

Relationships, Sex and Sexuality Easy Read



This is Brandon Trust's easy read information on how we will support people to get good information about relationships, sex and sexuality.



Brandon has a new Relationships, Sex and Sexuality Policy. This is what the policy says.



Brandon wrote the new policy because people said they need more support to find out about relationships, sex and sexuality.



Brandon staff said that they did not always know if it was okay for them to support people to find out about relationships, sex and sexuality.

The policy gives staff information about:



- How they can support people who want to learn about relationships, sex and sexuality
- Respecting choices and differences
- The Law
- Keeping safe
- Other organisations and people that can help

What do we mean?



When we talk about **relationships** we mean being close and spending time with someone else we really like.

When we talk about **sex** we mean using our bodies to be close with someone else. This usually means kissing, touching or having intercourse.



When we talk about **sexuality** we mean the way we feel about our own body and what makes us feel good. It's also about whether we fancy men or women, or both.

What are my rights and what support can I get?



It can be a difficult thing to talk about, but Brandon thinks that people with a learning disability should get support to find out about relationships, sex and sexuality if they want to.



Everyone should have support to learn about their own body, and how to feel good.



Everyone should be supported to enjoy being with other people, and to make friends if they want to.

Some people might want a girlfriend or a boyfriend.



Some people can make a choice about wanting to have sex. The law says that people must have capacity to make that decision for themselves.



Most importantly, Brandon staff must recognise that everyone is different.

Everyone should be supported to make their own choices.

Everyone should always be treated with respect.



Everyone has the right to express themselves as a sexual person, whether they:

- Like people of the opposite sex (straight)
- Like people of the same sex (gay)
- Like both men and women (bisexual)
- Want to be a different gender (transsexual)
- Don't feel they are either a man or a woman (non-binary)
- Just want to enjoy their own body by themselves.



Consent and capacity



Having capacity to have sex with someone else means understanding what sex is about, and the rights and responsibilities that go with it.



Nobody else can make decisions about having sex for another person. The person has to decide for themselves.



Giving consent to have sex means understanding, choosing and agreeing to have sex with another person.



If two people want to have sex together, they must:

- Both be at least 16 years old
- Both understand about sex
- Both choose to have sex with each other



Having sex with someone under age 16, or who doesn't understand, or who doesn't choose to have sex is not okay. It is against the law.



Help and training for staff

Staff may need help to know how to support people well with relationships, sex and sexuality.



Brandon Trust will help to find good training and guidance for both staff and people we support, when they need it.



Brandon has other policies with useful information about mental capacity and how to help keep people safe in relationships. There are easy read versions of these policies:

- Mental Capacity Act
- Safeguarding Adults at Risk
- Safeguarding Children
- Anti-bullying



Brandon will make sure that staff know how to record and share information about the support they give with relationships and sex.

We will always keep people's private information safe.



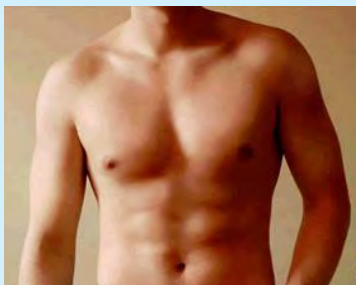
Some people may want support to meet new people when they're out and about, at events or online.

Internet dating can be fun, but staff may need to learn about helping people to stay safe and keep their information private.



Brandon thinks it is good that staff and people we support work with other organisations who have lots of good information and advice.

Health and charity organisations can give information about:



- Knowing your own body
- Understanding your own emotions and who you are
- Enjoying sex with other people
- Enjoying sex with yourself (masturbation)
- Not getting diseases
- Not getting pregnant (contraception)
- Being pregnant
- Being a parent

There are links to useful organisations in the Brandon policy.



Brandon staff will also help people to get good information and support about:

- Living together
- Getting married
- Civil partnership
- Getting divorced



Some Brandon staff will have special training to help people who have got into trouble in the past through their sexual behaviour.



Brandon staff will help to support people to keep out of trouble and have better relationships.



Brandon staff don't need to be experts. They just need to be able to help people get the right advice and information about relationships, sex and sexuality.