



**NHS**  
**Dorset**



# Love, Sex and You

Thanks to Michael & Sylvia and  
[www.starsinthesty.co.uk](http://www.starsinthesty.co.uk)

# Love, Sex and You



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[www.starsinthesty.co.uk](http://www.starsinthesty.co.uk)

# Index

Relationships



Sex



Being safer



Your body



Where to learn more



# About this book

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

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



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



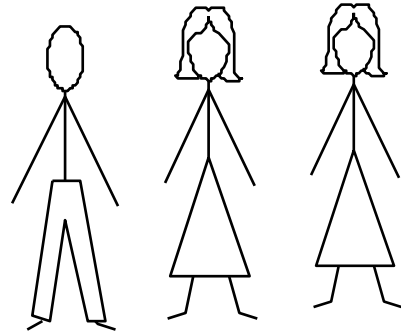
You can listen to this book on audio CD. Please contact Dorset People First on 01305 257600 if you would like a copy.

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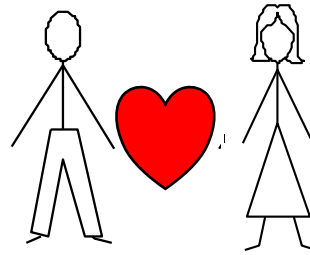
**“People with learning disabilities enjoy sex. It’s a fact of life.”**



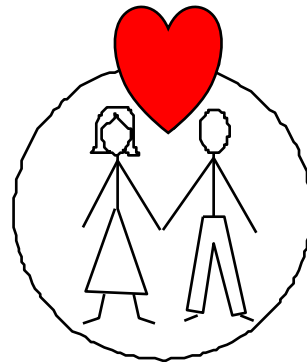
# Relationships



Friends

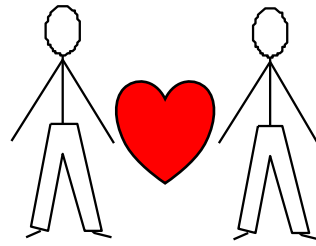


Boyfriend and  
Girlfriend

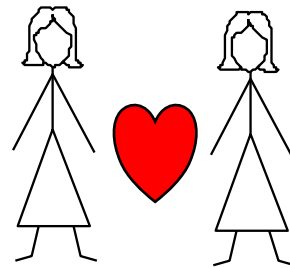


Married

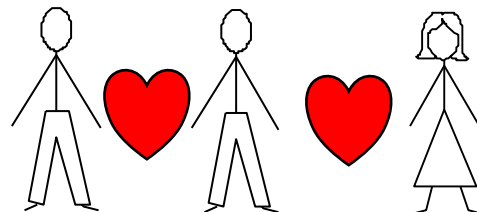
# Relationships



Boyfriends  
'gay'



Girlfriends  
'lesbian'



Boys and girls  
'bisexual'

# Relationships



A new relationship can be very exciting!



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



You might not be able to think about anything else!



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

# Relationships



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



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



The relationship might end one day.



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

# Sex - what is it?



Intercourse or  
'having sex'



Stroking and touching



Kissing



Oral Sex or 'Blow Job'



Anal Sex



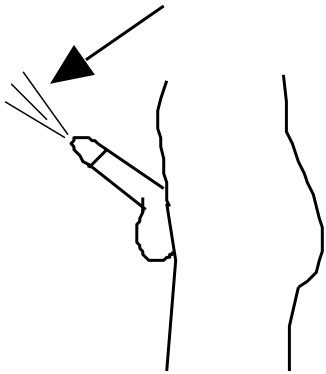
Masturbation



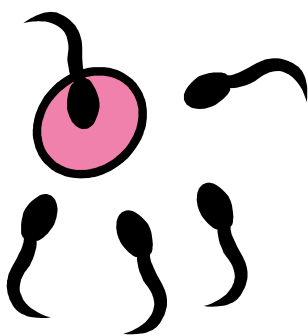
# Sex - what is it?



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



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



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



To stop this from happening you can use a condom or other "contraception".

# Contraception



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



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



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



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

# Pregnancy



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

You might be pregnant if;



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

and...



You have not had a period when you expected to.

and perhaps....



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

# Being Safer



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

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

Sexual assault is against the law.



Tell someone you trust about it:

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

# Being Safer



If you have sex...



Including oral sex...  
(using your mouth)



You can catch infections that  
could make you very ill.



So use a condom!

# Being Safer



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

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

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

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

# Being Safer



## How to have safer sex:

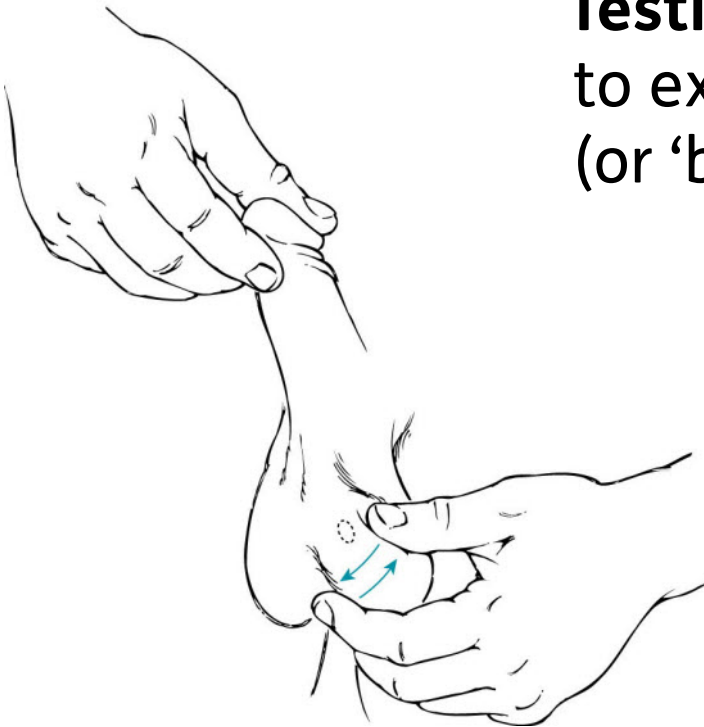
Always use a condom.

Take time to learn how to put it on properly.

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

# Your Body - men

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



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



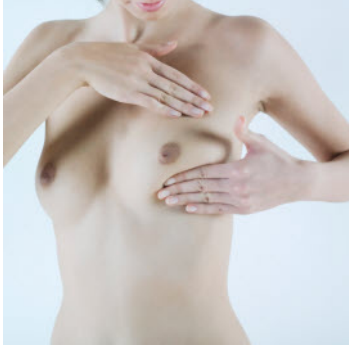
If you can feel anything unusual, see your doctor as soon as you can.



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



# Your Body - women



**Breast Cancer:** Learn to examine your breasts. If you feel anything unusual see your doctor as soon as you can.



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



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



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

# Your Body - changes



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

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



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

# Where to learn more



## Sexual Health Direct

☎ 0845 1228690  
9am to 6pm Monday to Friday



## Dorset Contraception & Sexual Health Service

55 High West St, Dorchester,  
Dorset DT1 1UT

☎ 01305 267141



## Park Centre for Sexual Health

Dept of Genitourinary Medicine (GUM)  
Weymouth Community Hospital  
Melcombe Ave  
Weymouth DT4 7TB

☎ 01305 762682

*These two NHS services both offer free advice and treatments.*



## Chlamydia Screen Dorset

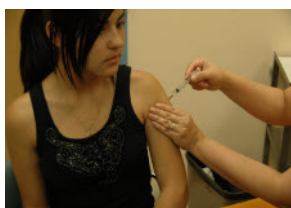
[www.chlamydia screendorset.co.uk](http://www.chlamydia screendorset.co.uk)

Phone us or look at our website for a list of places where you can get a free test if you are under 25. You can also ask for a test to be sent to you, so that you can do it in your own home.



Dorset ☎ 01305 816208

Poole and Bournemouth ☎ 0844 8004846



### HPV Vaccine information

☎ 0845 602 3303

[www.immunisation.nhs.uk](http://www.immunisation.nhs.uk)



### Over The Rainbow

Gay Mens Health Project

Bournemouth: ☎ 01202 257478

[www.rainbowbournemouth.co.uk](http://www.rainbowbournemouth.co.uk)



### Space Youth Project

For lesbians, bisexual and transgendered young people.

Bournemouth: ☎ 01202 257478

Weymouth: 01305 768768

This booklet has been designed and written by  
Clare Tarling (Dorset People First) and Jimmy Dean (Dorset Primary Care Trust)  
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