



Easy read sexual health and relationship resources

If you have a learning disability and want to talk about sex, contraception, pleasure, relationships or consent, contact East Sussex Sexual Health and book an appointment with a nurse.

Tel: 0808 1681282

Sexually Transmitted Infections

STIs (Sexually Transmitted Infections)

[Click Here](#)

Female Chlamydia

[Click Here](#)

Male Chlamydia

[Click Here](#)

HIV testing

[Click Here](#)

No symptoms but want testing

[Click Here](#)

Contraception

How to put on a condom

[Click Here](#)

Contraception Overview

[Click Here](#)

Emergency Contraception	Click Here
Further Information	
Under 16s Sexual Health	Click Here
Specialist Sexual Health	Click Here
PEP	Click Here
PrEP	Click Here
HIV Treatment and Support	Click Here
Young People and the Circle Room	Click Here
Pregnancy Advice	Click Here

Pregnancy Abortion	Click Here
Cervical Screening/Smear Tests	Click Here
LGBTQ+	Click Here
	
<p>The Supported Loving network has produced a series of guides to help support people with issues surrounding sexuality and relationships. They offer some free and paid resources.</p>	
The online guide has lots of useful pages for support workers and carers providing information on how to support people with learning disabilities	Choice Support Supported Loving toolkit
	

Mencap have created a listed of recommended resources covering relationship and sex education resources, body awareness, LGBTQIA+, relationships, contraception, STIs and HIV, pregnancy, parenting and recognising abuse. They offer some free and paid resources.

Whether you or someone you know has a learning disability, the list of resources can help you find good quality information and guidance

[Sexuality and Relationships Resources Mencap 0.pdf](#)



NHS Dorset have created an easy read guide to love, sex and the body. It is a free resource

An easy read book covering relationships, sex, being safe, the body

[book main \(southwest.nhs.uk\)](#)



A charity run by and for people with learning disabilities. They offer some free and paid resources.

An easy read guide covering sex, common questions, keeping safe, STIs, pregnancy and contraception

[Let's talk about sex! \(through-the-maze.org.uk\)](http://through-the-maze.org.uk)

An easy read guide covering sexuality and relationship rights

[Sexuality and Relationships- My Rights Charter \(choicesupport.org.uk\)](http://choicesupport.org.uk)



Somerset & Avon
rape & sexual abuse support

Somerset & Avon Rape & Sexual abuse support have created an easy read guide to consent. It is a free resource.

An easy read guide covering consent and its importance

[What-is-sexual-consent.pdf \(suffolkordinarylives.co.uk\)](http://suffolkordinarylives.co.uk)



CHANGE

A human right organisation led by disabled people. They create easy read materials for sexual health. It is a paid resource.

An easy read guides covering, safe sex, contraception, relationships, masturbation and sexual abuse

[CHANGE - Shop - Products - Easy Read - Accessible Information \(changepeople.org\)](http://changepeople.org)



NHS Forth Vally have created a series of easy read guides. It is a free resource.

A series of easy read guides covering anal, anal and vaginal sex, contraception, emergency contraception and smear tests

[Easy Read Leaflets – Central Sexual Health](#)



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National Aids Trust and Mencap have partnered together to create an easy read guide. It is a free resource.

An easy read guide covering facts about HIV

[5 Facts Poster - Easy Read 2021.pdf \(nat.org.uk\)](https://www.nat.org.uk/5-facts-poster-easy-read-2021.pdf)



NHS Lanarkshire have created an easy read guide for Chlamydia. It is a free resource.

An easy read guide to Chlamydia covering symptoms, using a condom and treatment

[Chlamydia-Apr-18.pdf \(lanarkshiresexualhealth.org\)](https://www.lanarkshiresexualhealth.org/Chlamydia-Apr-18.pdf)



The UK Health Security Agency has created an easy read guide for testing for Chlamydia. It is a free resource.

An easy read guide to testing for Chlamydia for women, trans men, non-binary (assigned female at birth) and other people with a womb and ovaries

[Easy read information about testing for chlamydia \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)



Learning disability Wales has created an easy read guide for words used in sexual health. It is a free resource.

An easy read guide explaining commonly used words or phrases in sexual health

[The-LoveLife-easy-read-guide-to-words-about-sex.pdf \(ldw.org.uk\)](https://ldw.org.uk)



An easy read collaboration between Achieve Together, CHANGE and Choice Support for transgender support. They are free resources.

<p>An easy read guide about what it means to be transgender and the issues that someone might face</p>	<p><u>Transgender-easy-read-guide-WEB-ACCESSIBLE-10.10.19.pdf</u> (<u>achievetogether.co.uk</u>)</p>
<p>An easy read guide about online pornography</p>	<p><u>Pornography-guide-WEB-Spreads-07.03.21.pdf</u> (<u>achievetogether.co.uk</u>)</p>
	
<p>An easy read collaboration between Care Management Group and CHANGE for keeping safe online. It is a free resource.</p>	
<p>An easy read guide on how to keep safe online</p>	<p><u>Keeping-Safe-Online-Easy-Read-Guide-Email-Version.pdf</u> (<u>achievetogether.co.uk</u>)</p>
	

A short 3 minute YouTube video produced by East Sussex County Council for keeping safe online. It is a free resource.

A short video for staying safe online, specifically for adults with learning disabilities.

[Safety Net - An accessible guide to keeping everyone safe online - YouTube](#)



Resource packs to highlight best practices for people that have been forced into marriage. It is a free resource.

Guidance toolkit to support people with learning disabilities at risk of forced marriage

[Resources - My Marriage My Choice | My Marriage My Choice](#)



National Council on Independent Living based in the United States, have produced a series of YouTube videos for sexual health education for people with learning disabilities. It is a free resource.

A series of short YouTube videos presented by people with learning disabilities for people with learning disabilities to provide information on sex

[National Council on Independent Living - YouTube](#)



Sexual health charity, Brook, have produced several sexual health resources and RSE lesson plans. It is a free resource.

Sexual health resources and information leaflets covering abortion, condom, LGBTQIA+, puberty, periods, contraception plus more

[Free RSE resources – Brook](#)



Life support productions have created a DVD resource for young people with learning disabilities and other educational needs. It is a paid resource.

A series of videos covering topics such as a divorce, staying safe online, periods, gender identity, masturbation, hygiene plus more

[You, Your Body, Growing Up, Relationships and Sex - Life Support Productions](#)



My family, our needs has provided practical advice and ideas to introduce at home for young people approaching puberty who have additional needs. It is a free resource.

Approaching puberty at home: Girls

[Puberty and periods in girls with developmental delay | MFON \(myfamilyourneeds.co.uk\)](#)

Approaching puberty at home: Boys

[Puberty in boys with additional needs | My Family Our Needs](#)

Sex, Contraception and Relationship Easy Read List and Resources

Adapted by East Sussex Sexual Health (2024)

A vast range of easy read leaflets and information are available nationally, aimed at supporting people with a learning disability to understand their health needs. The useful web sites listed in this document will signpost you to some of the information that you can access.

Please be mindful that not all resources will be suitable for the individuals that you are supporting, and while many leaflets have been developed at a national level and are of a high quality, this may not always be the case.

In addition, the information contained in this list does not constitute a recommendation or endorsement of any organisation, resource or website listed.

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