

THE STAY UP LATE GUIDE TO

SEX AND RELATIONSHIPS

STAY UP
LATE

www.stayuplate.org



The Positives

It's important to feel happy with who you are.



Many people enjoy being in relationships and they are a good part of life



Many people with learning disabilities find it difficult to have relationships and need support to make them work



Sex is also good and you should feel comfortable talking about this with someone you trust.



Being in a relationship and having an active social life can make you very happy!

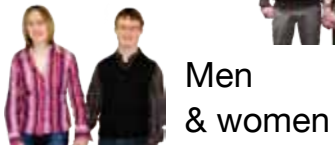


Relationships can be between:



Women & Women

Men & Men



Men & women

Some people also find it difficult to say whether they are a man or a woman. This is called 'Transgender'



The Negatives



If you have an active sex life you need to know about having 'Safe Sex'. If you don't have safe sex you might have a baby or catch a serious disease.



Sometimes relationships can go wrong and this can make you feel very sad or even angry



You should not be frightened to talk about any issues that are worrying you, and you shouldn't feel ashamed of yourself



Find out more

For more information about Sex and Relationships visit:



Easy Health - www.easyhealth.org.uk

NHS Choices - www.nhs.uk

Don't forget you can always talk to your support worker if you need help and support around this.



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Stay Up Late is a registered charity (England and Wales no. 1145040)
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