

Further information, advice & support

Although it pains us to say it, there is nowhere near as many resources and as much advice out there as there needs to be regarding disability and sex. Class this as an ongoing resources hub that we are building to ensure that everyone, with or without a disability, is clued up about 'getting it on'.

Should you have any other questions or queries, write to Emily or Mik at The Love Lounge: <http://enhancetheuk.org/enhance/the-love-lounge> Alternatively, these sites may be of interest to you – happy searching!

Useful Websites:

- Brook (<https://www.brook.org.uk/>) – Some of the best sexual advice we have read is via Brook, so much so, that we class them as one of our good partners!
- NHS Choices (<http://www.nhs.uk/pages/home.aspx>) – A really useful 'health search engine' for all your sexual questions and queries.
- DrED (<https://www.dred.com/uk/>) – A great site for personal and easy to read advice about pretty much any health concern.
- Enhance the UK (<http://enhancetheuk.org/enhance/>) – We are always here, and our resources are continuing to expand, to provide inclusive sex education and resources for people with disabilities.
- Disability Horizons (<http://disabilityhorizons.com/>) – This site has some great personal stories and accounts, all to do with disability and sex. Take a look!

And sometimes, you don't need a Google search

Your GP, or local sexual health clinic, will quite often have the answers – feel free to use them and ask any questions; no question is too silly!

Although it's probably not the 'coolest' thing to say... Mums and Dads have been through it all before and could probably give you a few pearls of wisdom when it comes to sex. Have fun discussing things with your friends and sexual partners; you're all going through it together – Enjoy the journey!

Our campaign...

Want to learn more about Enhance the UK's Undressing Disability Campaign? Watch our video here: <http://enhancetheuk.org/enhance/sex-and-disability/> and get in touch with us if you'd like to get involved in the campaign for inclusive sex education in schools all over the UK.

Show your support by following us on Twitter and Instagram! [@EnhancetheUK](https://twitter.com/EnhancetheUK)

