



Relationships Policy for Users of Adult Social Services

Other Formats

The information in this leaflet may also be available in:

- Other languages
- English on audiotape
- Large print
- Braille
- British Sign Language with English subtitles

To request information contained in this leaflet in an alternative format, please telephone **01629 532225** and ask for the Performance Review Team.

如果你需要以另一種格式說明這份傳單的訊息，請致電 01629 532225 向績效檢討工作組提出要求。

इस दस्तावेज में भी जानकारी है उसे किसी अन्य रूप में प्राप्त करने के लिए प्रफॉर्मैन्स रिव्यू टीम (जांच करने वाली टीम) को टैलीफोन नंबर 01629 532225 पर सम्पर्क करने की कृपया करें।

Per richiedere le informazioni contenute in questo volantino in un formato alternativo, vogliate per favore, telefonare al seguente numero: 01629 532225 e chiedete del Performance Review Team (Ufficio di Revisione Competenze).

W celu uzyskania informacji zawartych w niniejszej ulotce w innym formacie, należy zadzwonić pod numer 01629 532225 i poprosić o połączenie z Performance Review Team (zespołem ds. oceny wyników).

ਇਸ ਦਸਤਾਵੇਜ਼ ਵਿੱਚ ਜੇ ਵੀ ਜਾਣਕਾਰੀ ਹੈ ਉਸਨੂੰ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿੱਚ ਪ੍ਰਾਪਤ ਕਰਨ ਲਈ ਪ੍ਰਦਾਰਮੈਂਸ ਰੀਵੀਓ ਟੀਮ (ਜਾਂਚ ਕਰਨ ਵਾਲੀ ਟੀਮ) ਨੂੰ ਟੈਲੀਫੋਨ ਨੰਬਰ 01629 532225 ਤੇ ਸੰਪਰਕ ਕਰਨ ਦੀ ਕ੍ਰਿਪਾਲਤਾ ਕਰਨੀ।

اگر آپ کو اس لیف لیٹ میں درج معلومات کسی اور صورت میں درکار ہوں، تو براہ مہربانی پرفارمنس ریویو ٹیم سے رابطہ کیجئے۔
(Performance Review Team) سے ٹیلیفون نمبر 01629 532225 پر رابطہ کیجئے۔

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Equal Opportunities

Derbyshire Social Services will provide services fairly, valuing diversity and with recognition for age, cultural background, disability, gender, HIV status, marital status, race, religion and sexual orientation.

Relationships Policy for Users of Adult Social Services

This leaflet sets out the *Derbyshire County Council Assisting People who use Services: Interpersonal Relationships Policy and Guidance* in an easy words and pictures format.



The policy is a set of rules written to help workers. They follow these rules, so you need to know about them too. This leaflet will tell you what is in the rules. It will also tell you what you can ask your workers and how your workers should behave.



What are your rights?

If you are 16 years of age and over, you have a right to have sexual relationships like any other person, as long as:

- You are able to understand what you are doing; and
- You are not being abused or forced into something that you do not want.

However, the law forbids people to have sex in some situations, such as: between close family members; between a worker and a service user; or to have sex at all in public places.



You have the right to:

- Be treated with respect
- Privacy and confidentiality
- Get information about: your body, your feelings, and the way to behave
- A private family life
- Make and break your own relationships
- Live with someone, marry or start a family
- Explore your sexuality: to decide if you are attracted to people of the same sex or of the opposite sex
- Not be sexually abused or exploited
- Support from an advocate who can advise and assist you with friendships and relationships and advise you of your rights.



Getting the information you need

Talking about relationships and sex is difficult for everyone. For some people, it can be more difficult to get the information and support they need

If you want to know about relationships and sex, or have any problems and worries, you can ask your support workers for information, advice or help.

You may want to:

- Find out how your body works
- Find out how to say 'no' if you don't want a relationship
- Find out about starting and finishing relationships
- Find out how the law can protect you
- Ask a doctor about your health
- Find out about clinics.

If your support workers can't answer all of your questions, or provide the help you need. They will make sure you get help from someone who can.



When you get information, it should be given to you in a way you can understand. This may mean getting it on CD or DVD or getting someone to spend extra time explaining things to you.

If you don't get the help you need or you feel a worker isn't following rules you can complain. Staff will tell you how to complain and how to get help to do so.

Keeping information private

Some things must be kept private. You need to know what things can be kept private and what things can't. Your workers must talk to you about this.

Your workers will keep information about your relationships and sexual matters private unless they are worried that you could be hurt. If a worker has to tell someone else about a private matter of yours you must be told about this and be involved in deciding what will happen next.



If you are unhappy about what a worker says to other people you can complain. You should be told how to complain and where to get help to do so.

If you don't live with your family you should be able to lock the door to your room and staff should not come into your room without asking you if they can. Staff should help you have your friends round in private if you want to.

Staff should close bedroom, bathroom and toilet doors when helping you to dress, bath or go to the toilet. There are special rules about this which you should ask about.

If you have sex or want to masturbate it must be in a private place. It is against the law to have sex where other people can see you, such as; in the street, public toilet or your workplace. If you need a private space speak to your support worker to get help with this.



Your family

Families are important and may play a big part in your life.

Workers will ask them what they think: about what help you need with relationships and sex and when important decisions are made about your sexual health.

However, you have the right to keep stuff about relationships and sex private from your family if you want to. Staff should always ask you first before talking to your family.



Keeping safe

Everyone has the right to feel safe. You may need to learn how to keep safe. Your worker will help you with this if you wish.

You may need to find out about:

- How to make decisions about whether people can be trusted
- How to say you don't want to have a relationship with someone, or just stay friends
- Good touch and bad touch
- Who to tell if someone is hurting you.

If someone is hurting you, or you don't feel safe, you must tell a worker. They must listen to you and respect what you say.



Your health

Your worker should help you find out about good sexual health.

If you are a woman you may need to find out about:

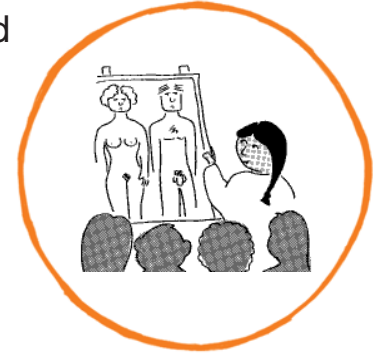
- Getting a smear test
- Having a baby
- How not to have a baby
- Checking your breast for lumps or bumps.

If you are a man you may need to find out about:

- Checking your testicles for lumps or bumps
- How to have a baby with someone
- How not to have a baby with someone.

Both men and women may need:

- Information about infections, such as: HIV, AIDS or Chlamydia, that can be caught by having sex with someone
- Help if they are having sexual problems.



Pornography and sexually explicit materials

If a book or video about sex can be brought or borrowed from a shop, you can ask for help to get them. Some people do not like pictures or videos about sex, so you will need to look at some things only in private.



Some books and videos about sex are not allowed by law. Your worker will explain this to you and will not help you get these.

You may need to ask your worker about looking for things on the internet. Both of you will need to ask your worker's manager for advice about this as it is important to make sure that you have safe use of the internet.



What must staff NOT do?

Workers must not break the law. Workers must not help you to break the law.

This means:

- Workers must not be your boyfriend or girlfriend or have sex with you
- Workers must not touch parts of your body that are private when teaching you about sex
- Workers must not help you to buy books or videos about sex that can't be brought or borrowed from a shop.



You should tell someone you trust: if you are having problems with a person working with you, or if a member of staff is hurting you or trying to get you to have sex with them. They will then make sure there is an investigation.

Notes

Derbyshire County Council - Social care offices

All telephone enquiries: 08456 058 058

High Peak and North Dales e-mail: highpeakandnorthdales@derbyshire.gov.uk

- Talbot Street, Glossop. SK13 9DG.
Textphone: (01457) 861898 Fax: (01457) 728850
- Stancliffe House, Molyneux Business Park, Whitworth Rd, Darley Dale, Matlock. DE4 2HJ. Textphone: (01629) 735410 Fax: (01629) 772324
- Cromwell House, High Street, Chapel-en-le-Frith. SK23 OHD
Textphone: (01298) 812556 Fax: (01298) 308150

Chesterfield e-mail: chesterfield.socialservices@derbyshire.gov.uk

- West Street, Chesterfield. S40 4TZ
Textphone: (01246) 277249 Fax: (01246) 347867
- 19 High Street, Staveley. S43 3UU
Textphone: (01246) 277249 Fax: (01246) 348057

North East Derbyshire e-mail: nederbyshire.socialservices@derbyshire.gov.uk

- High Street, Clay Cross, Chesterfield. S45 9JB
Textphone: (01246) 861852 Fax: (01246) 348889
- Southgate House, Southgate, Eckington. S21 4FT
Textphone: (01246) 348602 Fax: (01246) 348601

Bolsover e-mail: bolsover.socialservices@derbyshire.gov.uk

- Oxcroft Lane, Bolsover, Chesterfield. S44 6DJ
Textphone: (01246) 823105 Fax: (01246) 348415

Amber Valley e-mail: ambervalley.socialservices@derbyshire.gov.uk

- Long Close, Cemetery Lane, Ripley. DE5 3HY
Textphone: (01773) 570864 Fax: (01773) 728111
- Alfreton Primary Care Centre, Church Street, Alfreton. DE55 7BD
Fax: (01773) 546875

Erewash e-mail: erewash.socialservices@derbyshire.gov.uk

- Rutland Mill, Market Street, Ilkeston. DE7 5RU
Textphone: (0115) 9303058 Fax: (0115) 9098586

South Derbyshire and South Dales

e-mail: sdalessderbyshire@derbyshire.gov.uk

- Civic Way, Swadlincote. DE11 0AQ
Textphone: (01283) 226901 Fax: (01283) 238100

Supporting People e-mail: supporting.people@derbyshire.gov.uk

- Derbyshire County Council, County Hall, Matlock, Derbyshire. DE4 3AG
Tel: 08456 058 058

Out of office hours

We provide access to social services support out of normal office hours on: **08456 058 058**

Please note: not all offices listed provide social care services to both children and adults and your enquiry may be re-directed elsewhere. Please contact **Call Derbyshire on 08456 058 058** in the first instance.