

Access to equal sex and relationships

What should we be seeking to achieve?

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What's happening with our relationships?

Partners: enduring love

- Couple relationships are vulnerable at key life transitions such as becoming a parent
- The great recession hit many couples hard
- Separation and divorce is far more common but not necessarily easier
- It's the *quality* of relationships that matter



4 in 5 people have a **good relationship with their partner**

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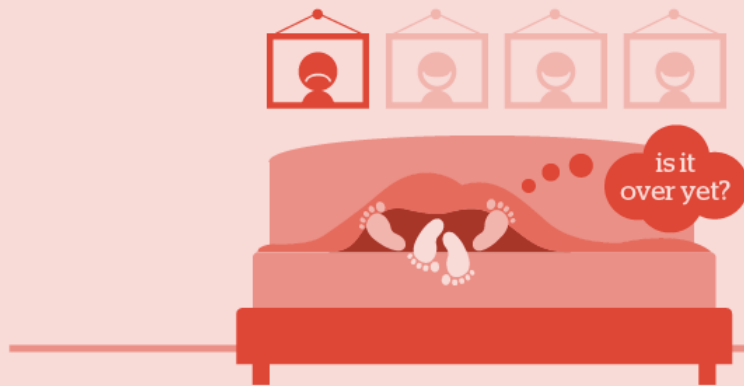
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The infographic features a light blue background with a dark blue footer. The main text is in a bold, sans-serif font. Below the text is a stylized illustration of a living room: a tall blue cabinet on the left, a framed picture of two people on the wall, a blue sofa with two stylized human figures sitting on it, and a floor lamp on the right. The footer contains the website URL, the 'relate' logo with the tagline 'the relationship people', and the 'RELATIONSHIPS SCOTLAND' logo.

Sex: a nation divided

1 in **4** people are
**dissatisfied with
their sex life**

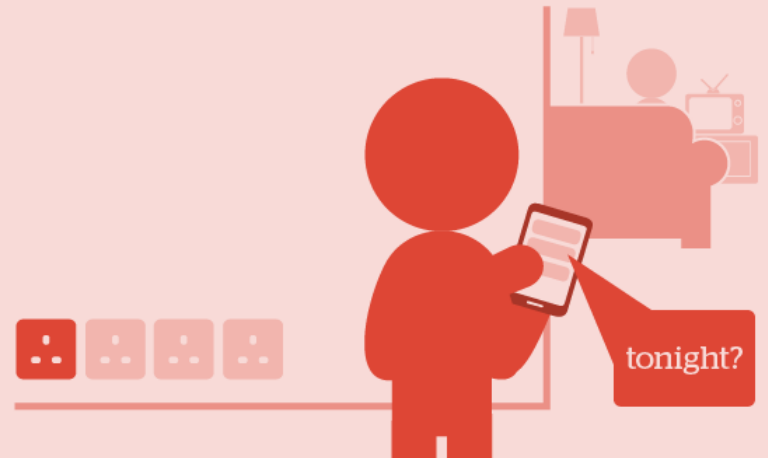


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24%
of people have had an affair



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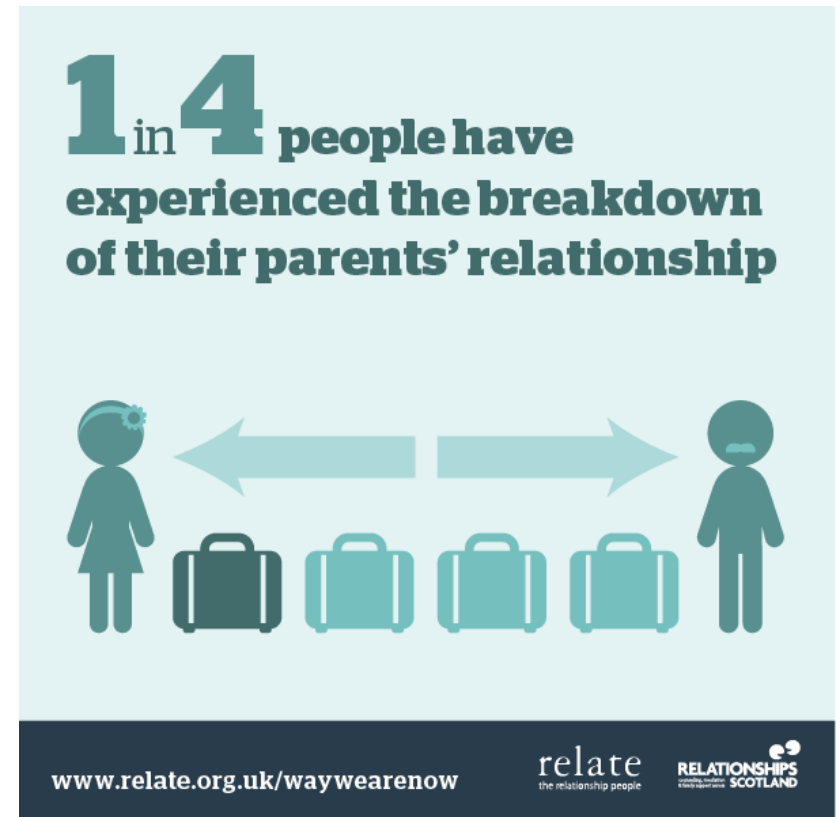
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Families: still changing

- Family life continues to change
- Relationships with our family continue to be important and we want them to be better
- 44% children and young people don't live with both parents by the age 16



Work: a delicate balancing act

1 in **3** people think their bosses believe the most productive employees put work before family



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59%
of people have a good relationship with their boss



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Friends: I turn to you

- 81% of women and 73% of men describe their friendships as 'good' or 'very good'
- Women are twice as likely to confide in their friends than men are
- Half of people have weekly contact with their friends





Relationship strains

Top four strains on relationships

1. Money worries
2. Work-life balance
3. Infidelity
4. Communication

62% of people think that money worries are one of the biggest strains on a relationship



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A photograph of two young men in profile, facing each other. They are outdoors, with a blurred cityscape in the background. The man on the left has short, dark hair and is wearing a dark blue jacket. The man on the right has slightly longer, dark hair and is wearing a grey jacket over a blue shirt. They appear to be in a conversation.

What makes a good relationship?

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What makes a good relationship?





Barriers and challenges faced by people with learning difficulties

Barriers and challenges

- Attitudes of families, carers and professionals
- Impact of cuts and structural change
- Focus on social relationships
- Pressure on families with disabled children
- Impact of technology



What are we seeking to achieve?

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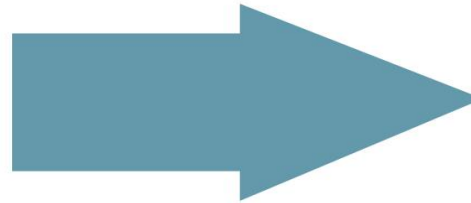
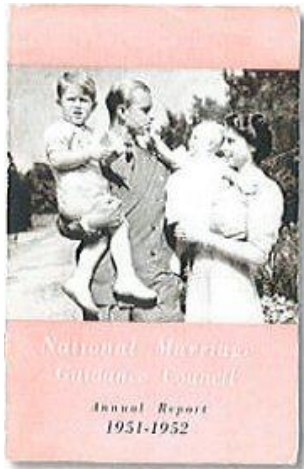
Four priorities...

- Improve access to good quality Relationships and Sex Education in schools
- Improve access to information for adults and young people with learning difficulties about sex, sexual health and relationships
- Challenge negative stereotypes about sex, sexuality and relationships
- Ensure that support is available at key transitions



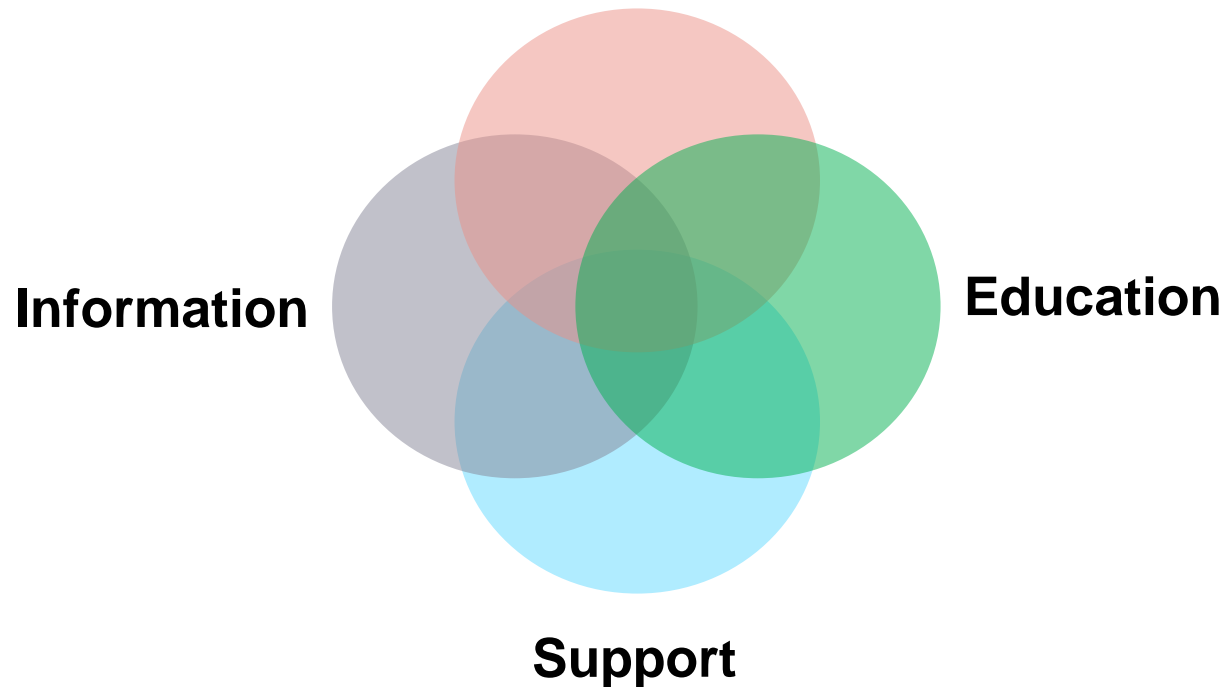
How we help

Not the National Marriage Guidance Council



Relate's service model

Counselling, therapy and mediation



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0300 100 1234

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