



# Sexuality and Relationships



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People with a learning disability should have safe and happy relationships.



Relationships can be with either a friend or a partner. You might have a sexual or romantic relationship with a partner.



People with a learning disability have a right to have relationships and sex just like everyone else.



They should get support to have safe and happy relationships if they want to.



This does not always happen



Many people with a disability find it hard to get out and meet people



People may worry about people with a learning disability having relationships or sex



People with a learning disability may not get the information they need about sex and relationships



Elephant In The Room want people with a disability to have happy and safe relationships if they want to.



**This means people with a disability should get:**

1. support to meet new people and start relationships



2. good information for them and the people who support them about relationships and sex



3. support to think about who they want relationships with and what type of relationships they want



4. support to keep safe but still have a relationship if they want to



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Please get in touch with us if you have any questions, ideas or comments.

## Get in touch

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