

Sexuality and Relationships

Survey Results

October 2022



Real Life Options

a real choice | a real voice | a real difference

Giving Every Person a Voice

The My Voice is a quarterly survey designed to offer the people we support, and their families and guardians, a real voice in the organisation. Each My Voice survey focuses on a different topic and participants are invited to join subsequent focus groups to discuss these key themes and provide enlightening insights that inform and shape the way we support people into the future.

These results are taken from the fourth My Voice survey which focused on sexuality and relationships.

11
Respondents

11 People We Support completed the survey



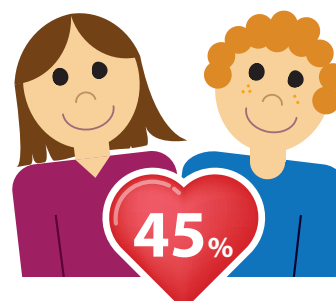
100% of people we support said they are able to keep their private life as private as they wanted it to be



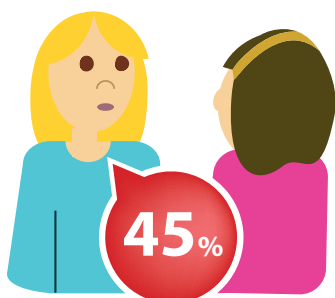
100% of people we support said they get support to have privacy or a personal place to go to if they want to



91% of people we support said that they didn't want information to help them understand the term sexuality



45% of the people we support that have a boyfriend or girlfriend said that they get support and information when they ask for it



45% of people we support said that they can talk to staff about any difficulties with their girlfriend or boyfriend



91% of people we support said that they didn't need any help or information about safe sex

Identified areas of strength and areas for development



Areas of Strength

100%

" I am able to keep my private life as private as I want it to be "

100%

" I get support to have privacy or a personal place to go to if I want to "

● YES

● NO



Areas of Development

45%

55%

" If I have a boyfriend or girlfriend I get the support and information I need when I ask for it "

45%

55%

" I can talk to staff about any difficulties with my girlfriend or boyfriend "

Common Feedback Themes



Areas of Strength

Throughout the feedback it is clear the support provision for privacy is an area of strength for the people we support.



Areas for Development

Feedback received indicated that at times the information and support we offer people has negatively impacted on their relationships.



Areas of Concern

The relatively small number of respondents and the manner in which the survey has been received by some Managers and Heads of Operations does suggest there is a great deal of work to be completed in combating the inherent stigma around sex, sexuality, relationships and support.

There does also appear to be a contrast between the results received in this survey and previous surveys surrounding privacy and the ability to keep relationships private should the person wish to. This could be, in part, due to the relatively small number of respondents to this survey.

Survey Results

 YES  NO

100%

Are you able to keep your private life as private as you want it to be?

0

Responses

If no, what can Real Life Options do to help?

100%

Do you get support to have privacy or a personal place to go to if you want to?

0

Responses

If no, what can Real Life Options do to help?

45%

55%

If you have a boyfriend or girlfriend do you get the support and information you need when you ask for it?

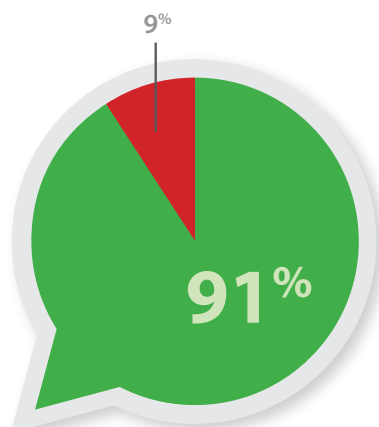
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Responses

If no, what can Real Life Options do to help and what information would you like?

Survey Results

● YES
 ● NO



Some people are attracted to people of the same sex and some people are attracted to people of the opposite sex.

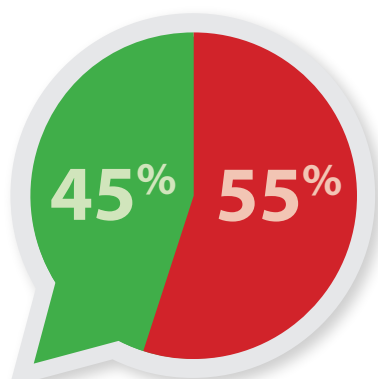
This is called "sexuality".

Would you like information to help you to understand this?

0

Responses

If yes, what can Real Life Options do to help?

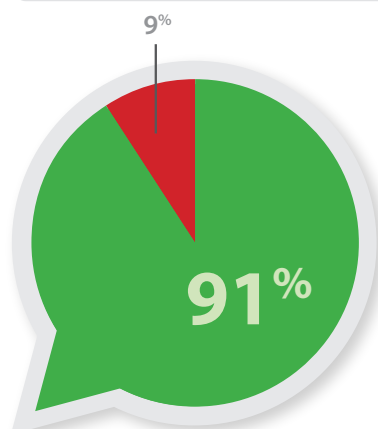


Can you talk to staff about any problems or difficulties with your girlfriend or boyfriend?

0

Responses

If no, what can Real Life Options do to help?



Can you talk to staff about any problems or difficulties with your girlfriend or boyfriend?

"Easy read information to keep safe"

1 Response

If no, what can Real Life Options do to help?

Areas for Further Improvement

Thank you to all of those who participated in the survey and shared your feedback as we now know when some people would like additional support in relation to sexuality and relationships. We will be able to develop ways of working for each person who would like support but in addition we can also look at the best way to train and develop our teams to offer you that support.

People have told us that:

- They do have privacy when they want it and they can keep private things private.

However, the areas where Real Life Options need to develop to support your needs better are:

- Offering you information to support your relationships, and
- Being able to talk to people who support you with difficulties in your relationships.

Real Life Options will now:

- Introduce training for our Service Managers and teams so that they know how and when to offer the support that you need and have asked for
- Make links with organisations who can provide information to support you with your questions
- Support our teams to listen when you are finding things difficult and to develop a way of supporting you that can be included in your support plan

Over the next few months you will begin to hear more about how these developments are progressing.

If you have any comments you would like to share, or if you would like to sign up to take part in a future focus group, please email
myvoice@reallifeoptions.org