

Useful resources on LGBT identities, gender, sexuality, sexual health and relationships



Easy read and accessible resources

- **Easy Health** website with a range of health related leaflets, including a section on sex and relationships [http://www.easyhealth.org.uk/listing/sex-and-relationships-\(leaflets\)](http://www.easyhealth.org.uk/listing/sex-and-relationships-(leaflets))
- **How to put on a condom** (NHS Lothian) with photographs, developed in consultation with people with learning disabilities. Copies available via NHS Lothian's Health Promotion Resource Centre.
- **How to use a condom** (NHS Highland) video clip <http://www.ab-wish.org/young-people/condom-demonstration>
- **'lesbian gay bisexual and trans' booklet in easy words with line drawings** (costs £6.99 or whole sex and relationships pack (5 booklets) for £32) <http://www.changepeople.org/product/lesbian-gay-bisexual-and-trans/>
- **Let's talk about sex and relationships: easy read (2nd edition)** (Altrum 2013) This booklet can help you get information about sex and relationships. Contact Altrum, c/o Partners For Inclusion, West Kirk, 84 Portland Street, Kilmarnock, KA3 1AA or email Sam.Smith@c-change.org.uk
- **LGBT people with learning disabilities easy read report** (LGBT Health Inclusion Project, Brighton) This report is about a meeting hosted by LGBT Health Inclusion Project, for LGBT people with learning disabilities and workers from LGBT and Learning Disabilities organisations. <http://switchboard.org.uk/wp-content/uploads/2015/05/EASY-READ-LGBT-People-with-Learning-Disabilities.pdf>
- **Making Choices, Keeping Safe (Easy Read)** (Fife) Relationships and Sex: How staff can support adults with learning disabilities to stay safe and keep health. This is an easy read version of "making choices keeping safe – Fife version of relationships & sexual wellbeing best practice guidance for staff who support adults with a learning disability" [http://publications.1fife.org.uk/uploadfiles/publications/c64_MakingChoiceKeepingSafe\(Fife\)easyread.pdf](http://publications.1fife.org.uk/uploadfiles/publications/c64_MakingChoiceKeepingSafe(Fife)easyread.pdf)
- **Out and about! Supporting people with learning disabilities around same-sex relationships** (Partners in Advocacy) easy read report on research into learning disability and same-sex relationships including information for individuals and advocates <http://www.partnersinadvocacy.org.uk/documents/same-sex-report-printed-version.pdf>
- **Photostory: Eric and Fraser's story** (NHS Forth Valley, 2013) young men in college dating and experiencing homophobia <http://www.centralexualhealth.org/professionals/photostories/eric-frasers-story/>
- **Photostory: Phil's story** (University of Bristol) about a gay man attending a day centre, based on research 'Secret loves, hidden lives? Exploring same sex relationships for people with learning difficulties' by the Norah Fry Research Centre <http://www.bristol.ac.uk/norahfry/research/completed-projects/phil.pdf>
- **Photostory: Jan's story** (University of Bristol) about a lesbian woman attending a day centre, based on research 'Secret loves, hidden lives? Exploring same sex relationships for people with learning difficulties' by the Norah Fry Research Centre <http://www.bristol.ac.uk/norahfry/research/completed-projects/jan.pdf>
- **Sexual health information leaflets – easy read** (NHS Lanarkshire) 17 leaflets on sexual infections and sexual/reproductive health topics, available at <http://www.lanarkshiresexualhealth.org/resources/?category=31>

General LGBT guides, resources and services

- **LGBT Helpline Scotland** available for LGBT people, anyone thinking about their sexual orientation or gender identity, family, friends, partners and supporters including professionals <http://www.lgbt-helpline-scotland.org.uk/> Tues and Weds 12-9pm 0300 123 2523
- **Gender Identity: Introductory Guide for Supporting Transgender People** (Scottish Transgender Alliance) including information on a range of transgender identities, law, confidentiality, language, tips for supporting a transgender person who is close to you. Download pdf from <http://www.scottishtrans.org/resources/>
- **Coming Out Guide for LGB Young People** (LGBT Youth Scotland) https://www.lgbtyouth.org.uk/files/documents/guides/Coming_out_guide_-_LGB.pdf
- **Coming Out Guide for Trans Young People** (LGBT Youth Scotland) https://www.lgbtyouth.org.uk/files/documents/guides/Coming_out_guide_-_T.pdf
- **TRANSLation gender identity explained** (by young people with first hand experience) https://www.lgbtyouth.org.uk/files/documents/youthresources/Translation_-_Gender_Identity_Explained.pdf

Information and support for parents, carers and family members

- **LGBT Youth Scotland** section for parents <https://www.lgbtyouth.org.uk/pnc-resources>
- **Family Ties: A Guide for Parents who have Lesbian, Gay, or Bisexual Children** (Cara-Friend and The Rainbow Project – Northern Ireland) <http://www.whatsinyourcloset.co.uk/assets/outstanding/010-Family%20Ties.pdf>
- **A Guide for Parents and Family Members of Trans People in the UK** (Gendered Intelligence, UK) £2.50 + 70p P+P or pdf available to download from <http://genderedintelligence.co.uk/families/resources>
- **Parents' Enquiry Scotland** information and support for parents whose sons or daughters have come out as lesbian, gay, bisexual or transgender. www.parentsenquiryscotland.org and helplines for parents in Lothian, Strathclyde, parents of transgender people and religious (Christian) help. Email parentsenquiry@hotmail.com
- **"Dad, I've got something to tell you" some answers to the questions you might have if your son is gay** (by Parents' Enquiry Scotland and NHS Greater Glasgow and Clyde available on Parents' Enquiry Scotland website or at http://library.nhsggc.org.uk/mediaAssets/PHRU/Dad_I've_got_something_to_tell_you_leaflet.pdf
- **Mermaids** support group formed by parents of children with gender identity issues. (London based) support via telephone, email and post. <http://www.mermaidsuk.org.uk/>
- **Nicky Clark: Let's talk about sex** (01 July 2014) Carer and campaigner's reflection on puberty, sexuality and disability, and supporting teenagers into adulthood. <http://enablemagazine.co.uk/index.php/2014/07/nicky-clark-lets-talk-about-sex/>

Further reading and resources for professionals

- **Autism spectrum disorders in gender dysphoric children and adolescents** (de Vries et al. 2010) Journal of Autism and Developmental Disorders (2010) 40:930-936
- **Breaking the silence** Howarth, J. and Abbott, D. (2005) Learning Disability Practice 8.5 (June 2005) pp.10-11.
- **Challenging homophobia and heterosexism** (Norah Fry Institute) booklet for people with learning difficulties and the staff that support them <http://www.bristol.ac.uk/norahfry/research/completed-projects/challenging.pdf>
- **Coming out of the shadows** Blyth, C (2010) Learning Disability Today (June 2010) pp.14-16.

- **Consenting adults? Guidance for professionals and carers when considering rights and risks in sexual relationships involving people with a mental disorder** (Mental Welfare Commission for Scotland, updated in 2014)
http://www.mwscot.org.uk/media/51782/updated_consenting_adults.pdf
- **Database of Sexuality & Disability Resources** (2012) by Connect People Network in Ireland, includes LGBT section, available to download from <http://connectpeoplenetwork.com>
- **Empathising and systematising in adolescents with gender dysphoria** (Di Cegli et al. 2014) Opticon 1826 (16) 6:1-8.
http://docs.autismresearchcentre.com/papers/2014_DiCeglie_Adolescents_with_Gender_Dysphoria.pdf
- **Finding a safe place to explore sexual identity** Elderton, A. and Jones, C. (2011) Learning Disability Practice 14.5 pp.14-14.
- **Health Promotion Resource Centre**, NHS Lothian, Blackford Pavilion, Astley Ainslie Hospital, 133 Grange Loan, Edinburgh, EH9 2HL. 0131 537 9337/8 email resource.centre@nhslothian.scot.nhs.uk: Anyone living or working in Lothian is entitled to join the Resource Centre. You will be asked to complete a registration form and provide proof of identity. There are some sexual health and relationships resources in the learning disability section, which may be available for loan. Also 'how to put on a condom' leaflet available from the resource centre www.nhslothian.scot.nhs.uk/Services/A-Z/HealthPromotionResourceCentre/Pages/default.aspx
- **Hidden caregivers: providing appropriate services** Baber, C. (2012) British Journal of Healthcare Assistants 6.11 pp.530-533
- **In Touch focus group dramas – 'Brian'** (Leonard Cheshire Disability 2011) Brian has a learning disability. He is gay. His brother, Alec, can't come to terms with Brian's sexuality. In fact, he believes Brian can't be gay because he doesn't have the capacity to understand what it means. Alec hires a prostitute, Carmen, to try and 'cure' Brian. Duration: 11 minutes 32 seconds. Subtitled. <https://vimeo.com/10351006>
- **Is there a link between autism and gender dysphoria?** (K. Simon 2013, Huffington Post) http://www.huffingtonpost.com/kyle-simon/is-there-a-link-between-autism-and-gender-dysphoria_b_3896317.html
- **'Keep yourself healthy'** (Health Scotland) series of illustrated booklets for people with learning disabilities, covering a range of sexual and reproductive health topics. Available to download from <http://www.healthscotland.com/topics/health/wish/resources.aspx>
- **Learn your LGBT ABC: (very nearly) everything you've ever wanted to know about sexuality and gender terms** A6 booklet, 30p each from Brook www.brook.org.uk or publications@brook.org.uk
- **LGBT Identities and Learning Disabilities full report** (LGBT Health and Inclusion Project, Brighton and Hove) LGBT HIP hosted a roundtable and invited LGBT people with learning disabilities and workers from the LGBT sector and Learning Disabilities sector.
<http://switchboard.org.uk/wp-content/uploads/2015/05/LGBT-Identities-and-Learning-Disabilities-Report-1.pdf>
- **Making Choices Keeping Safe** (NHS Lothian Health Promotion 2004) Policy and practice guidelines on relationships and sexual wellbeing when working with people with learning disabilities. http://viascotland.org.uk/webfm_send/182/making-choices-keeping-safe.pdf
- **Mates 'n' Dates** Jones, C. and Magowan, E (2010) Learning Disability Today 10.8 pp. 32-34.
- **Norah Fry Institute, University of Bristol** including photo stories ('Phil's story' and 'Jan's story') in 'resources' section <http://www.bristol.ac.uk/norahfry/>

- **Rainbow Ripple Report** (2006) Lesbian, Gay, and Bisexual Disabled People's Experiences of Service Provision in Leeds <http://disability-studies.leeds.ac.uk/files/library/butler-the-rainbow-ripples-report.pdf>
- **Reducing health inequalities for lesbian, gay, bisexual and trans people – briefings for health and social care staff** (Department of Health (England) 2007) including 'disabled lesbian, gay and bisexual (LGB) people'.
http://webarchive.nationalarchives.gov.uk/+www.dh.gov.uk/en/publicationsandstatistics/publications/publicationspolicyandguidance/dh_078347
- **Richard's story** (Social Care Institute for Excellence – in England) video clip about being taken seriously by support staff and getting help to seek a same-sex relationship. Other information also available about social care and LGBT people. See www.scie.org.uk
- **Sexual Health and Relationships: A Review of Resources for People with Learning Disabilities** (2005, revised 2008) Includes an indication of LGB and T content.
www.healthscotland.com/uploads/documents/11496-AReviewOfResourcesforPeopleWithLearningDisabilities.pdf
- **Sexual health and relationships among people with learning disabilities** (LGBT Health and Wellbeing 2014) Presentation of interim findings of LGBT Learning Disability Project participants focussing on sexual health aspects
<http://www.gaycon.org.uk/presentations/2.3%20Sexual%20health%20and%20relationships%20among%20people%20with%20learning%20disabilities.pdf>
- **Sexual health interventions for people with learning disabilities including men who have sex with men – an integrative review of the literature** (A Middleton and Glasgow Caledonian University 2014)
<http://www.gaycon.org.uk/presentations/2.3%20Sexual%20health%20interventions%20for%20people%20with%20learning%20disabilities%20including%20men%20who%20have%20sex%20with%20men-An%20integrative%20review%20of%20the%20literature.pdf>
- **Still off limits? Staff views on supporting gay, lesbian and bisexual people with intellectual disabilities to develop sexual and intimate relationships?** Abbott, D and Howarth, J. (2007) Journal of Applied Research in Intellectual Disabilities 20.2 (March 2007) pp.116-126.
- **Talking about sexual and social relationships app** (BILD 2013) Search for 'bild all about people' in Apple app store or 'bild – all about people education' for Android app. Costs £1.99.
- **Traits of autism spectrum disorders in adults with gender dysphoria** (Paterski et al 2014) Archives of sexual behaviour 43(2):387-393.

Other resources

- www.emilybrooks.com Website by Emily Brooks, a journalist diagnosed on the autism spectrum, writes to change perspectives on gender, sexuality and disability issues.

Last updated: 24/09/2015