

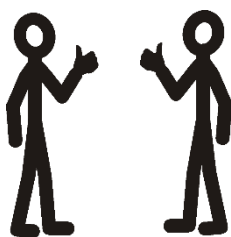
My Relationships



This easy read information is from Ask Us Nottinghamshire - Young People's Zone.



This document tells you about different types of relationships, and how to manage them.



We have lots of different relationships in our lives.

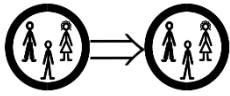


Most of us have:

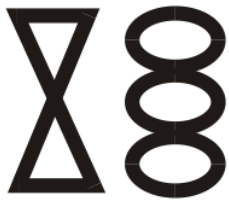
- Family and/or friends.
- Relationships with people that support us at school, college or at work.



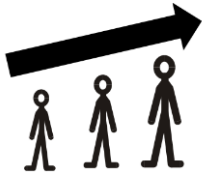
Some people also have romantic relationships.



As you get older, relationships may start to feel different. You may find that the people you are friends with changes over time.



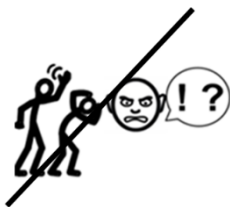
You may want different things out of your relationships.



Relationships change through life no matter how old you are.



All relationships are different and have their ups and downs.



No one should feel pressured to do things they don't want to do or feel isolated or trapped in unhealthy relationships.

Making friends



Some people find it easy to make new friends, but it is difficult for other people.



You can get better at making new friends.



If you want more information about making new friends, there is a [video you can watch on our webpage](#).

Sexuality and Identity



Your sexuality and gender identity are personal to you.



There are lots of labels you can use but all that matters is that you are happy, healthy and safe.



[The Proud Trust](#) has information that explains different sexualities and gender identities.



[Outburst Notts](#) is a group run for young people who are part of the LGBTQ+ community.



[LGBT Plus Notts](#) have local groups for children, young people and families.



[Trans4Me](#) is a Nottingham based youth group for trans, non-binary and gender questioning young people from ages 13-21.

Sexual health

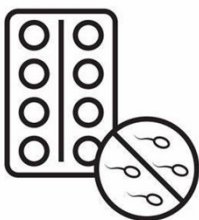
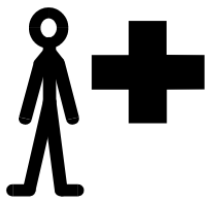


There are lots of services in Nottinghamshire to help you stay happy, healthy and safe.



C Card Nottinghamshire

- Gives free and confidential advice.
- Gives young people aged 13-25 access to free condoms, dental dams and lubricants.
- You can ask any questions about sex, sexually transmitted infections and relationships.



Nottingham City NHS Sexual Health Services

A free and confidential service for all sexual health needs, including:

- Health checks and tests for sexually transmitted infections.
- Emergency contraception.



To see information about sexual health services in Nottinghamshire, please visit the [Nottinghamshire County Council website](#).

Relationships: Emotional and mental health



Some relationships are not healthy or good for you. To find out more information, please see the links below.

NottAlone

[NottAlone](#)

NottAlone gives information about mental health and relationships (friends, family and romantic).



This website talks about abuse and domestic violence, so don't read it if you think it will upset you.



TeensHealth - [Am I in a Healthy Relationship?](#)

Information about healthy relationships and warning signs of unhealthy relationships.



Childline - [Healthy and Unhealthy Relationships](#)



- Information from Childline about healthy and unhealthy relationships.



- You can talk to Childline about how you feel.



- Childline can help you make sense of how you feel.



- Childline can help you understand what consent is, and what to do if someone makes you feel uncomfortable.



[Health For Teens](#)

Information about all types of relationships and keeping yourself safe physically, emotionally and mentally.

Bullying



There is a [video on our webpage](#) that tells you what to do about bullying.

Where can I get help?



You can [contact Ask Us Nottinghamshire](#) for information, advice or support.



The Ask Us Nottinghamshire service is here to help with a range of issues.



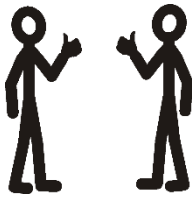
We can:



- Give you advice.



- Talk to your parents.



- Help you identify someone at your school who can support you.



If you would like to talk to us about the information you have read on this page, please contact us.



- [Visit our website.](#)



- Email: enquiries@askusnotts.org.uk



- Phone: 0800 121 7772

Links in this document

Contact Ask Us Nottinghamshire

askusnotts.org.uk/contact

Ask Us Notts- Young People's Zone- My Relationships (Including video about making friends)

askusnotts.org.uk/young-people/my-relationships

The Proud Trust

theproudtrust.org/young-people/exploring-identity/

Outburst Notts

facebook.com/outburstnotts

LGBT Plus Nottinghamshire

centreplace.org.uk/

Trans4Me

transunite.co.uk/group/trans4me/

C Card Nottinghamshire

ccardnottinghamshire.co.uk/

Nottingham City NHS Sexual Health Services

nuh.nhs.uk/sexual-health-services

Nottinghamshire County Council website- sexual health services in Nottinghamshire

nottinghamshire.gov.uk/care/health-and-wellbeing/sexual-health

Nottalone

nottalone.org.uk/

TeensHealth- Am I in a healthy relationship?

kidshealth.org/en/teens/healthy-relationship.html

Childline- Healthy and unhealthy relationships

childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/healthy-unhealthy-relationships/

Health for Teens- relationships

healthforteens.co.uk/relationships/

Ask Us Notts- Young People's Zone- My Relationships (including video about what to do about bullying)

askusnotts.org.uk/young-people/my-relationships

For plain English web page version of this information, go to:

[My Relationships - Ask Us Nottinghamshire](#)

<https://askusnotts.org.uk/young-people/my-relationships>

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