

2021 Scottish
Learning
Disability
Week

Your right to relationships



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People with learning disabilities have a right to have relationships



Just the same as everyone else



Relationships can be with friends or family



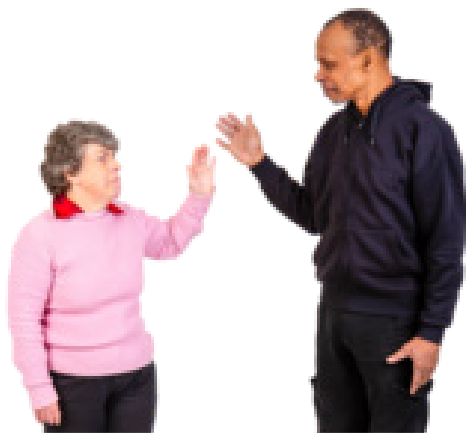
You might want a romantic or sexual relationship



If you need help to make new relationships you should get it



If you need help to keep relationships you should get it



If you need help to end a relationship that is not good you should get it

What help should I get?

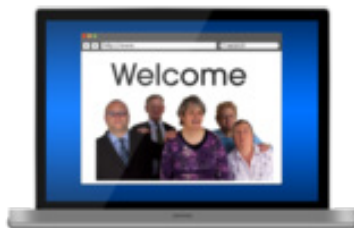


If you need help to find friends or to look for love you should get it



There are places you can get in touch with who are there to help people make friends and meet people

You can try the websites below.



dates n mates <https://dates-n-mates.co.uk/>

Get2gether <https://get2gether.org.uk/>

Dm2 <https://www.dm2ayrshire.org/>



Your family or support staff might need to help you



They might not understand that seeing other people is important to you



Talk to the people who support you and tell them what you want



The people who support you should help you to make a plan to see your friends if this is something that you would like them to help you do



You might want support to see these friends at other times



For example you might have friends at a particular club or a day centre



Sometimes the club or day centre stops and people do not see each other anymore



You might want to support to still see friends if this happens



Sometimes people have a relationship that they are not happy with



You should be supported to end a relationship if it is bad



Talk to the people who support you about what you want



You can show them this Easy Read if you think it will help