

If you need any more support with the issues raised in this leaflet, you can contact the following organisations for more information:



S.C.L.D	0141 248 3733
Parentline Scotland	08000 28 22 33
Contact-a-Family	0808 808 3555
Change	0113 242 6619
BILD	0121 415 6960
Mencap	0808 808 1111
Scope	0808 800 3333
Enhance	0208 226 5055
Choice Support	0207 261 4100
Sandyford Clinic	0141 211 8130

This information leaflet was prepared by The Life I Want, a Public Social Partnership covering Greater Glasgow and Clyde.

You can find out more about this project in the following ways:



0141 212 3395



tliwcoordinator@gmail.com



thelifeiwantglasgow



Images courtesy of photosymbols,
dates-n-mates &
David and Ashley Ross.

My Relationship... ...My Choice



**A Guide to Supporting
Positive Relationships**
for parents and carers of people
with learning disabilities

Prepared by partners of



The life i want



Relationships are an important part of our lives. People have many different relationships — family, friends, neighbours, colleagues and romantic partners.

Why should it be different for me??

An important message for parents is this:

“It is your job as a parent to help me understand about sex and relationships and how to be safe.....
.....it is then my choice to decide if I want to have a relationship”



What are our parents so afraid of?

- You might be taken advantage of
- You might meet people that your family don't know or trust
- You might be put under pressure to do things you don't want to do
- You might not be able to take care of yourself /keep yourself safe
- You might be too young to go out alone or with friends
- You might go to places that are difficult to access

If a relationship was to become serious, they might worry that:

- Your routine might change
- Your personality and mood might change
- Your relationship with your parents might change
- You or your partner might get pregnant! How would you look after a baby?
- You might leave home

Give me the chance to learn

- I need to experience things to learn from them
- Give me the opportunity to learn from my mistakes
- Help me to risk assess situations
- Trust my judgement
- It might NOT happen
- I can say NO!!!!
- Help me to be confident to say NO.
- Advise me. Share your own experiences with me
- Encourage me to speak to other people /agencies who might help support me
- If you don't let me meet new people, I can never make new friends
- Educate me! You are putting me more at risk by not talking to me about sex and relationships

“Help me make good and informed decisions about my life!”



David & Ashley

“The next step of our relationship was to get married because of how much we loved each other. We now look forward to spending our lives together and having kids”

Did you know?

- 70% of the general population live as part of a couple. For people with a learning disability in Scotland it is only 0.4% (SCLD, ‘Learning Disability Statistics Scotland 2017’)
- Research suggests 40-60% of parents with learning disabilities will have their children taken into care. (Aberlour, “No Place Like Home” Oct 2018)