

Who we are:

We are a multi-disciplinary group with staff representatives from Highland Council, NHS Highland, Voluntary Sector, Carers and People with a learning disability and/or autism.

What do we want to achieve:

to support Staff to help adults realise their own understanding of Relationships and Sexual Health and enable Carers to plan with their young people for the Transition into adult life.

to enable choices to be made with the knowledge and skills people need to make those choices. This follows the SAY ("Same as You" document) recommendations.



What we are achieving:

We research, collate and develop relevant educational resources and provide a positive partnership role to enable improvements in people's sexual health and wellbeing. We continue to take forward learning and development from the Love Is Conference 2004.

We continue to support, promote development and aid implementation of the Highland Sexual Health Strategy and the 'Love Is Policy' 2007- supporting people with a learning disability and/or autism on relationships and sexuality.

The future - key aims are:

to continue to enable good working partnerships in practice to benefit people with a learning disability and/or autism and those that plan and care for those people with a learning disability and/or autism.

to use existing policies and planning currently available but with the SAY firmly in mind.

to use the 'Love Is' Policy and adopt and enhance the 'love is' template for healthy relationships and sexual health learning.

to help evaluate the 'love is' and its impact on people, carers and new staff.

to ensure that resources being used are relevant and appropriate to the individual.



'Love Is Policy – Supporting People with Learning Disabilities with Relationships and Sexuality' is available along with an easy read version available to download from hirs@hnb.scot.nhs.uk and at www.highland.org.uk

For further information call Health Information & Resources Service 01463 704647

For specialist autism spectrum advice NAS 01463 720056



The following are key components of the 'Love Is Policy' education programme. Staff should assess people's current knowledge, identify gaps and agree achievable goals in relation to all of these topics. Please refer to Part 2 (p11) of the 'Love Is' for full table content.

Social and Relationships Skills:

This section covers awareness of self in relation to others and the different types of relationships and the different types of skills that might be needed in those relationships.



Body Awareness and Basic Information About Sex:

This section can help find the language needed to teach about body changes, self worth, masturbation, menstruation and all aspects leading to the potential of parenthood.

Sexual Health and Wellbeing:

Relationships and awareness of gender identity along with good sexual health and sexual hygiene are the topics covered here.



Appropriate Behaviour:

Where to go when you need to help someone with a relationship and the appropriate expressions of behaviour are the important aspects discussed here. It also covers the use of explicit materials.

Personal Safety:

Decisions, assertiveness, personal rights and responsibilities to others are an important feature in this and other parts of this policy. It also gives guidance here and in the annexe on **legal** aspects and for identifying and reporting abuse.



Values and Attitudes About Relationships and Sex:

This section recognises the different social, religious, cultural, sexual and lifestyle factors which may influence attitude and choice.



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Highland Brook
01463 242 434
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Terrence Higgins Trust
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01463 711585
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Also Supported By:



For Learning Disability advice:

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LD Nurse, Upper Office, Ruthven House,
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01479 813404

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