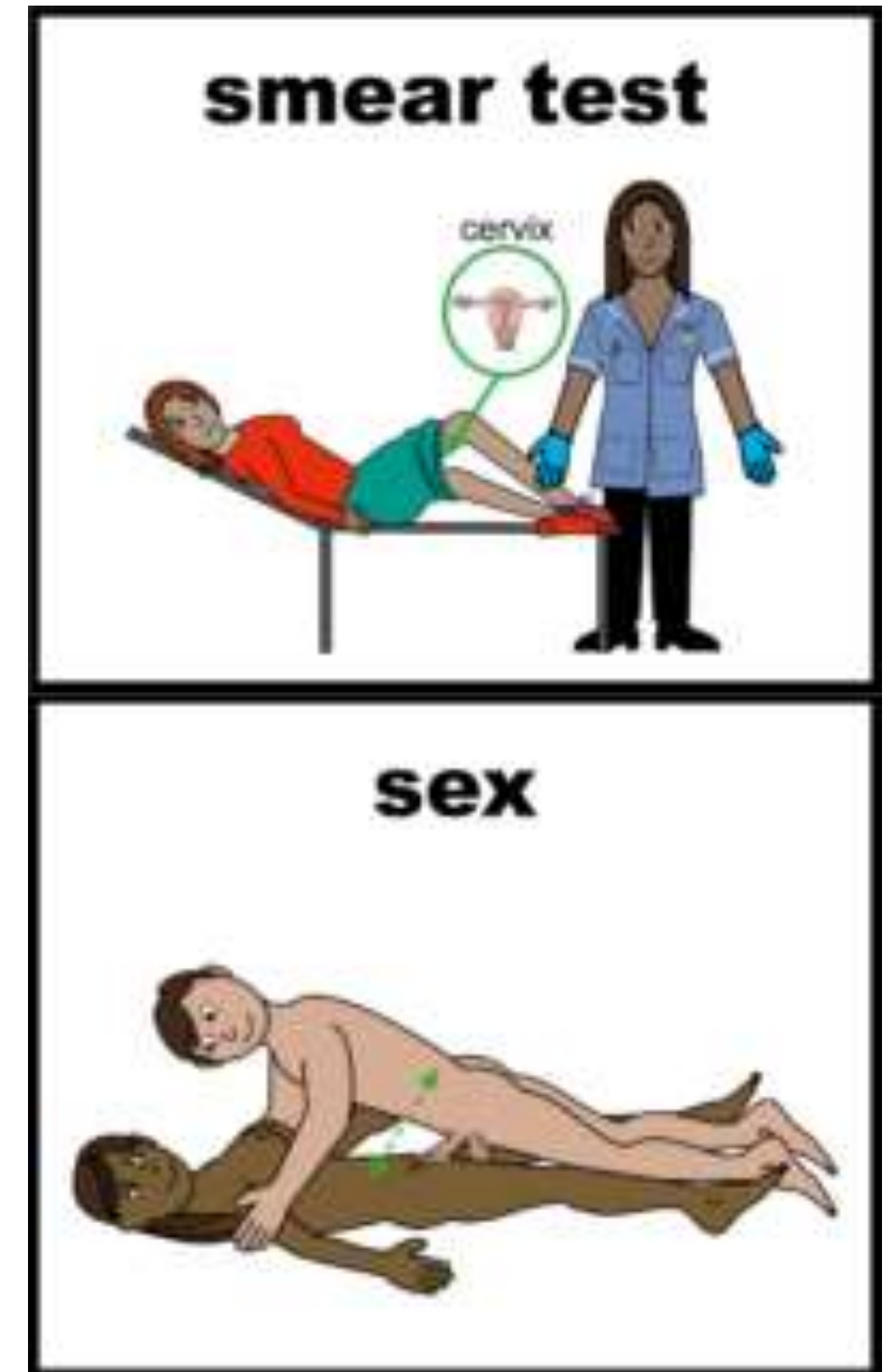
It helps doctors find any problems early.



All people with vaginas are asked to go for a smear test every 3 or 5 years between the age of 25-64.

Any person who has a vagina and has had sex should have a smear test.

If you have not had sex you can still have a smear test it is your choice.





You should get a letter from your doctor about a smear test.

If you have not got a letter, you can ask your doctor about it.

Try and book your smear test for a day that you won't have your period.

You can request a female nurse if you would like.



# What happens during a smear test?



You will come into a doctor's room. There will be a nurse or doctor ready to do the test.



They will ask if you would like someone with you, this can be a friend, family member, support worker or another nurse or doctor.



You will be asked to take off your trousers and knickers.



You will then lay on a bed and will have a paper sheet to cover yourself.

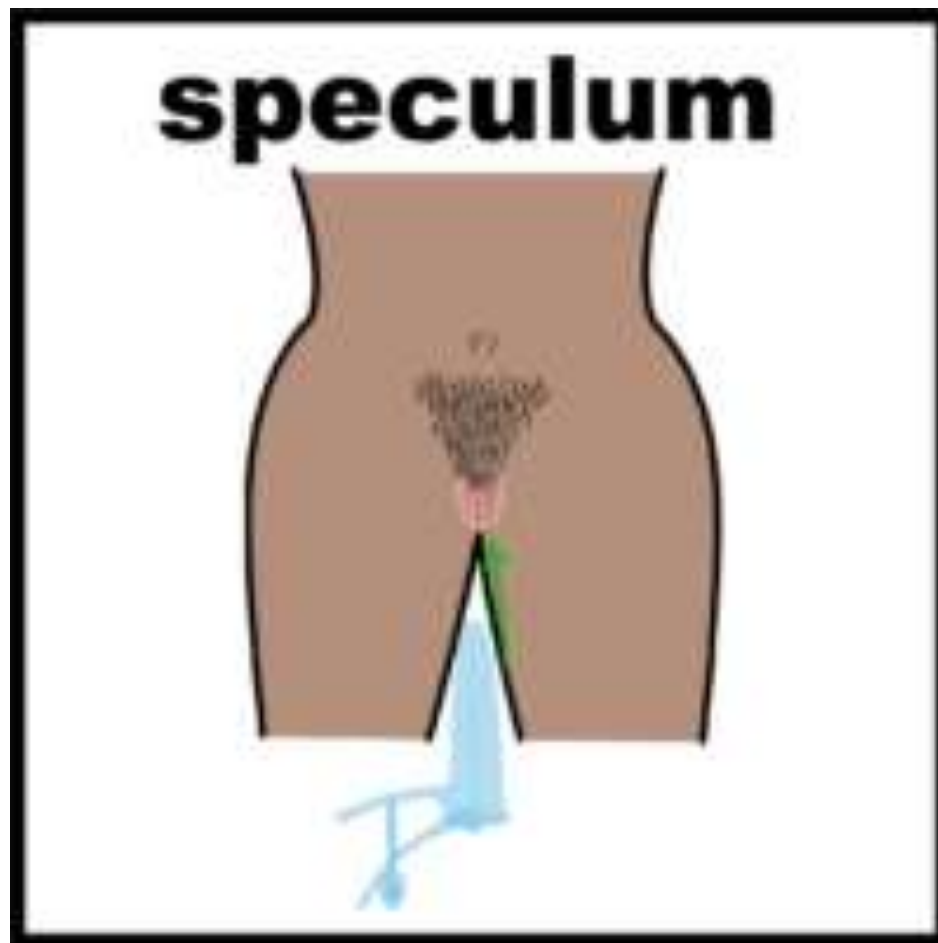


The nurse or doctor will then ask you to take some deep breaths, relax and open your legs.

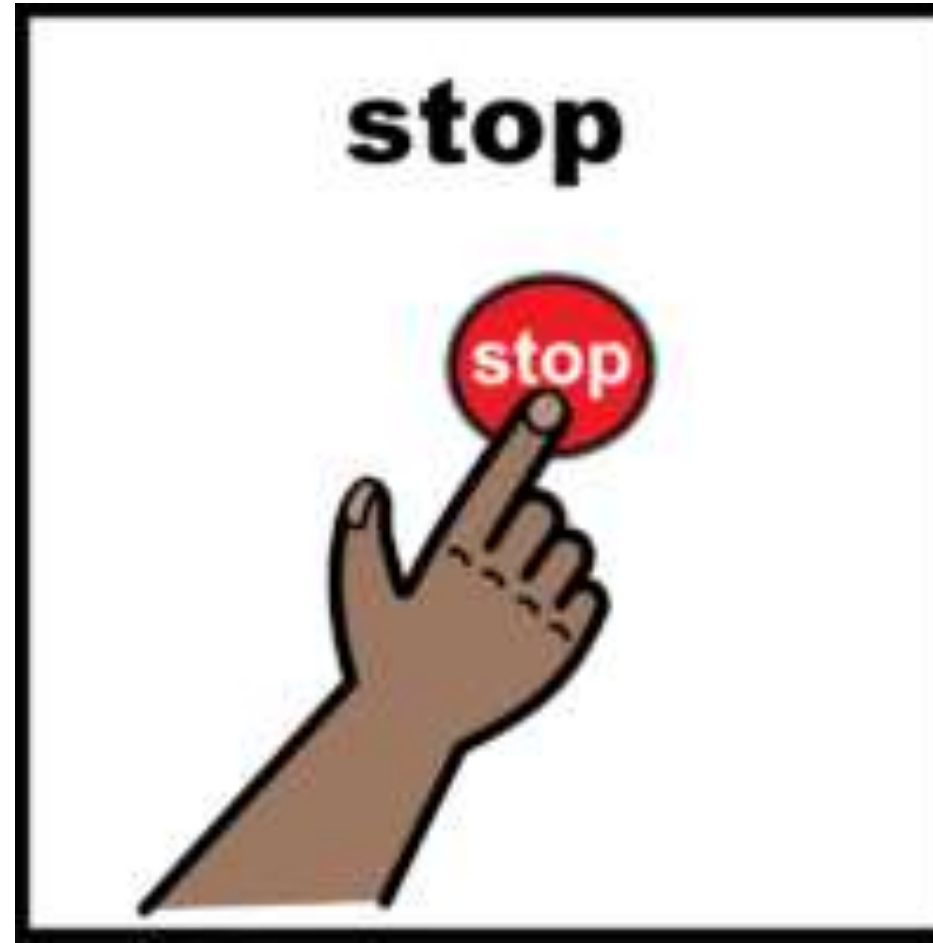


You may find it helpful to do something that helps you to relax, this could be listening to music.

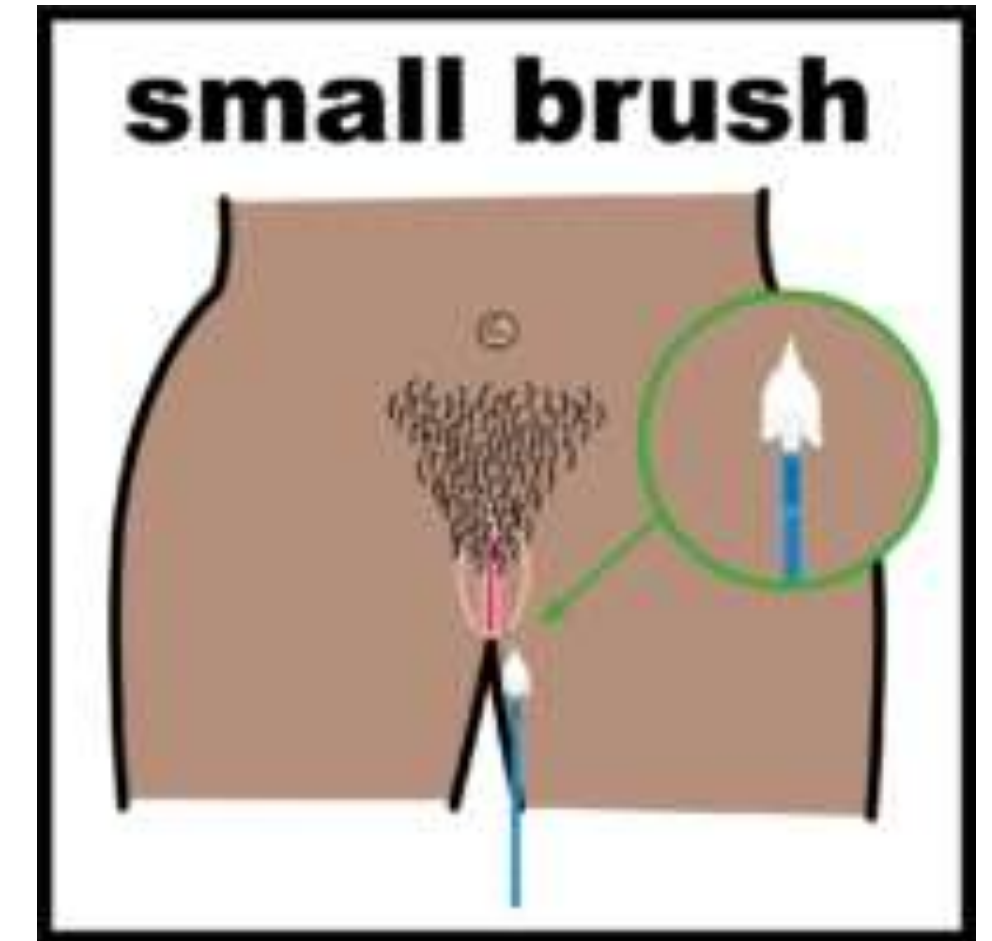




The nurse or doctor will then insert a speculum. This is a clear tube-shaped object which helps them to see your cervix better.



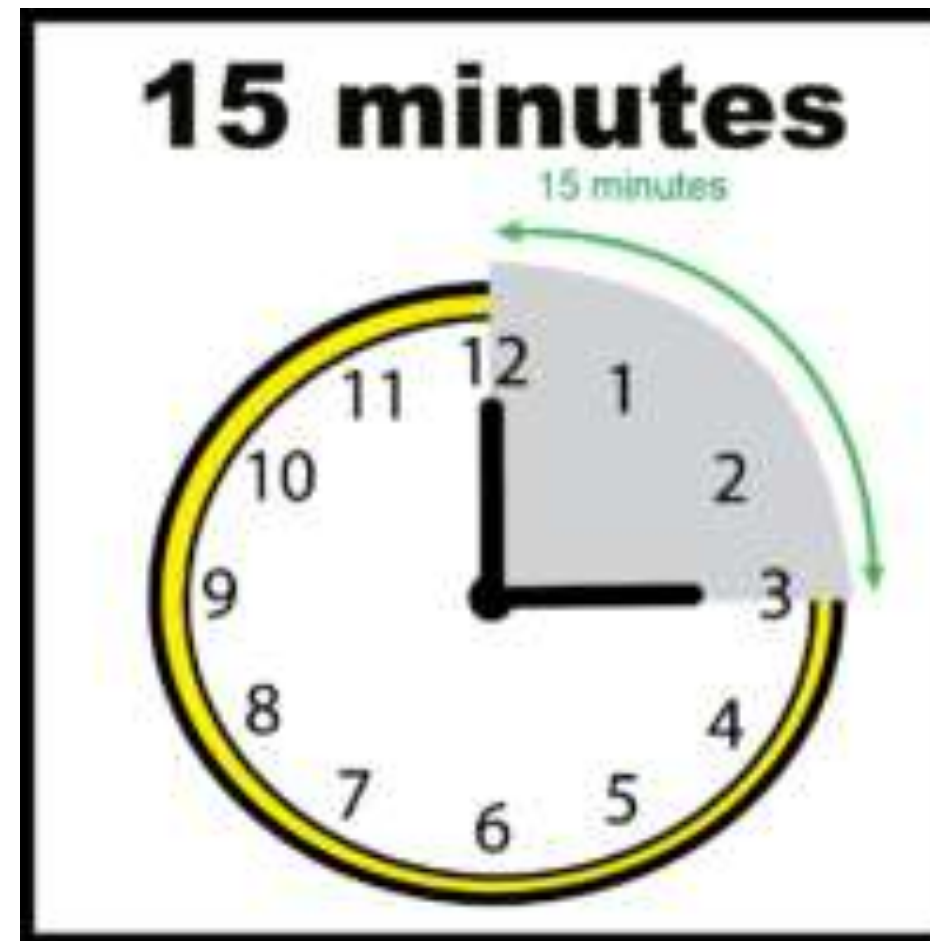
This might be a bit uncomfortable. If it hurts, you can ask the nurse or doctor to stop.



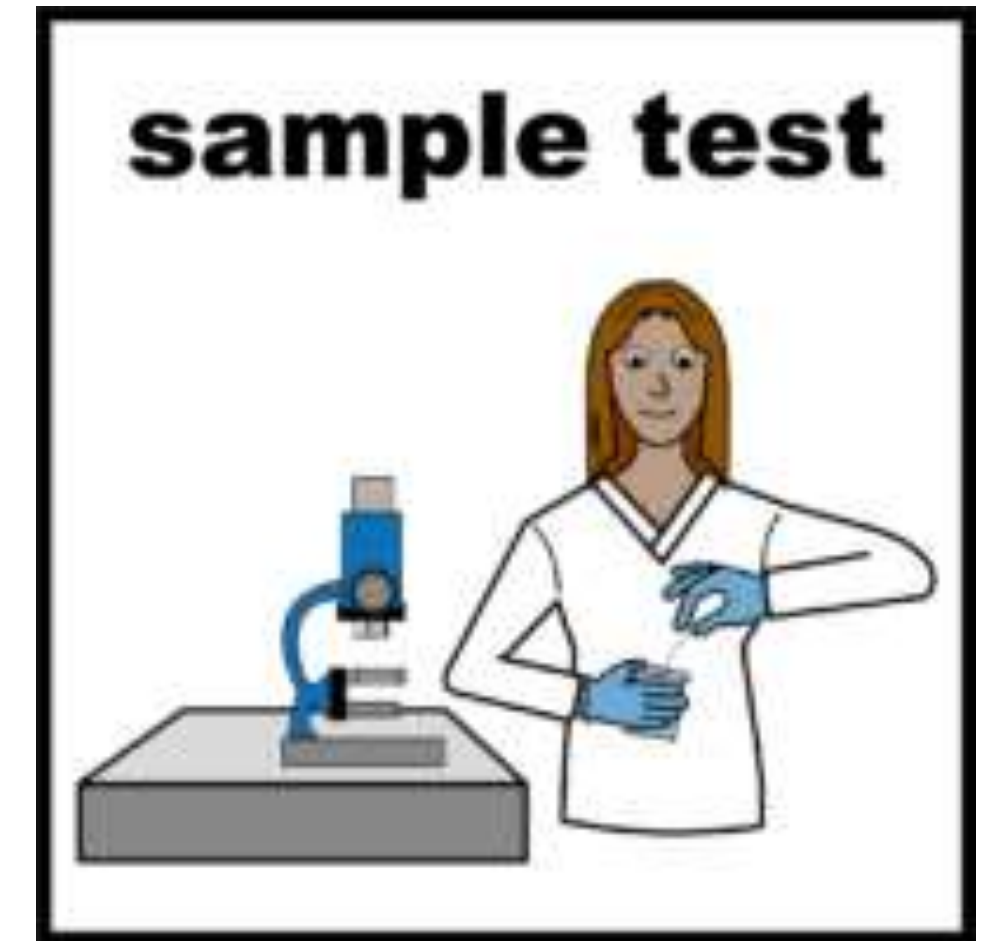
The doctor or nurse will then take a small brush through the speculum to take a couple of cells from your cervix. This should not hurt.



The nurse or doctor will remove the brush and speculum, and the test is done.



This should be quick, and you should only be in the room for 15 minutes.



The doctor or nurse will then send your cells to be tested.

You will receive a letter with your results.

Most people will have a normal result.

Some people may need to see the doctor again if the test shows something is wrong.

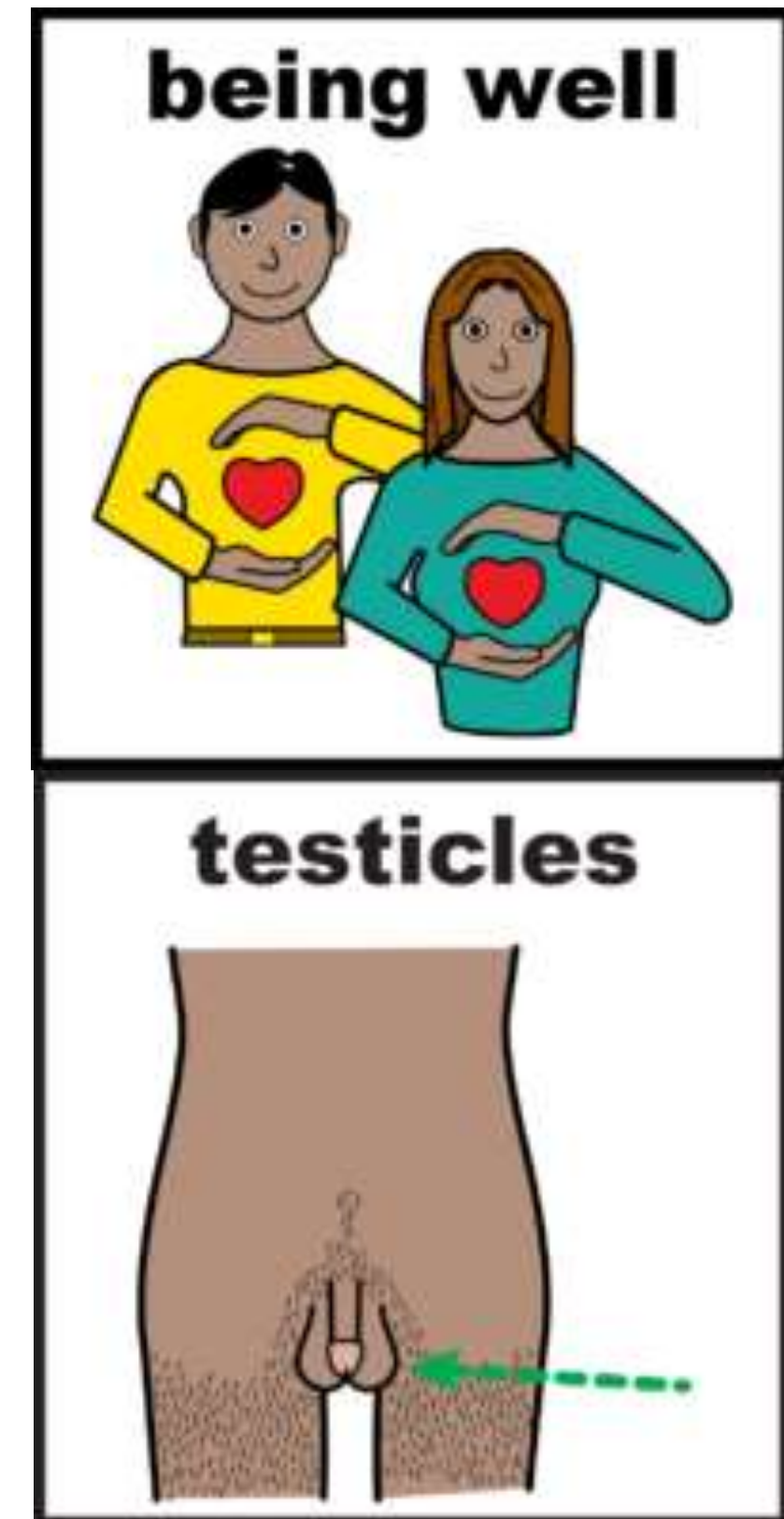


## CHECKING YOUR TESTICLES

Checking your testicles is important to keep healthy and well.

Testicles are behind your penis in a skin sack, they will feel like 2 balls.

You should check your testicles for lumps or swelling every month.

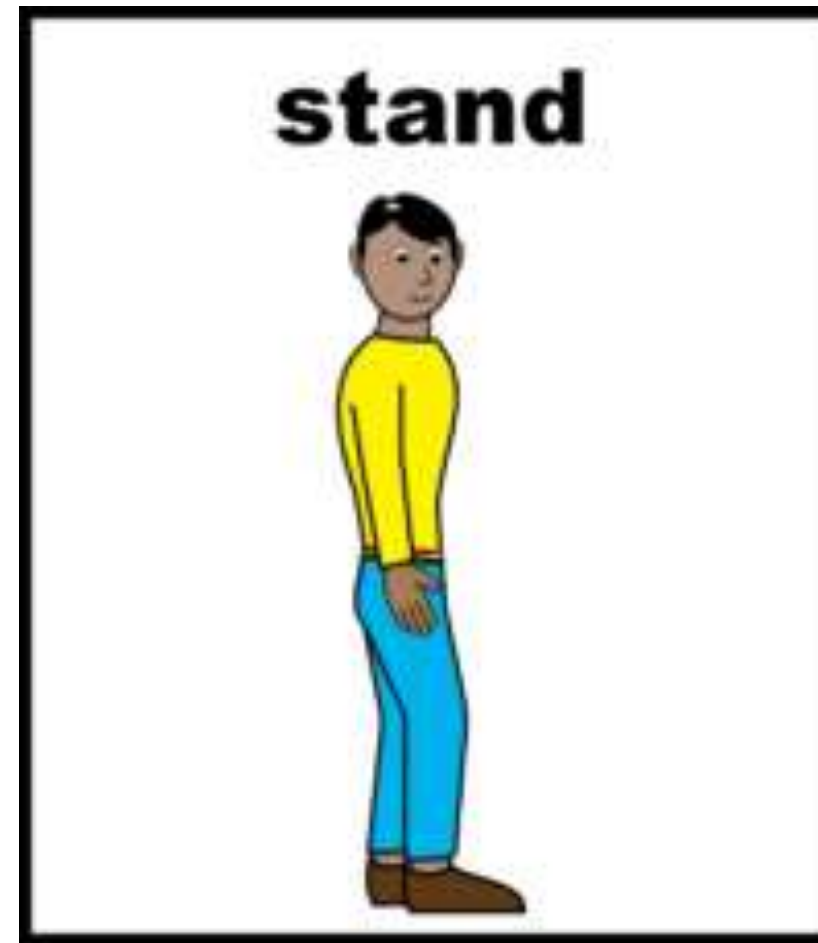




# How to check your testicles



You may want to do this in the shower or when you are getting dressed.



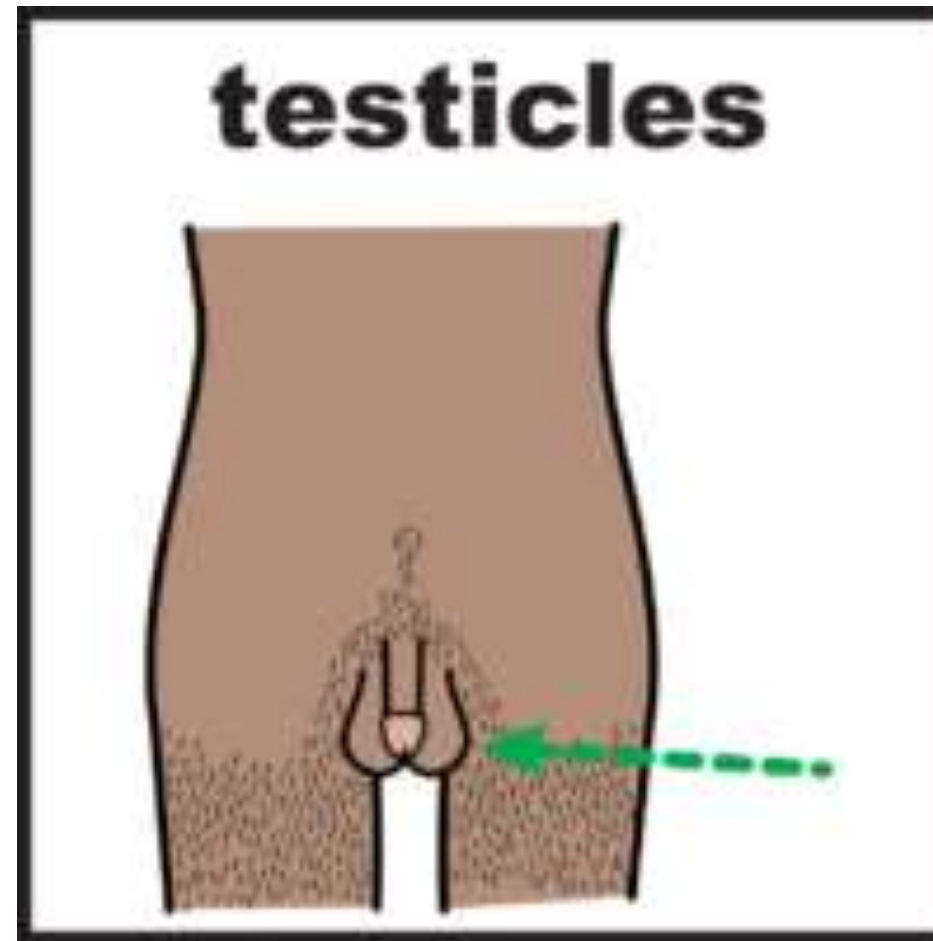
It is best to do this when you are warm and standing up.



Make sure you are somewhere private.



Place your hand under your testicles to see how heavy they are.



Then gently check for any lumps or swelling by running your testicle between your thumb and finger.

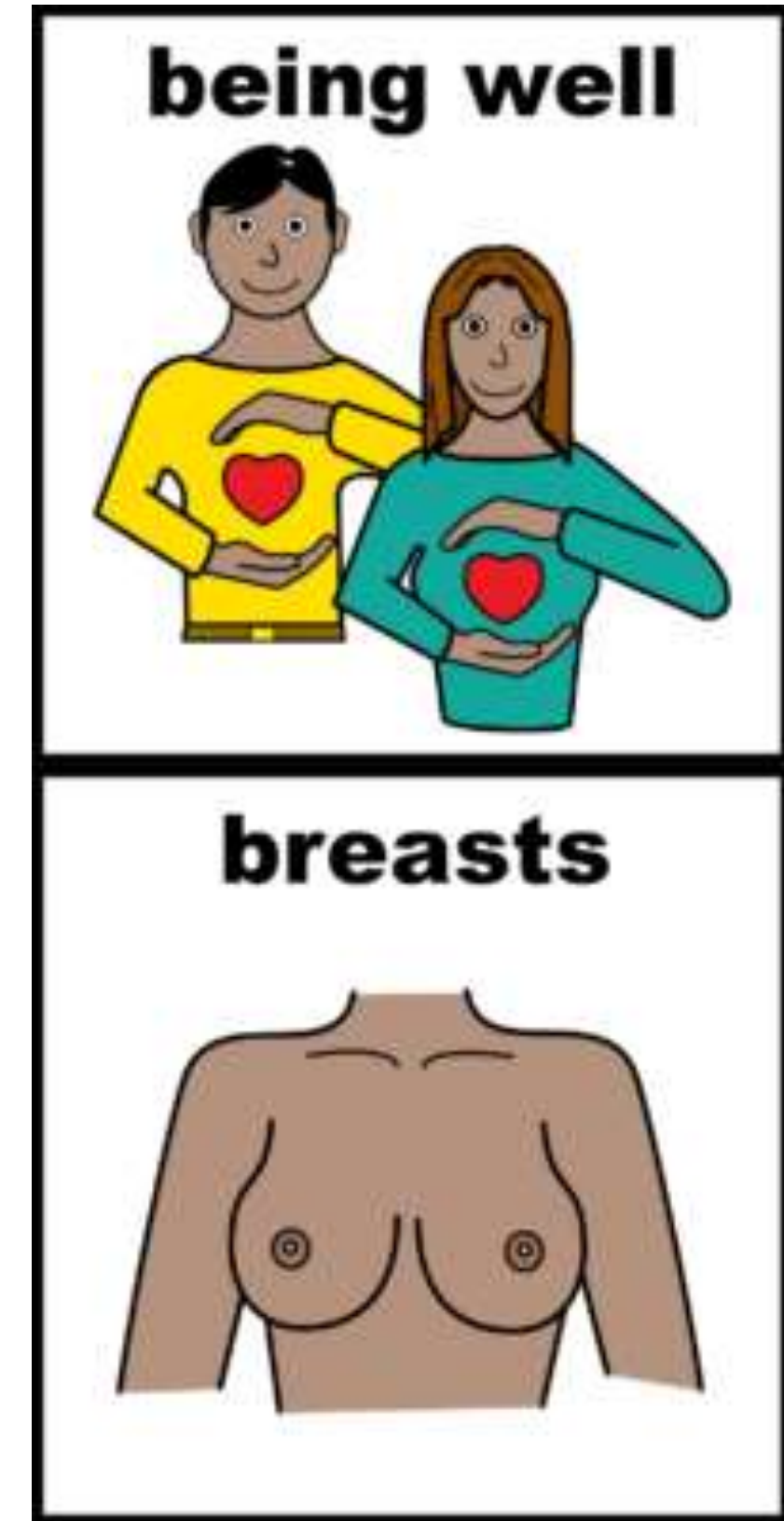


Are they the same size? Is there any pain? If anything feels different or if you are in pain, make an appointment with your doctor.

## CHECKING YOUR BREASTS

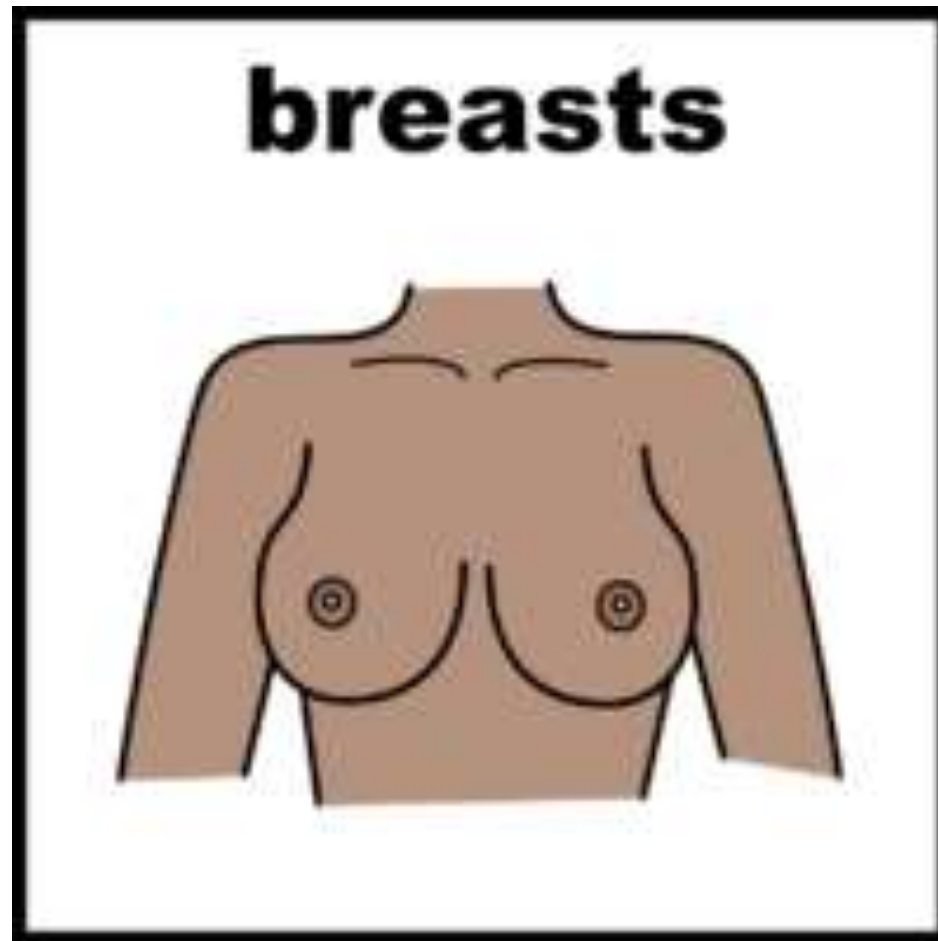
Checking your breasts is important to keep healthy and well.

Breast cancer is the most common cancer in women.

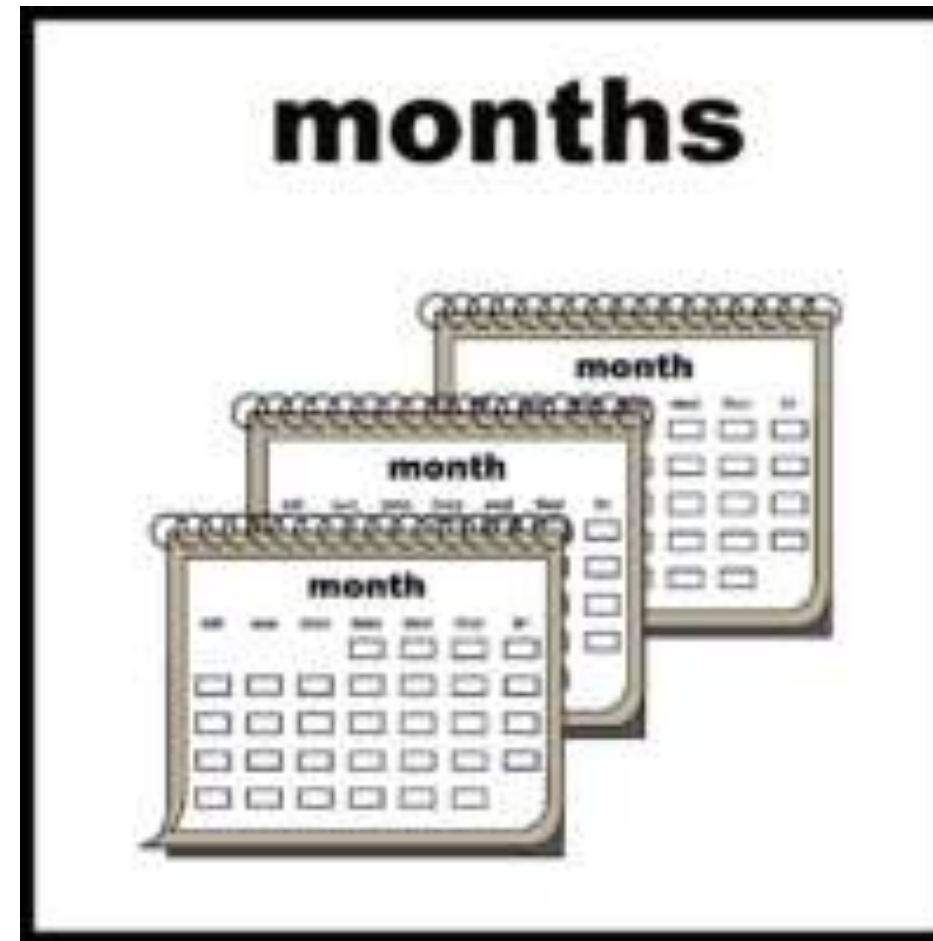




# How to check your breasts



For people with breasts, it is important to check them regularly.



Choose a time each month and check your breasts each month around the same time. This will help you to know what is normal for you.



First, use a mirror to look for changes. Put both your hands above your head and look at your breasts in the mirror.



It is important that you do this with no bra or top on, so you need to make sure you are in a private space, for example your bathroom or bedroom.



Using flat fingers, make circle movements around your breast and into your armpit.



Then feel around your nipples.

## **BREAST SCREENINGS**

If you are aged 50 to 71, you will get a letter inviting you to a breast screening every 3 years.

Breast screening means having two x-rays of each breast, this is called a mammogram.

This will check if your breasts are healthy.





# What happens during breast screening?



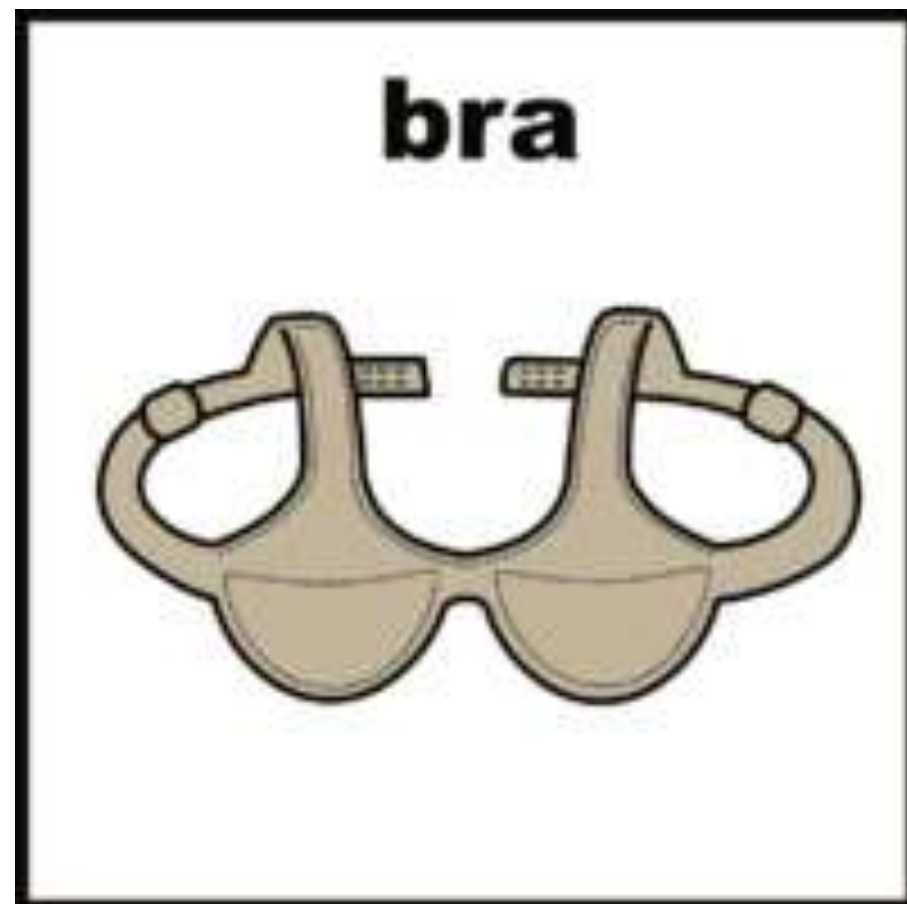
You will make an appointment, this could be at a clinic, hospital or mobile unit.



When you arrive, you will meet the radiographer, this is an expert in x-rays.



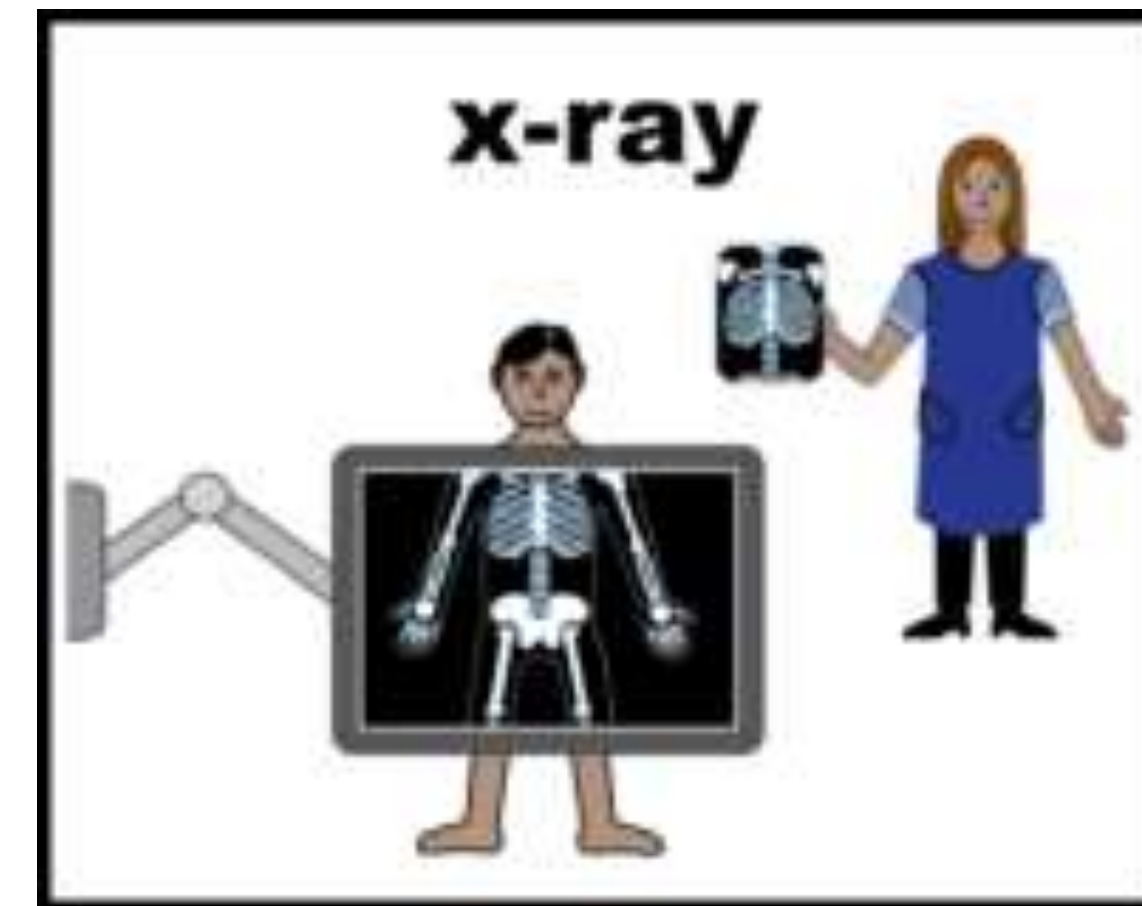
They will talk to you about your mammogram, and you will be able to ask them questions.



You will be asked to remove your top and bra.



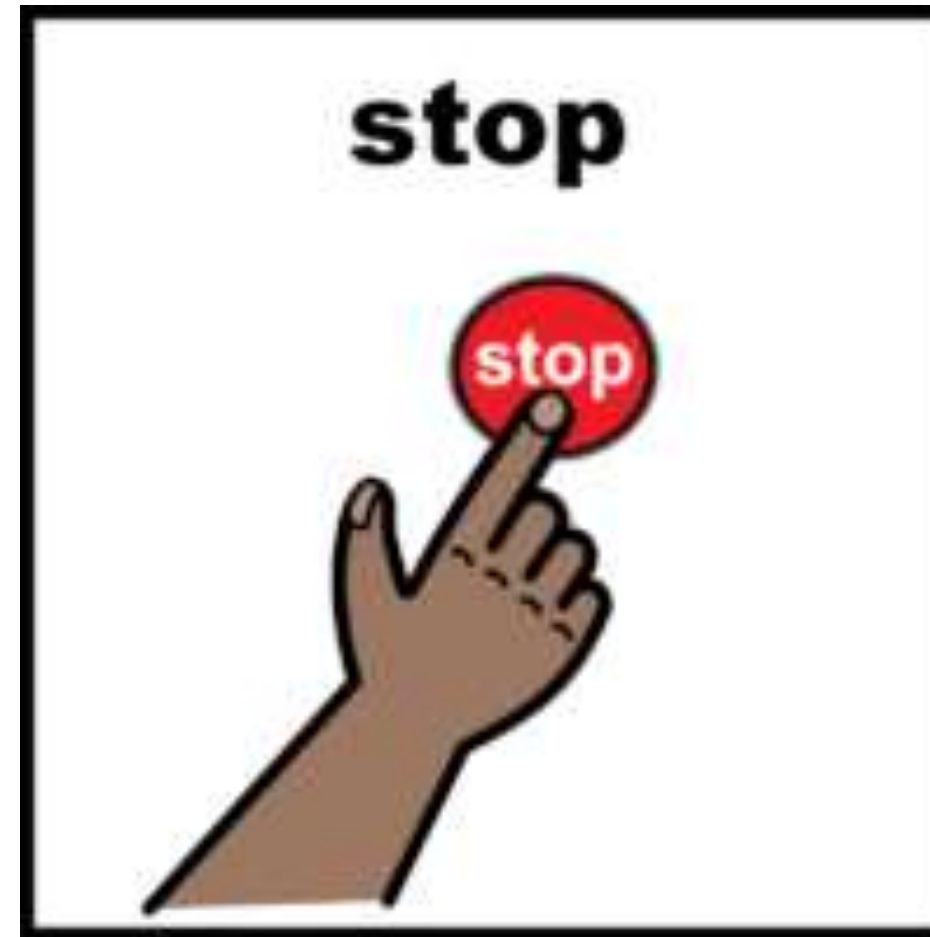
You will then stand in front of the mammogram machine and the radiographer will place one of your breasts on a flat plate.



Another plate will then press down on your breast and an X-ray picture will be taken.



This may be uncomfortable or slightly painful, but this will only last a few seconds.

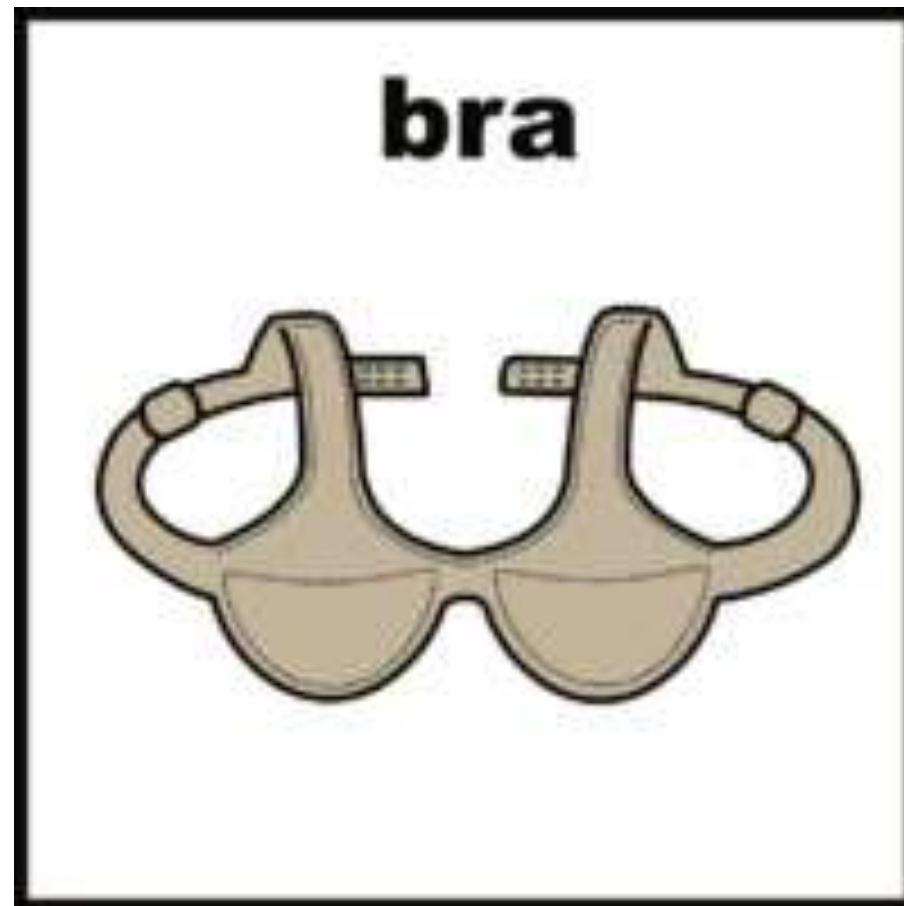


You can ask the radiographer to stop or take a break if you need to.



The radiographer will then place your other breast on the plate and an x-ray picture will be taken.





You will then be asked to put your bra and top back on.



You can ask the radiographer any questions you might have.



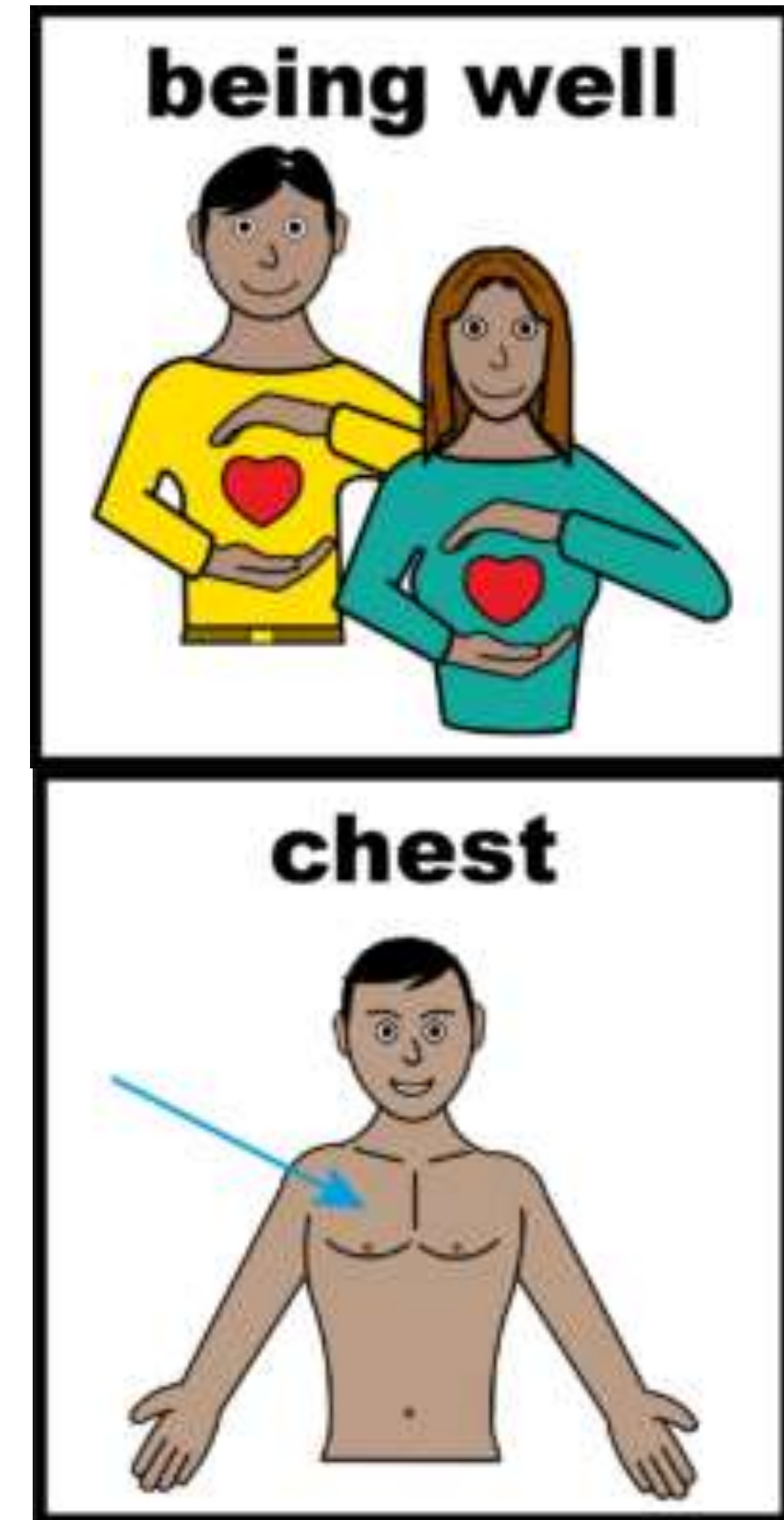
After your appointment, a doctor will send the results to your GP who will then talk to you.

## CHECKING YOUR CHEST

It is important to be aware of changes to your chest, even if you do not have breasts.

If you notice any of these changes, speak to your doctor:

- A lump under your nipple.
- Changes in shape or size of chest.
- An eczema like rash on your nipple.
- An ulcer on the skin of your chest.
- A swelling or lump in your armpit.

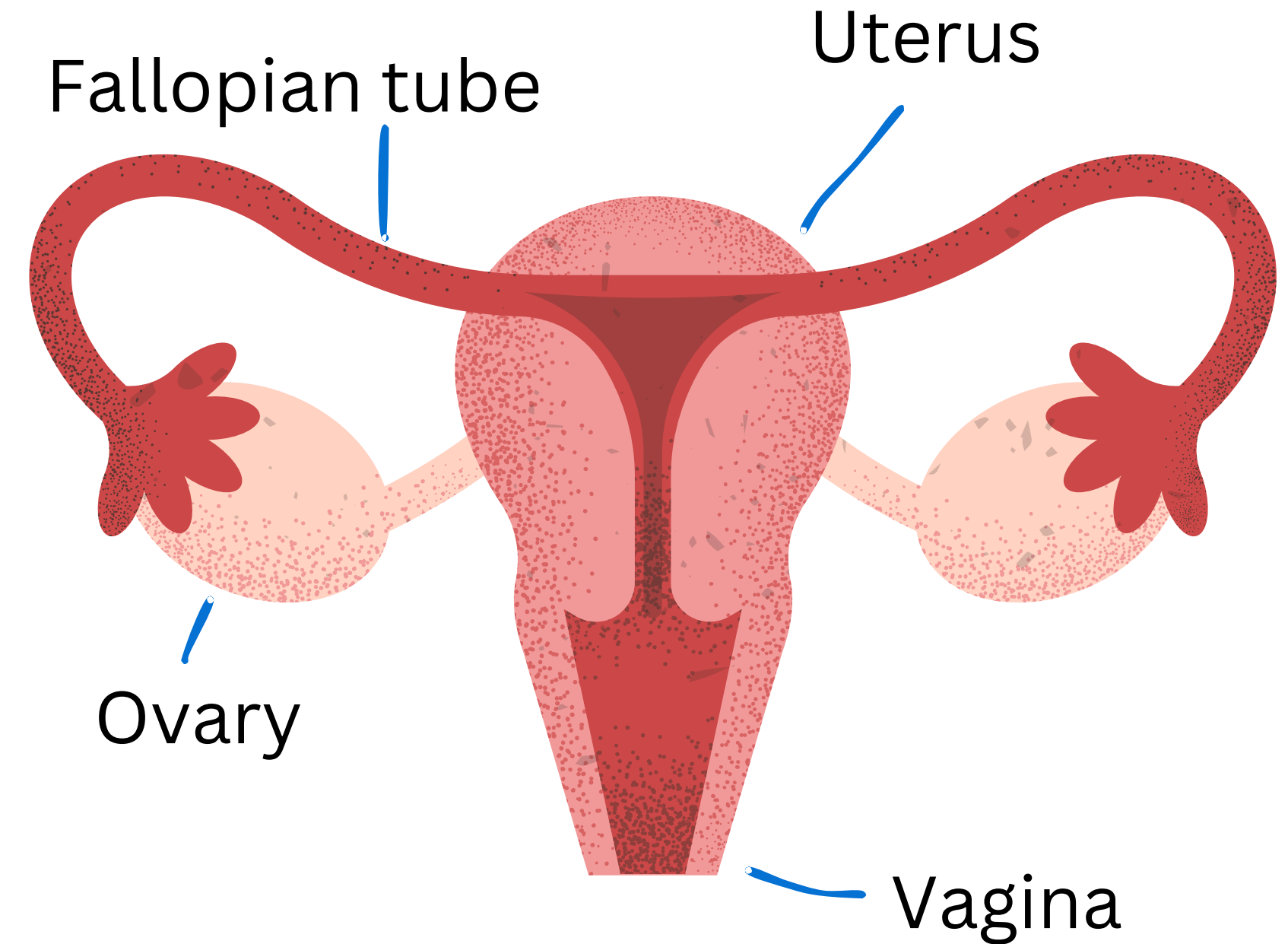


**Which part of this diagram does the speculum enter during a smear test?**

---

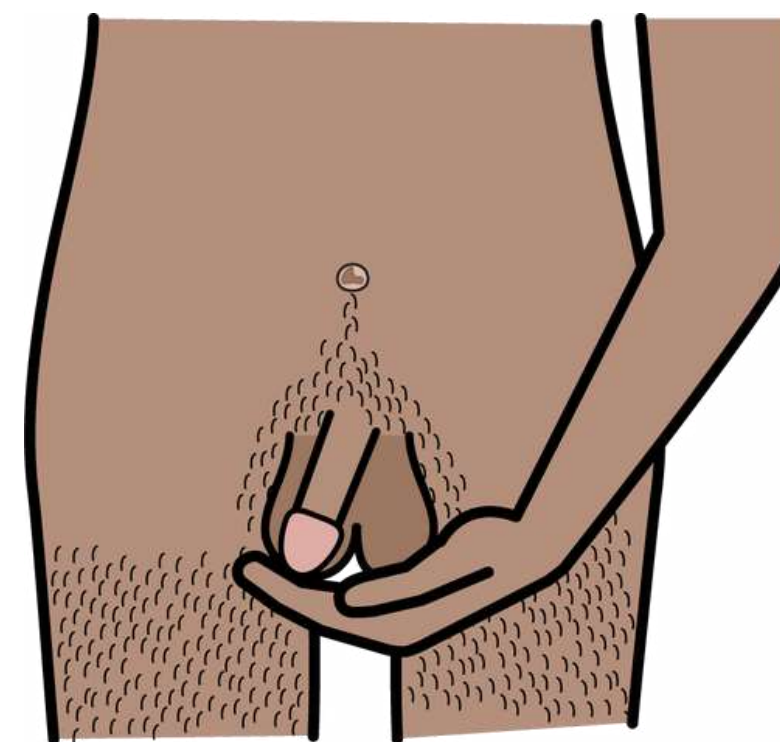
**Which part of this diagram does the doctor look at and take cells from during a smear test?**

---



**When checking my testicles, which of these symptoms should I speak to the doctor about?**

- ☐ Pain
- ☐ Swelling
- ☐ Change in size
- ☐ Hair growing
- ☐ A lump





## **Which symptoms should I visit my doctor about when checking my breasts?**

- ☐ Changes to shape or size in breasts or nipples.
- ☐ Liquid coming from nipple.
- ☐ Changes to look or feel of skin on your breast.
- ☐ Nipple turning inwards.
- ☐ New lump.
- ☐ Pain.



## **Summary**

- Checking your body regularly for changes and screenings help keeps your body healthy.
- People with vaginas can have smear tests every 3 years when they are 25 or older.
- People with penises should check their testicles monthly for any changes.
- People with breasts should check them monthly for any changes.
- Always speak to your GP if you notice any changes.



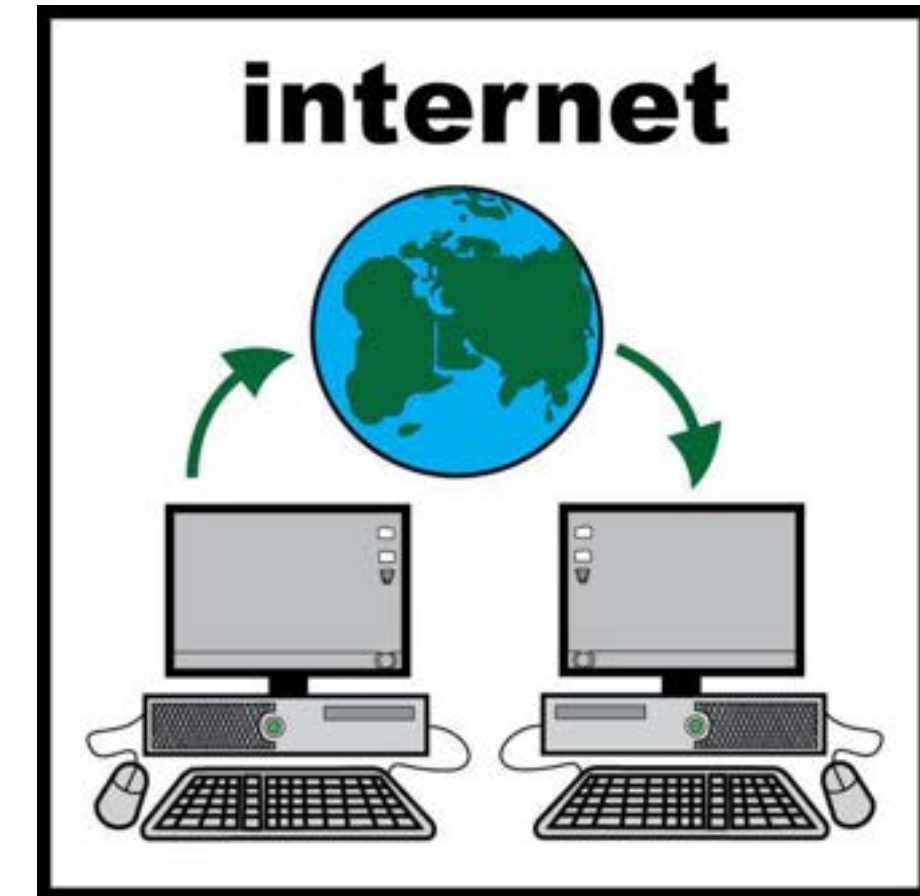
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# SAFE INTERNET USE

The internet and technology are great for lots of reasons.

- Getting information.
- Talking with others.
- Fun things to do, such as listening to music or watching videos.



But there can also be problems with it.

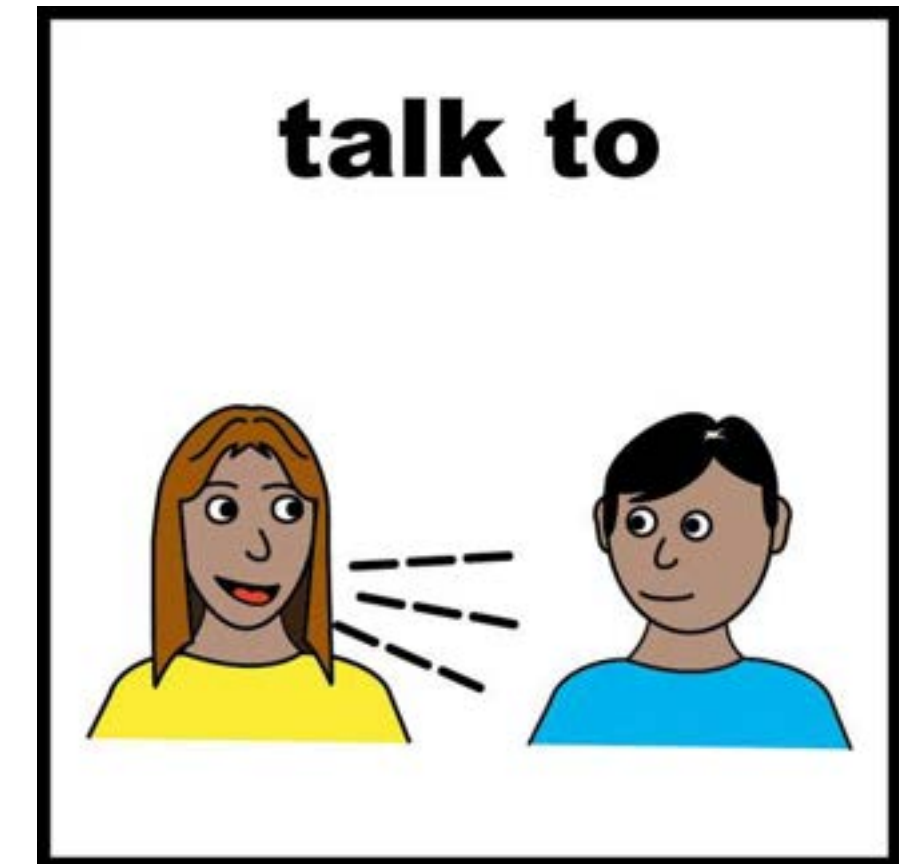
So it is important to be safe on the internet.



Sometimes people like to talk with others online.

It is usually safest to do this with people you already know, such as friends or family.

But some people may like to meet new people online.



Sometimes people like to speak with others online.

This could be on websites or on dating apps.

There are things you can remember and do to be safer online.

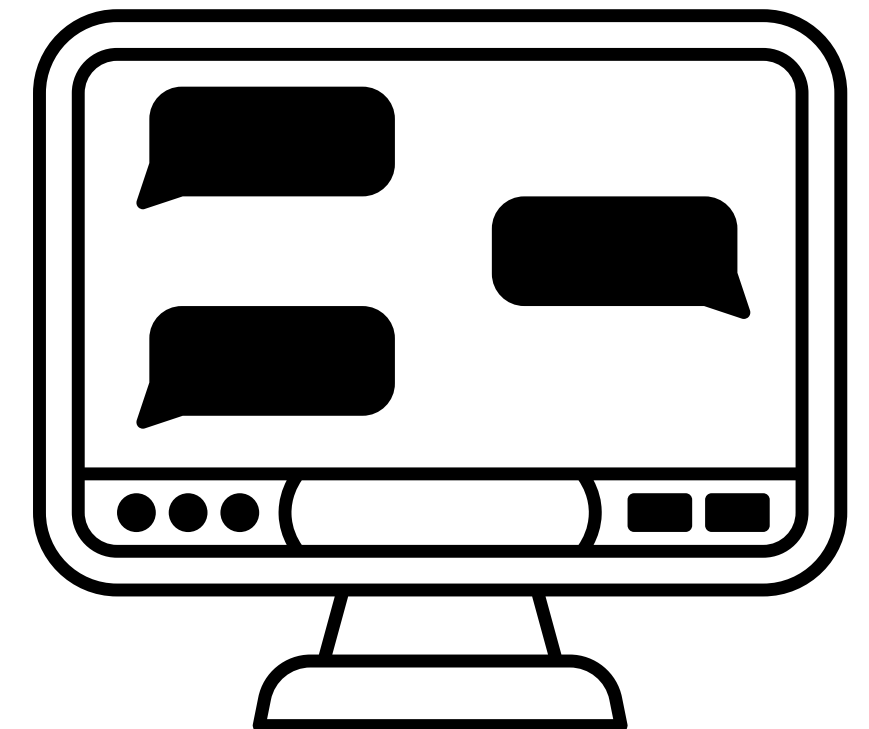


Sometimes people might lie about who they are.

They could lie about their age, their gender, what they look like, and more.

People may use fake pictures or a fake name.

So it is important to be careful about what you say to people online.



A stranger is someone you don't know and haven't met before.

If a stranger asks you for personal information or private photos, you should say **no**.

Examples of what not to send to a stranger:

- Your bank details or passwords.
- Naked photos of yourself.
- Your home address.





Some people may want to flirt with someone online.

They may do this by sending flirty messages.

Some may do this by sending naked photos of themselves or asking for naked photos.

This can sometimes be dangerous.



If someone else has naked photos of you, you don't know what they will do with them.

It is against the law for anyone to send other people's naked photos to others or post them online.

But sometimes people still do it and put them online.

These people would get in trouble with the police.

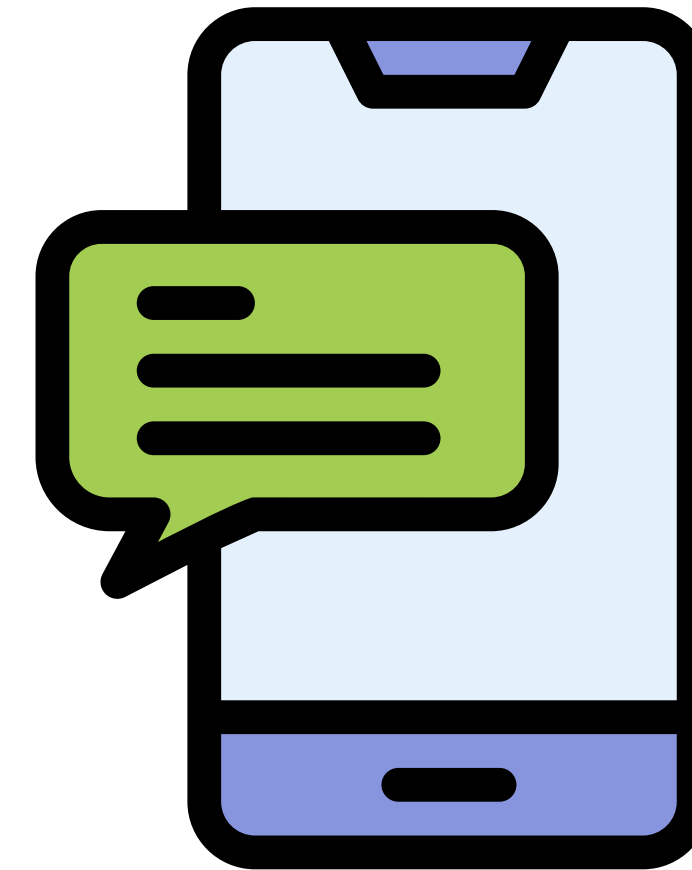


If photos get posted online, it can be hard to take them down.

So it is important to only send naked photos to someone who you know and trust, perhaps if you are in a relationship and they are your boyfriend or girlfriend.

But you should only send naked photos if you want to.

Nobody should force you to send naked photos if you don't want to.



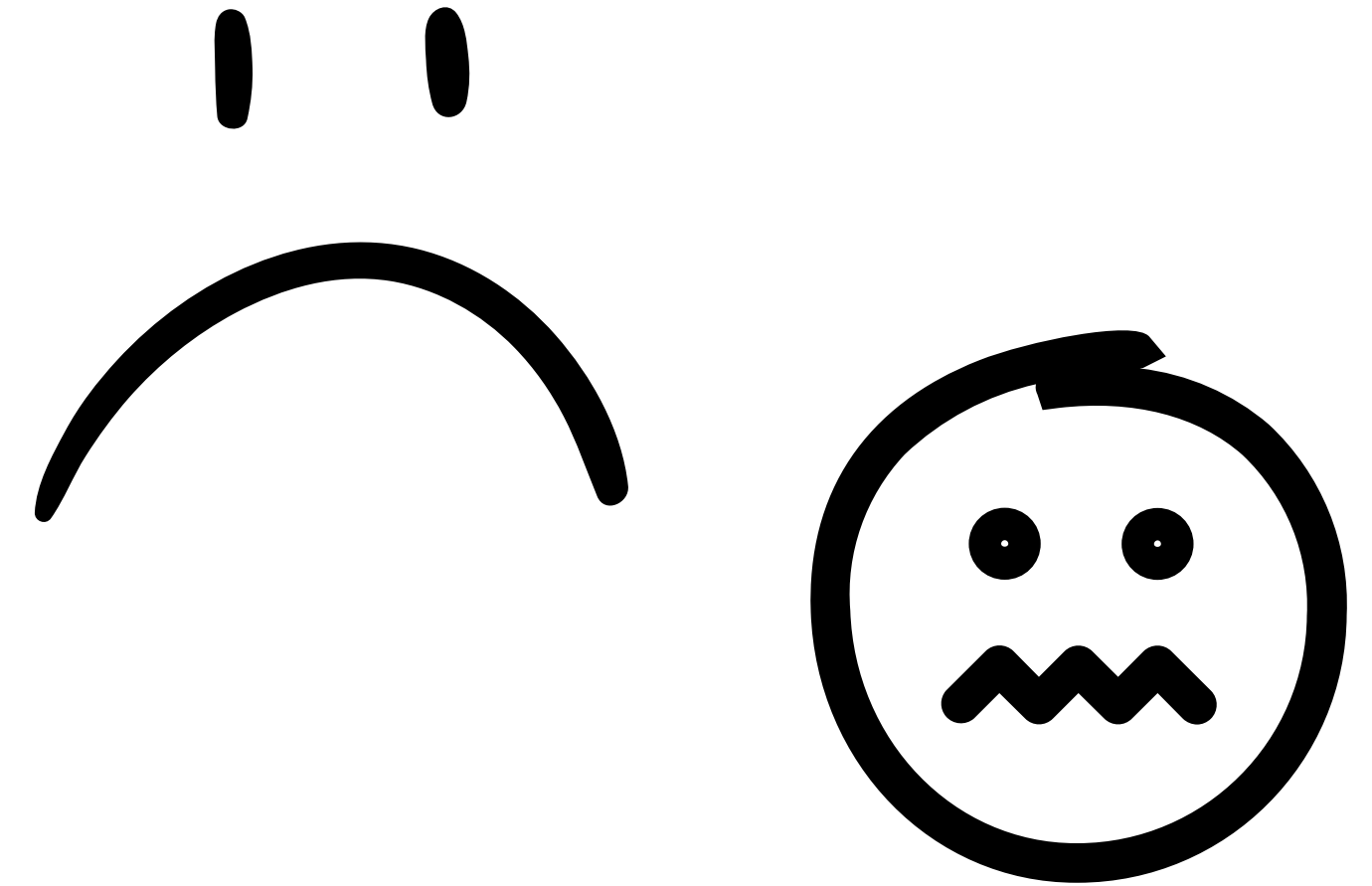
If someone online says anything that makes you feel:

- Uncomfortable
- Unsafe
- Sad
- Scared

You can ignore or block the person.

You can press a 'report' button.

You can talk to someone you know and trust about it.

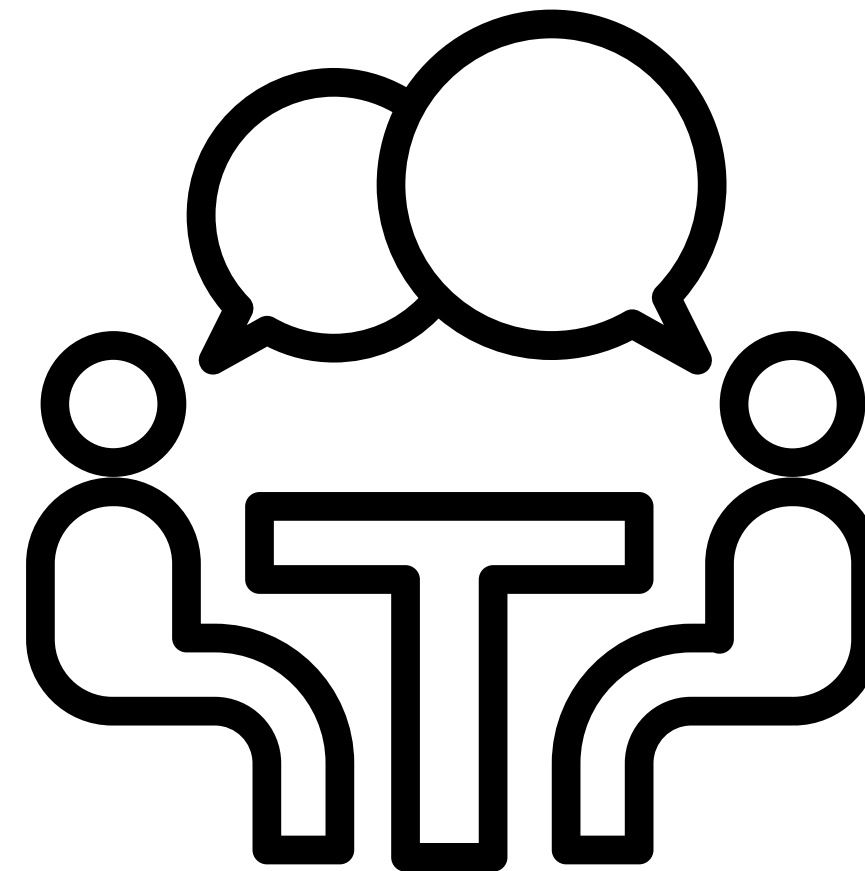




Some people may try and meet up with someone in-person that they meet online.

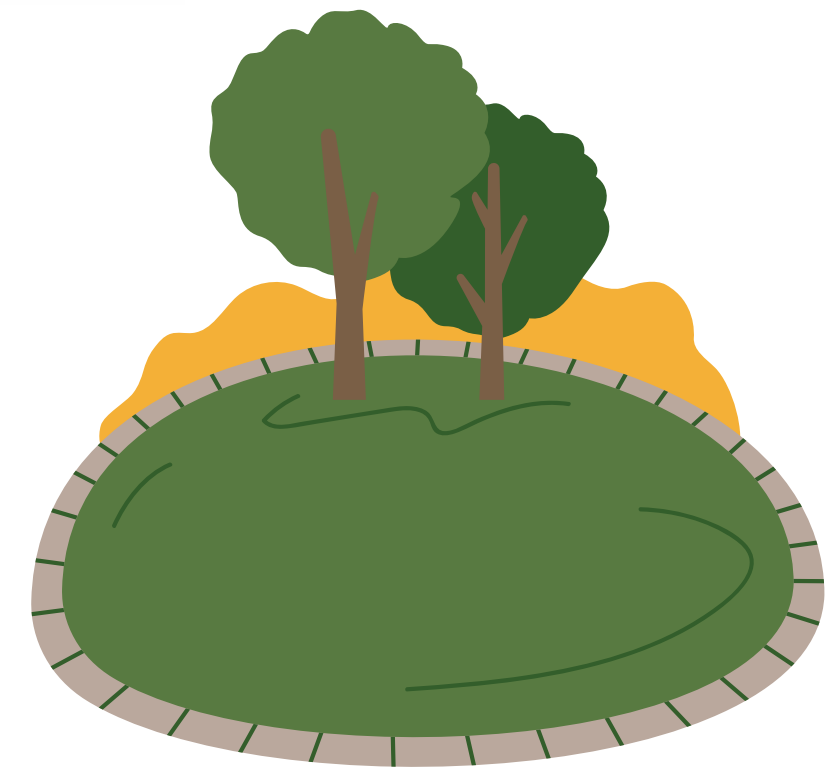
You should only do this if you want to.

No-one should make you feel that you have to meet them.



If you want to meet someone, you could:

- Talk to someone you know and trust about it, such as a family member or friend.
- Have a phone call first.
- Meet in a public space.
- Go with someone you know and trust or have them nearby.



How do you use the internet?

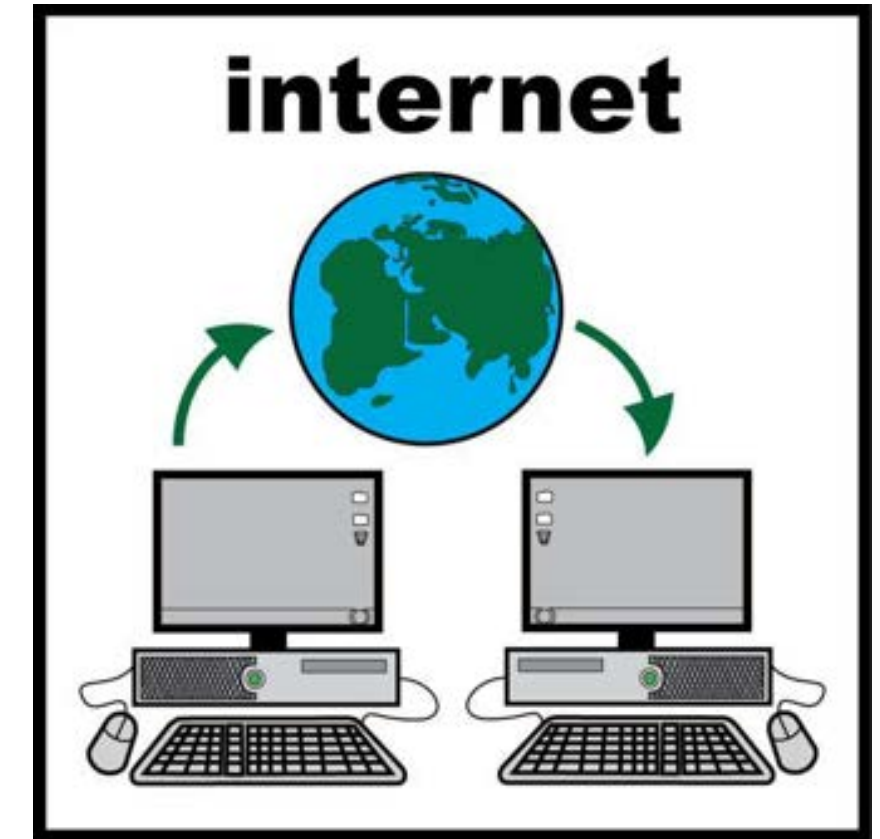
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Have you ever felt uncomfortable online?

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Who do you know and trust who you could speak to if you felt uncomfortable?

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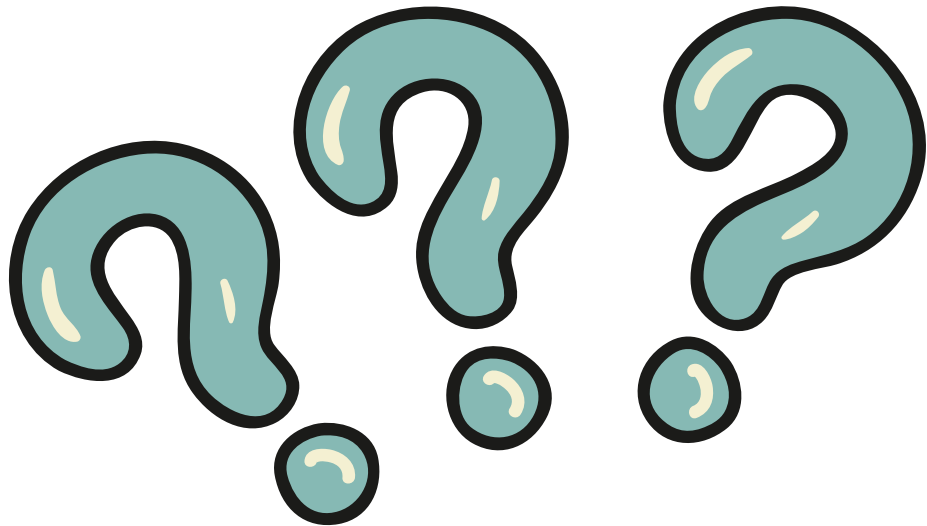
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Do you have questions about using the internet safely?

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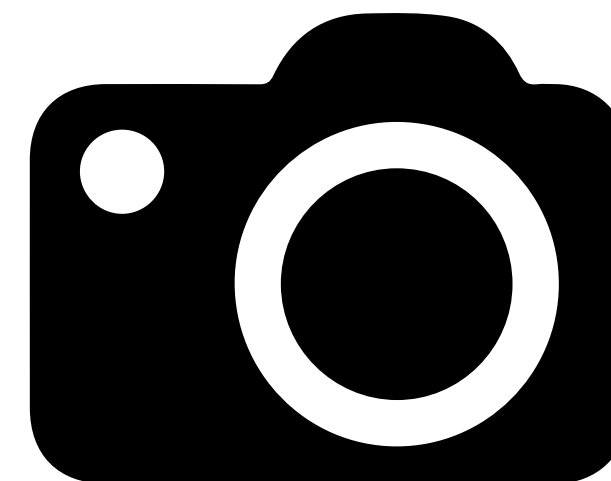
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## Safe or not safe?

1. A friend calls you on the phone.
2. You agree to meet a stranger at their house.
3. Someone sends you a naked picture of themselves and asks you to send one back.



## Safe or not safe?

4. A family member sends a message to you online.

5. You feel uncomfortable about a message and tell someone you know and trust.

6. A stranger sends a message asking for your address.



## Summary

- The internet can be great but you have to be careful.
- People online may not be who they say they are.
- Don't share personal information or photos with strangers.
- If you feel uncomfortable or unsafe, speak to someone you know and trust about it.
- If you want to meet someone online, talk to someone about it and do it in public.





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# SEX AND THE LAW



There are key laws around sex.

Laws are rules we all must follow.

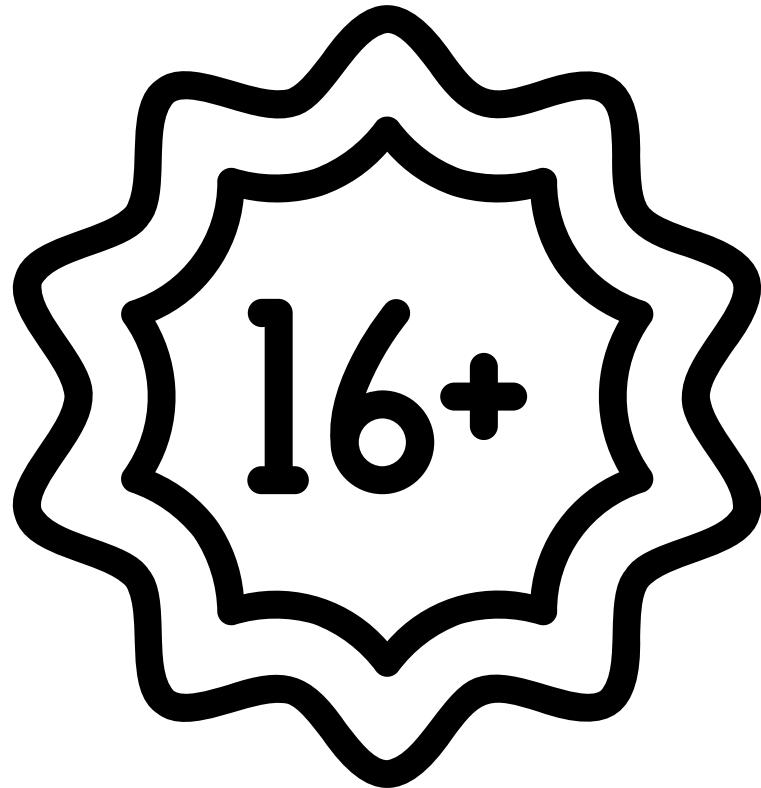
These laws help to make sure people are safe and stop abuse.

You **must** follow these laws.

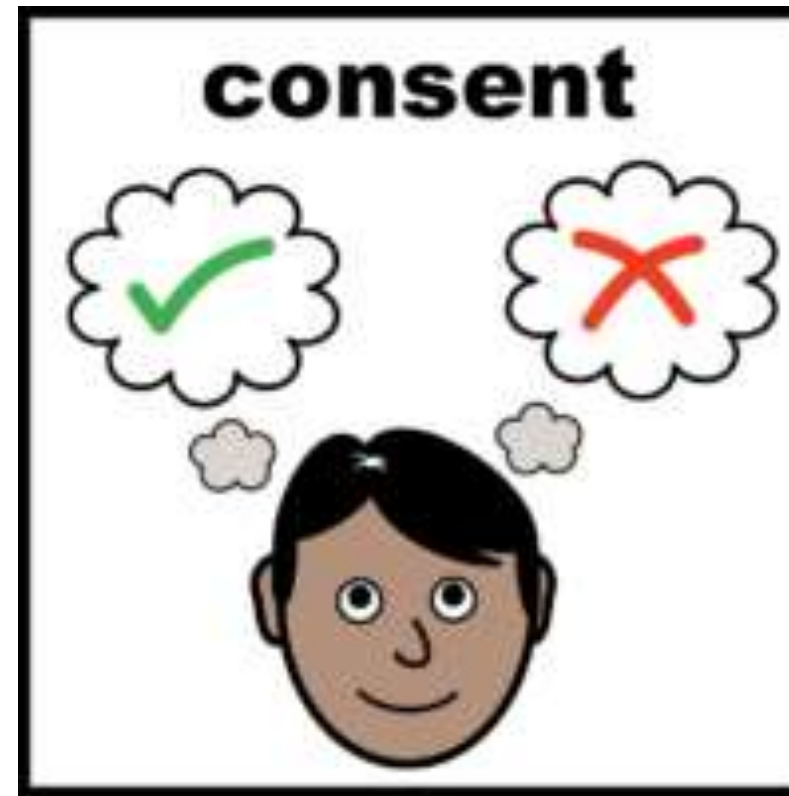
If you break any laws, you will be in trouble with the police.



## Key Laws



It is illegal to have any type of sex with someone under 16. Even if they say they want to.



You must only have sex with someone if they consent (see 'consent' section for more information).

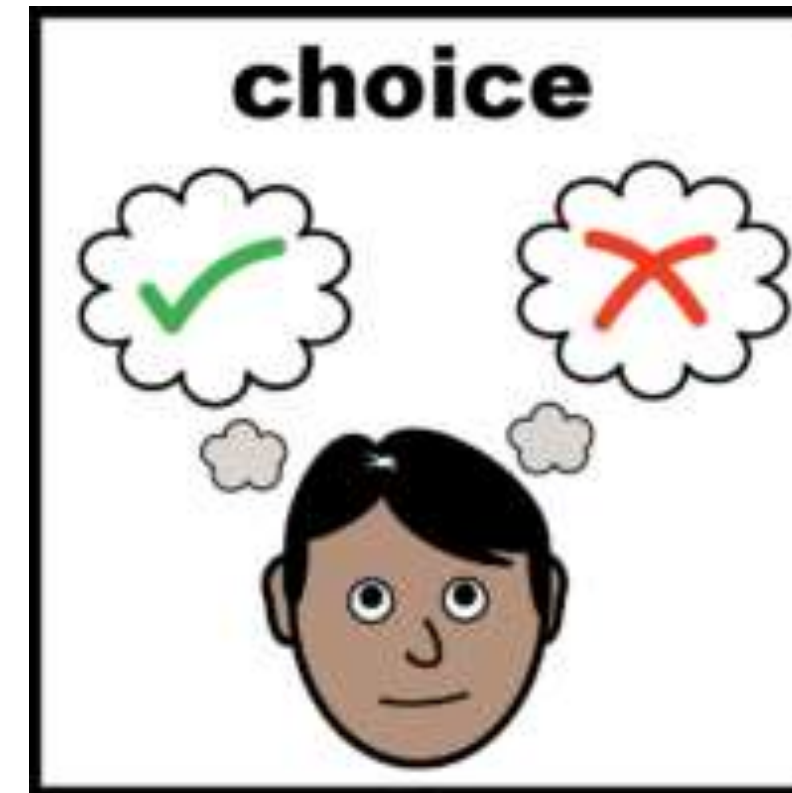


Everyone has the right to privacy; this includes when making decisions around sex and relationships.

## Key Laws



Everyone has the right to access support for their sexual health, this service should be equal.



Services should make adjustments to help people understand information and make choices.

## True or false?



It is illegal to have sex with anyone under 16.

☐☐

I don't have to ask consent from my partner before having sex.

☐☐

People with disabilities can't access the same support for their sexual health.

☐☐

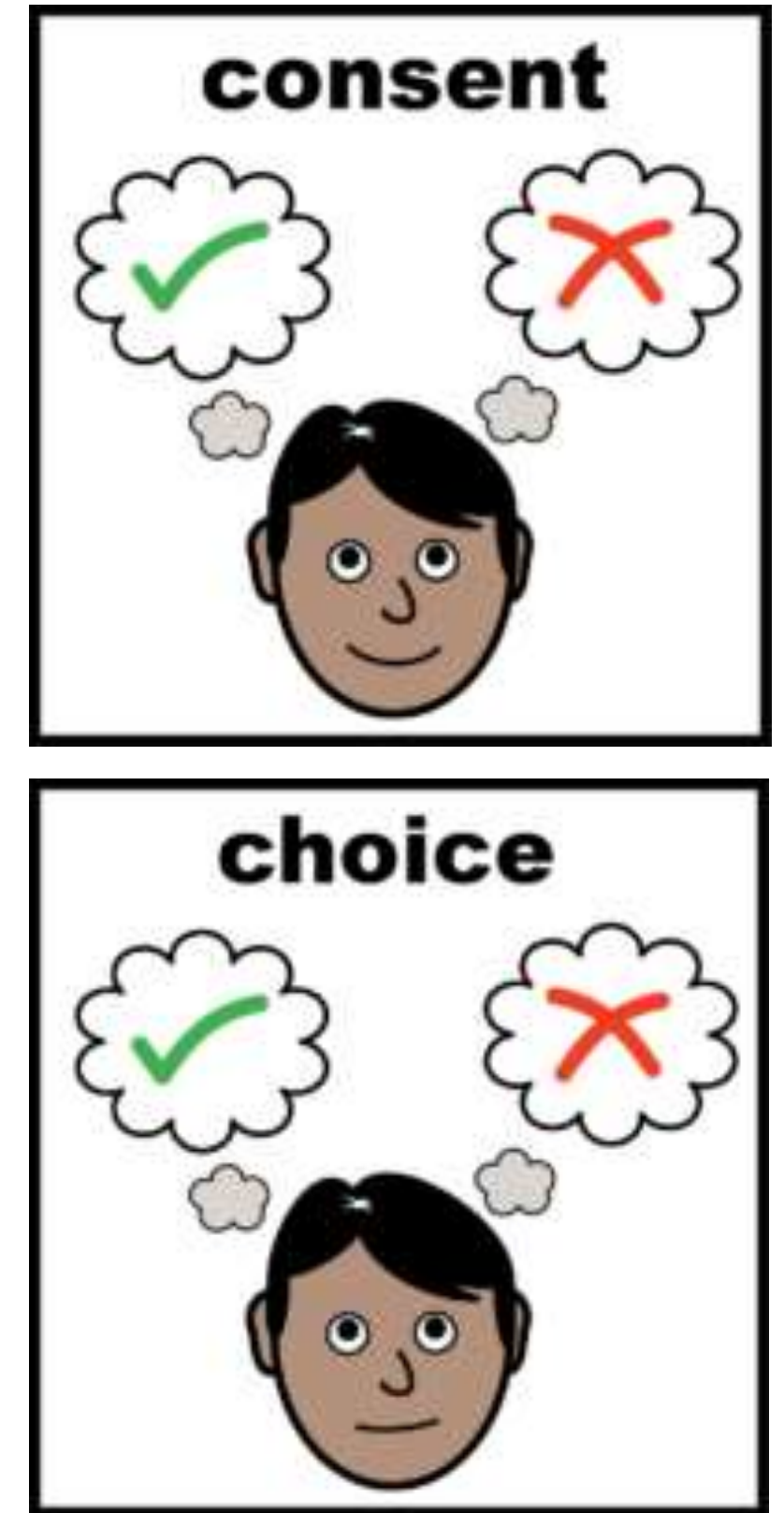
Services should always make adjustments to help people with disabilities make choices.

☐☐



## Summary

- It is important to know and follow laws around sex.
- Make sure you have consent before having sex.
- It is illegal to have sex with anyone under 16.
- Everyone should receive the same support for their sexual health.
- Services should make adjustments to help people understand information and make choices about their sexual health.



## Acknowledgements

Thank you to Easy On The I, for use of pictures throughout this document. All Images/Resources copyright © LYPFT.

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We would like to thank the following for their contributions:

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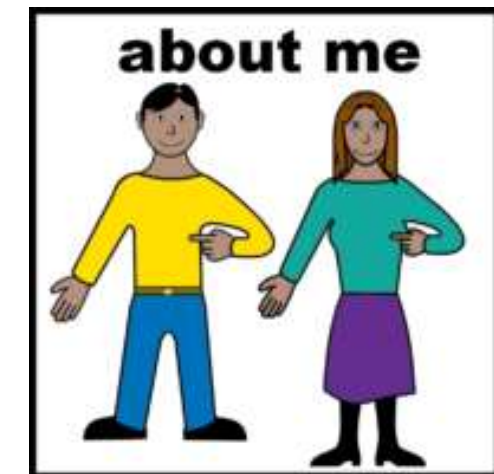
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Under the supervision of *Dr Jenna Westbrook*, Consultant Clinical Psychologist, Northern Care Alliance NHS Trust

**We'd love to hear from you about what you think of this workbook.**

If you have a learning disability and have used this workbook, please use this link or QR code to tell us what you thought of it:

<https://s.surveyplanet.com/ddhuj4nk>



If you are a carer and have supported someone with a learning disability to use this workbook, please use this link or QR code to tell us what you thought of it:

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