

The goal of this thesis was to create a manual for education of adults with mild mental disability in the field of sexuality and relationships. The manual is aimed to provide help to employees of Skok do života, o.p.s. in Hradec Králové.

First part is focused on theoretical clarification of terms such as mental retardation, adulthood, sexuality or relationships. This part also tries to gather theoretical resources for education of adults with mental disability.

The second part of this thesis presents the Manual for education of adults with mild mental disability in the field of sexuality and relationships. This document is based on a long-term participative observation of a group during realization of education in the field of sexuality and relationships.

Keywords: mental retardation, education of adults, sexuality and relationships, manual.