

Relationships, the Internet and You

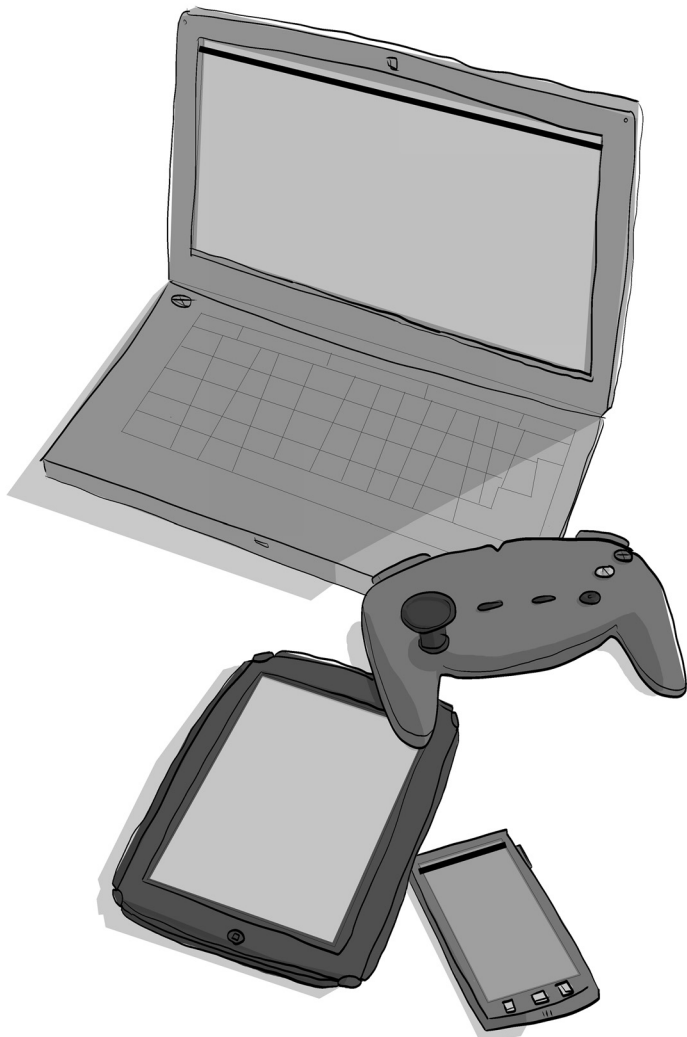
For 11-16 year olds with learning disabilities



To be read with a
parent, carer or
other adult.

Using the internet

We spend a lot of time looking at the internet, texting on our phones, playing games and watching videos.
It's fun to spend time online.

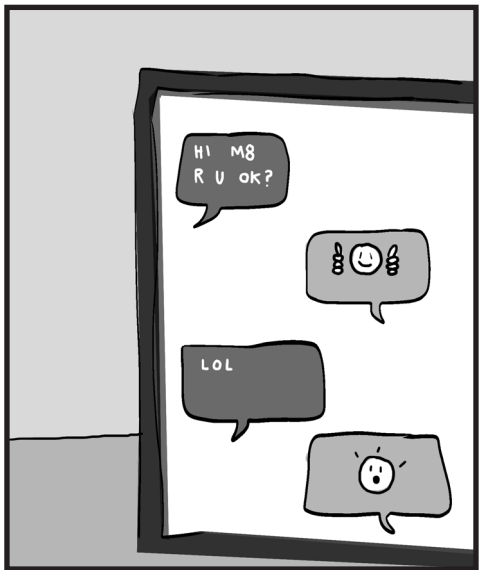


This booklet has some ideas on how to stay safe on the internet.

Sharing information about You



It can be fun to chat online - during games, on instant messenger, in chat rooms, and on social media like Facebook, Twitter and Instagram.



Do not share your phone number, full name or address with people you don't know in real life.



Some people could use this information to steal from you or hurt you.



Do not tell people your passwords or bank account pin numbers.



Learn the privacy settings on apps to keep safe.
Parents, carers or another adult can help with this.

Internet Friendships

We don't always know people on the internet.

4 of your
friends are
online now!



Hi
Add me as
a friend!



Hi mate
Wanna play warfare?



Love your cool pix!
Follow me to see mine!

Amy Sent you
a friend request ★



New
Messages



Lady 606
Followed you



cool Tony
Followed you

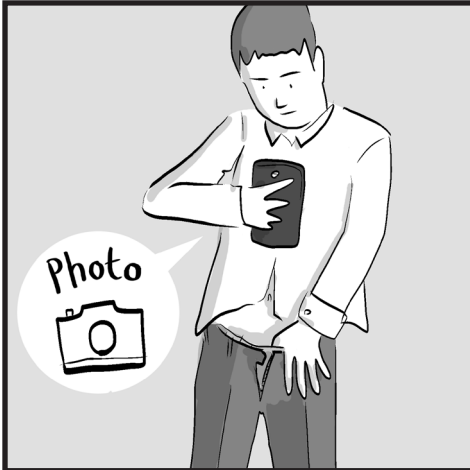
If you don't know someone in real life, they are a stranger.
Don't add people you don't know to your lists of friends.

They could be lying about who are they are so they can steal from you or hurt you.



If an internet friend wants to meet you, talk to your parents, carers or another adult.

Sexting



Sexting is when people take pictures of their penis, vagina or breasts and send them to other people. If the person in the picture is under 18 this is against the law.



Don't let anyone make you do something you don't want to. Those photos could be seen by other people, without you knowing.

This is not ok and you should tell someone if this happens.

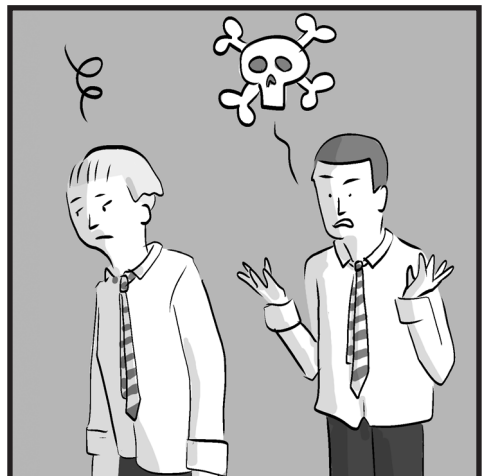
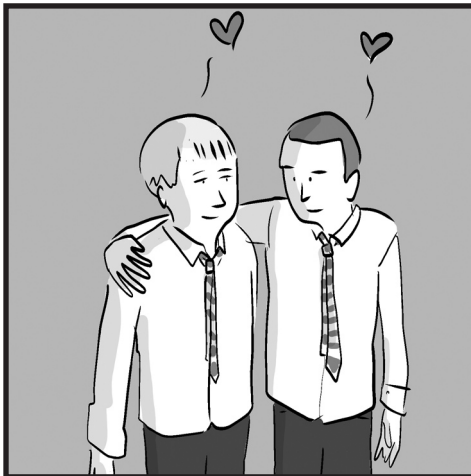
Asking Someone out

Some boys would like to have a girlfriend or a boyfriend. Some girls would like to have a boyfriend or a girlfriend. It is ok to like whoever you want. It is also ok to not want to have a boyfriend or girlfriend.

Finding someone who is right for you can be hard.



Sometimes you fancy someone and they don't fancy you back, and this can hurt.



Sometimes you can start going out with someone and then find out they are mean and you don't like them.

Going out with someone can be difficult. We have a lot of feelings. Talking about them with our boyfriend or girlfriend can help. Ask an adult to help you understand your feelings.



It is best to get to know someone and find things you both like.

Saying yes or no to Sex

If you do not want to have sex you can say no. If you do not want to have sex and someone does it anyway this is sexual assault or rape.

Do not hide this.



If you are under 16 it is against the law to have sex with anyone. Talk to your parents, carers or another adult if someone has done something when you did not want them to.

Clinics in Kingston you can visit to talk to a doctor or nurse about sexual health

Connect Clinic

@ The Wolverton Centre

Galsworthy Road,
Kingston, KT2 7QB

An appointment only clinic for anyone with a learning disability.

Tel: 020 8934 3399

Website: www.sexualhealthkingston.co.uk

You can attend any of the KU19 clinics without an appointment if you are under 19.

KU19 @ Guildhall 1

Reception Area, Guildhall 1,
Kingston, KT1 1EU

Mon: 3.30-6.30pm

KU19 @ Hawks Rd Clinic

Hawks Rd, Kingston, KT1 3EW

Weds: 3.30-5pm

KU19 @ YMCA

49 Victoria Road, Surbiton, KT6 4NG

Thurs: 3.30-6.30pm

KU19 @ Hook Centre

Hook Road, Chessington, KT9 1EJ

Fri: 3.30-6.30pm

Tel: 020 8549 6323 or 07781488019

Email: ku19@yourhealthcare.org

K-Zone Clinic

@ Kingston FE College

A drop-in clinic for students at Kingston college

Kingston Hall Rd, Kingston, KT1 2AQ

Mon: 12-2pm

Kingston University

Fairhill Medical Practice offer a variety of sexual health services to students at the university and you do not have to be registered with them to access these.

Call or visit the website for further information. Tel: 020 8417 2204

Website: www.fairhill.gpsurgery.net

The Point Clinic

@ The Wolverton Centre

A drop-in clinic for young people aged 18 and under.

Tues: 4-6pm.

The Wolverton @ Kingston Hospital,
Galsworthy Rd, Kingston, KT2 7QB

Tel: 020 8974 9331

Website: www.sexualhealthkingston.co.uk

YES Bus

Kingston Town Centre (outside Accessorize)

Thurs: 6.30-8.30pm

Sat: 1.30-3.30pm (excluding bank holiday weekends)

This leaflet was produced as part of the Sexual Health Information Delivery to Young People with Learning Difficulties project as a partnership between



Kingston College



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