



Sex, Sexuality and Relationships

Sexuality is a normal part of life; it is healthy to experience these different types of feelings and express sexuality. However, some people receiving care may feel restricted or judged by those providing care and this may inhibit their ability to express their sexuality and meet those needs. As care providers we need to understand the importance of enabling people to manage their sexuality needs so we do not risk breaching their human rights as stated by the CQC.

At the end of this course you will know:

- To identify differences between sexuality and sex
- Recognise the rights of an individual regarding personal relationships, sexuality, and sex
- Have an insight to the issues faced by people with learning disabilities when expressing their rights to relationships, expressing their sexuality, and having sex
- Explore the impact your job role when supporting people in regard to personal relationships, sexuality and sex in line with person-centred care and government guidance

