

Relationships, Sexual Health and Females on the Spectrum

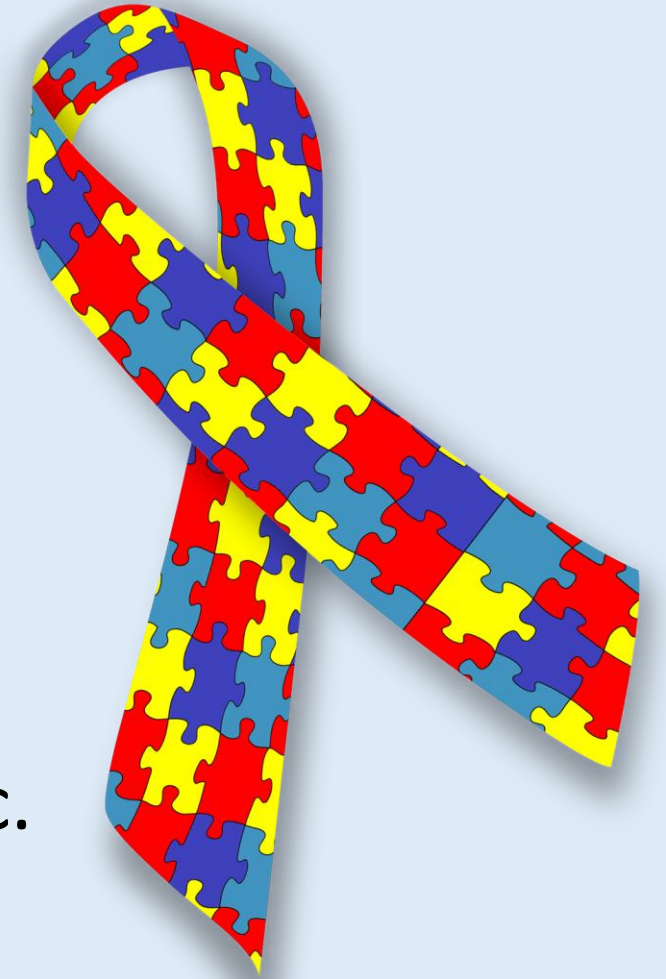
Relationships and Sex are Scary!

- How do I know if I'm ready?
- What kind of relationship do I want?
- What kind of person do I want to date?
- How do I want to meet with them?
- What if it goes wrong?
- How does my autism affect me?
- What if I never want a boyfriend or girlfriend?
- Overprotective parents/carers/professionals



How does autism affect sex and relationships?

- Social anxiety
- Social skills
- Sensory sensitivities
- Touch sensitivity (and bodily reactions)
- Difficulty managing romantic relationships
- Difficulty accessing services/contraception etc.
- Difficulties raising children.



Social anxiety and Social skills

- Mingling
- Small talk
- Building friendships
- Confidence and self esteem
- Attending public places and using public transport



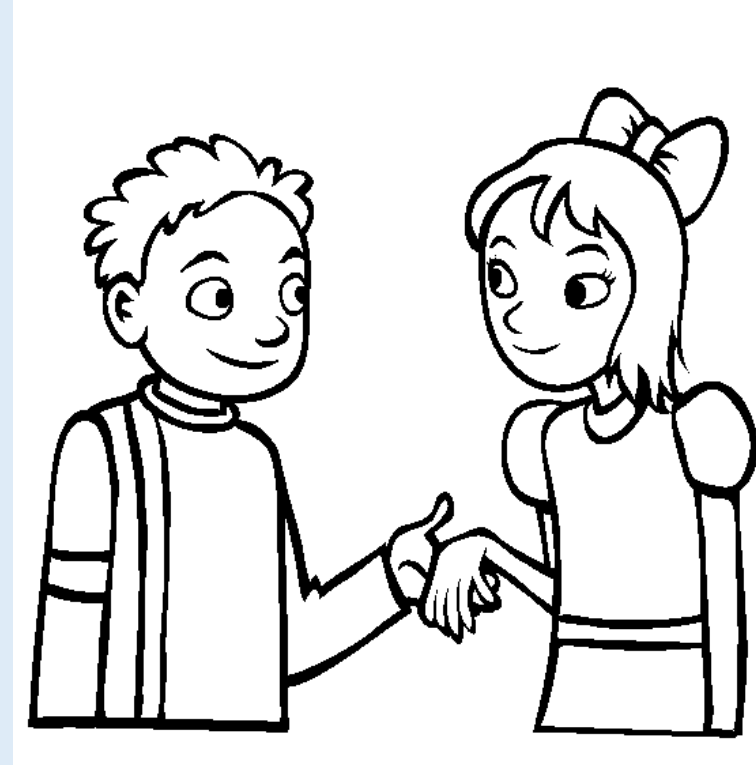
Sensory sensitivities

- Types of places to meet people and have dates
 - Loud places like clubs, bars, cinemas
 - Quieter places like coffee shops, museums
 - Online dating



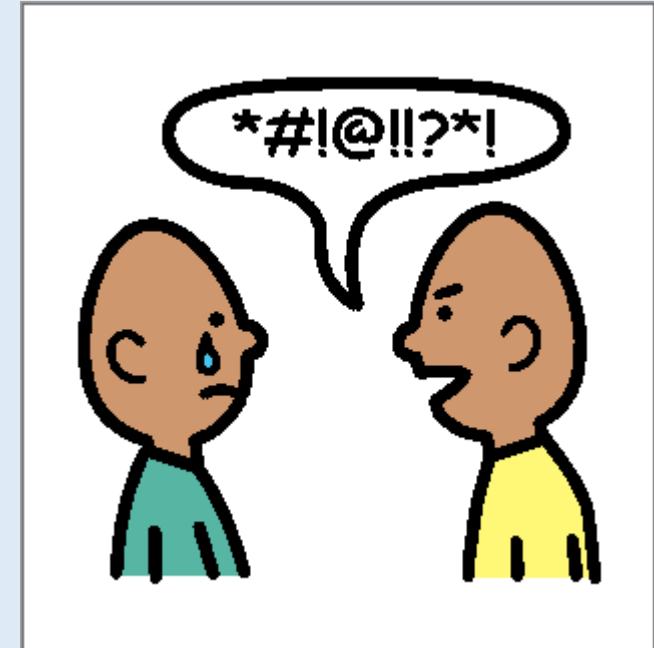
Touch sensitivity (and bodily reactions)

- Different types of touch
 - Holding hands
 - Hug vs cuddle vs snuggle
- Intimate touch
 - Kissing
 - Touching of sexual parts
 - Sexual intercourse



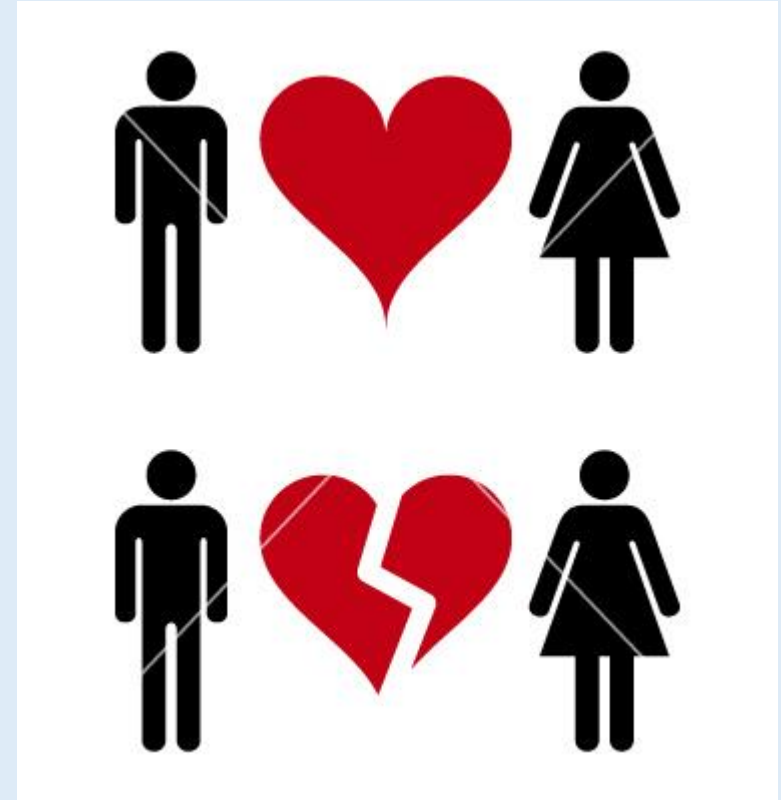
Vulnerability to abuse

- Financial abuse
- Confusion about consent
- Sexual abuse
- Emotional abuse
- More likely to obsess, or find interest in an unsuitable partner



Difficulty managing romantic relationships

- The pace of building a new relationship
- Keeping interest in someone
- Talking it to a sexual level
- What if it doesn't last forever?
- What is love anyway?



Difficulty accessing sexual health services and contraception

- Services not autism friendly
- Resources not autism friendly
- Sensory issues with examinations
- Hormonal contraception may clash with other medications
- Coils/implants are invasive procedures



Difficulties raising children.

- Can I have children if I have autism?
- Will my children also have autism?
- Can I be a good Mum if I have autism?
- Discrimination



Overprotective parents/carers/professionals

- Parents/carers/professionals not letting people have sexual relationships.
- Parents/carers/professionals having more traditional views of subjects like:
 - Sex before marriage
 - Sexuality

Products for you



[Login](#) | [Register](#) | [Email updates](#) | [Press](#) | [Northern Ireland](#) | [About us](#) | [Contact](#)

[Basket](#)

[Donate now](#)

Search

Go

For you

For professionals

Shop

[Products for professionals](#) | [Products for you](#) | [Special offers](#) | [Join FPA](#) | [Customer help](#)

Shop with us



Products for professionals

Your sexual health and wellbeing



GPs and clinicians



<http://www.fpa.org.uk/shop/home>

Planning a baby



Parenting and families



Men's health



Working with people with learning disabilities



Working with parents and families



Sex education: SRE and PSHE resources



corriem@fpa.org.uk