

# Resource list

## Secondary



### About this list

This resource list aims to provide easy reference to a wide range of available resources and teaching materials for sex and relationships education (SRE). It includes a selection of materials produced by the Sex Education Forum together with resources produced by Forum member organisations and other organisations both not-for-profit and commercial. It is not a comprehensive list but we have prioritised resources that are up-to-date and available.

The resources have been listed under four categories; primary level, secondary level, special needs/disabilities and resources for parents & carers. Resources falling into more than one category are listed in all relevant lists. A suggested age-range is given for each resource; however the maturity of children and young people varies so this should be used as a guide only.

The Sex Education Forum advises professionals to make their own choices about which resources to use. We do not endorse the resources on this list. The questions in the box below can help to choose and use a resource that will contribute to good quality sex and relationships education.

#### Choosing a resource

- Is the resource consistent with the values set out in the school or college SRE policy?
- Is it factually correct and up-to-date?
- Does it encourage active and participatory learning?
- Is the resource contemporary in terms of the realities of young people's lives?
- Does the resource portray positive images of a range of young people?
- Does the resource show positive role models for young men and young women – and avoid stereotypes relating to gender and sexual orientation?
- Is the resource inclusive on the basis of home and family circumstance, gender, sexual orientation, race, faith, culture and disability?
- Is it appropriate for the age, ability and maturity of the young people?
- Have resources been evaluated by young people and feedback acted upon?
- Have parents and carers been consulted about resources?
- Are teachers / tutors confident about using the resource?

#### Using a resource

- Will the resource be used in its entirety or will it be more appropriate to adapt it or select from it?
- Does use of the resource fit into a planned and developmental programme of SRE?
- Is there a range of types of resource being used across the SRE programme including a variety of formats such as video, audio, visual, games, and models?

## Obtaining resources

Most of the resources on the list are **not** available from the Sex Education Forum. Links to web-sites and publisher information are given. You may be able to view and borrow these resources from your local health promotion or local authority advisory service library.

Lists are also available for primary level, secondary level, special needs/disabilities and resources for parents & carers.

We welcome suggestions for new resources to add to the list. Please email [sexedforum@ncb.org.uk](mailto:sexedforum@ncb.org.uk)

## The list

### **4Boys, 4Girls: talking with young people about sex and relationships**

*FPA (2007)*

An activity manual designed to accompany the best-selling series of FPA booklets for young people. It uses a variety of learning methods to explore and develop the themes of the booklets.

Suitable for: 12 years and above

Format:

Cost: £14.99

Available from: [www.fpa.org.uk/Shop/](http://www.fpa.org.uk/Shop/)

### **4Boys/4Girls Snappers**

*FPA (2009)*

Folded paper quiz games which can be used on alone or with the FPA 4Boys/4Girls booklets.

Suitable for: Key Stages 3-4

Format: Game

Cost: £5.95 for 50

Available from: [www.fpa.org.uk](http://www.fpa.org.uk)

### **4Boys: a below the belt guide to the male body**

*FPA (2009)*

A full-colour highly illustrated booklet for young men, providing information on testicular self-examination, contraception, sexually transmitted infections and safer sex.

Suitable for: 12 years and above

Format: Booklet

Cost: £12.50 per 50 copies

Available from: [www.fpa.org.uk/Shop/](http://www.fpa.org.uk/Shop/)

### **4Girls: a below-the-bra guide to the female body**

*FPA (2009)*

A full-colour highly illustrated booklet, providing information on periods, how pregnancy occurs, contraception, sexually transmitted infections and safer sex.

Suitable for: 12 years and above

Format: Booklet

Cost: £12.50 per 50 copies

Available from: [www.fpa.org.uk/Shop/](http://www.fpa.org.uk/Shop/)

### **Abortion education: best practice toolkit**

*Education for Choice (2008)*

This toolkit provides a framework for delivering good quality abortion education in schools and other group work settings. It helps to assess the suitability of outside agencies to provide presentations on abortion in schools.

Suitable for: Key Stages 3-4

Format: Teaching/policy development toolkit

Cost: Free to download - or £4 for a hard copy

Available from: <http://www.efc.org.uk/Forprofessionals/Abortioneducationtoolkit>

### **Abortion: just so you know**

*FPA (2008)*

An illustrated booklet for young people with accurate information about abortion. Covers current UK abortion law, attitudes towards abortion, abortion procedures, and sources of further information and advice.

Suitable for: Key Stages 3-4

Format: A6 Booklet

Cost: £12.50 per 50 copies

Available from: [www.fpa.org.uk](http://www.fpa.org.uk)

### **Abortion: Rights, Responsibilities and Reason cross-curricula resource**

*Education for Choice (2004)*

This cross-curricular resource uses the topic of abortion to explore issues of citizenship, religion, law and ethics, as well as following the decisions that can lead to and result from an unintended pregnancy.

Suitable for: Key Stage 4 and above

Format: Teaching resource

Cost: £20.00

Available from: <http://www.efc.org.uk/Forprofessionals/Resources>

### **Active learning**

*Me-and-Us (2007) Anderson, Myra and De Silva, Stephen*

Active Learning is part of a series of cross-curricular themed activity books for PSHE-related subjects. Each book contains guidance and a range of activities suitable for use in schools and other settings. All the activities encourage active learning and discussion. This book explains what active learning is; gives some methods and ideas for creating a safe environment in which active learning can take place; discusses ways of identifying the needs of young people; talks about the methodologies behind the active learning process; and gives ideas for review and reflection and guidance on how to evaluate and assess PSHE.

Suitable for: 7-16 year olds

Format: Activity book

Cost: £12

Available from: <http://www.me-and-us.co.uk/psheskills/activelearning.html>

### **An educational guide to porn**

*Bish Training (2010)*

This unique leaflet is the only educational resource for young people around porn in the UK. It puts porn into context, in an even handed and sensitive way, to remind young people that it is entertainment for adults, not a teaching aid for the young. It is honest and frank and uses cheeky humour and graphics and, as with all Bish resources, is eye catching and concise. Suitable for: 14+ year olds

Format: Leaflet

Cost: £11.50 for 10

Available from: <http://bishtraining.com/index.php/resources/>

### **Apause**

*Health Behaviour Group (2010) SRE Project*

- i) A comprehensive set of grab-and-go resources for ease of delivery by experienced and inexperienced teachers of SRE integrates with:
- ii) A well established peer programme focusing on relationships and relationship skills.

Suitable for: Key Stages 3-4

Format: Class packs include guidelines (scripted and outline plans) for teachers and peers with all resources included, also available downloads and online video supported training

Cost: £4/exercise per class fully resourced. For prices call 01392 829450

Available from: [www.sreproject.org](http://www.sreproject.org)

### **Are you ready? Young people's views of sex and relationships**

*FPA (2007)*

Provides information about young people's views of sex and relationships and other evidence. Free to download from <http://www.fpa.org.uk/Shop/Sexualhealthresearch/Areyouready>

Suitable for: Secondary

Format:

Cost: £5.00

Available from: [www.fpa.org.uk/Shop/](http://www.fpa.org.uk/Shop/)

### **Ask Brook about...**

*Brook (2009)*

This series of 10 pocket sized booklets give clear age appropriate information on: STIs; Contraception; Condoms; Emergency Contraception; Abortion; Chlamydia; Contraception after having a baby; LARC; Sex and alcohol; and Sexuality.

Suitable for: 14+ years

Format: A6 Booklet

Cost: £20 per 50 copies

Available from: [www.brrok.org.uk](http://www.brrok.org.uk)

### **Assessment, evaluation and sex & relationships education: a practical toolkit for education, health and community settings**

*NCB (2004) Blake, S & Muttock, S*

This toolkit provides practitioners with practical activities for assessing learning and evaluating teaching. It includes: an overview of best practice in SRE; a summary of the theory and practice of assessment and evaluation, and forty activities that can be used with individuals or groups covering a wide range of abilities and ages.

Suitable for: Secondary

Format: Book

Cost: £22.00

Available from: [www.ncb.org.uk/resources/publications/](http://www.ncb.org.uk/resources/publications/)

### **Beliefs, Faiths and Attitudes**

*Me-and-Us (2009) Anderson, Myra and De Silva, Stephen*

Beliefs, Values and Attitudes is part of a series of cross-curricular themed activity books for PSHE-related subjects. Each book contains guidance and a range of activities suitable for use in schools and other settings. All the activities encourage active learning and discussion. This book contains 15 lesson activities under the topic headings of:

1. What the words 'Beliefs, Values and Attitudes' mean
2. Personal and Social Issues
3. Difference and Diversity

Suitable for: 7-16 year olds

Format: Activity book

Cost: £12

Available from: <http://www.me-and-us.co.uk/psheskills/bva.html>

### **Body image**

*Me-and-Us (2007) de Meza, Lesley and Swinden, Liz*

Body Image is part of a series of cross-curricular themed activity books for PSHE-related subjects. Each book contains guidance and a range of activities suitable for use in schools and other settings. All the activities encourage active learning and discussion. This book contains 18 lesson activities under the topic headings of:

1. Body Image and Self-Esteem
2. Me and My Body
3. Body Image and Fashion
4. Body Image and the Media
5. Food, Dieting and the Diet Industry
6. Responsibility, Influence and Action  
(three activities per topic)

Suitable for: 7-16 year olds

Format: Activity book

Cost: £12

Available from: <http://www.me-and-us.co.uk/psheskills/bodyimage.html>

### **Boys Talk**

*Centre for HIV & Sexual Health (2005)*

Leaflet for young men about sexual health, condom use and safer sex.

Suitable for: Secondary

Format: Leaflet

Cost: £15 per 50

Available from: [www.sexualhealthsheffield.nhs.uk/publications/4-1.php](http://www.sexualhealthsheffield.nhs.uk/publications/4-1.php)

### **Bwise2 sexual exploitation**

*Barnardo's (2010) Kork, Lucy, and King, Siobhan, and Ogilvy-Webb, Katriona, and Barnes, Katherine*

An educational programme for professionals to teach young people about sexual exploitation; grooming; power and control; risk management; equal consensual and respectful relationships and the law. It is based on real-life experiences with activities, handouts, case studies, facilitator notes and the PSHE curriculum for key stages 3 and 4. Includes a CD-ROM of the session resources for printing.

Suitable for: 12-17 year olds

Format: Education pack

Cost: £85

Available from: [www.dawsonmarketing.co.uk/barnardoscc](http://www.dawsonmarketing.co.uk/barnardoscc)

### **Challenging violence, changing lives**

*Womankind (2008)*

This CD-Rom has tools and activities to support schools in challenging gender stereotypes and stopping violence against women. Year 7 looks at Gender and Identity, Year 8 looks at Gender and Culture, Year 9 looks at building respectful relationships. The 14-19 lessons build on knowledge learned — and address violence against women and campaigning for change. There is also a whole-school section on stopping sexual bullying.

Suitable for: 11 to 19 years

Format: CD Rom

Cost: Free for schools

Available from: [www.womankind.org.uk/Education\\_resources](http://www.womankind.org.uk/Education_resources)

### **Choice discussion cards no.5: Sex Education**

*EGAR (2008) Scott-Horne, S*

A brief factsheet on the types of contraception available. With additional myth busting facts about conception, fertility and contraception.

Suitable for: Secondary

Format: Discussion cards

Cost: £20.00

Available from: [www.egar.co.uk](http://www.egar.co.uk)

### **Contraception: sex without making babies**

*Bish Training (2010)*

An illustrated guide to the sexual and reproductive female anatomy. Includes actual pictures of women and factual and honest descriptions of the clitoris, G spot and prostate.

Suitable for: 14+ year olds

Format: Leaflet

Cost: £11.50 for 10

Available from: <http://bishtraining.com/index.php/resources/>

### **Decision-making and communication**

*Me-and-Us (2009) Dixon, Hilary and Groves, Jane*

Decision-Making and Communication is part of a series of cross-curricular themed activity books for PSHE-related subjects. Each book contains guidance and a range of activities suitable for use in schools and other settings. All the activities encourage active learning and discussion. This book contains 16 lesson activities under the topic headings of:

1. Listening Skills
2. Decision-Making
3. Asserting Myself
4. Helping Others

Suitable for: 7-16 year olds

Format: Activity book

Cost: £12

Available from: <http://www.me-and-us.co.uk/psheskills/dmcs.html>

### **Drunk in charge of a body**

*Brook (2006)*

Teaching resource which enables professionals to demonstrate the link between sexual health and the effects of alcohol. For use in schools and youth groups, it prompts active discussion and participatory learning about alcohol and its effect on personal and sexual relationships, and increases awareness of the positive and negative influences of alcohol.

Suitable for: Primary and secondary

Format: Teaching pack

Cost: £30.00

Available from: [www.brook.org.uk/professionals/application/shop/?page=shop.browse&category\\_id=11](http://www.brook.org.uk/professionals/application/shop/?page=shop.browse&category_id=11)

### **Effective learning methods: approaches to teaching about sex and relationships within PSHE and Citizenship**

*SEF (2005) Martinez, A*

Covers planning and delivery of SRE in schools.

Suitable for: Primary and secondary

Format: Factsheet

Cost: Free (download)

Available from: [www.ncb.org.uk/sef/resources/planning\\_and\\_delivering\\_sre.aspx](http://www.ncb.org.uk/sef/resources/planning_and_delivering_sre.aspx)

### **Everything you need to know about relationships**

*Terrence Higgins Trust (2010) THT Young Leaders*

A booklet written by young people aimed at all young people designed to help young people think about relationships and what makes them work.

Suitable for: 13-19 years

Format: Booklet

Cost: Free

Available from: [www.tht.org.uk/publications](http://www.tht.org.uk/publications)

### **Family, friends and relationships**

*Me-and-Us (2007) Anderson, Myra and Gawlinski, Jean*

Family, Friends and Relationships is part of a series of cross-curricular themed activity books for PSHE-related subjects. Each book contains guidance and a range of activities suitable for use in schools and other settings. All the activities encourage active learning and discussion. This book contains 17 lesson activities under the topic headings of:

1. Relationships
2. Parents, Families and Children
3. Friendships
4. Sexual Relationships

Suitable for: 7-16 year olds

Format: Activity book

Cost: £12

Available from: <http://www.me-and-us.co.uk/psheskills/FFR.html>



### **FAQ on abortion**

*EFC (2010)*

A leaflet which answers all the questions we are most often asked about abortion by young people and professionals.

Suitable for: 16+

Format: leaflet

Cost: Free to download

Available from: [www.efc.org.uk/Foryoungpeople](http://www.efc.org.uk/Foryoungpeople)

### **Female sexual body parts**

*Bish Training (2010)*

An illustrated guide to the sexual and reproductive female anatomy. Includes actual pictures of women and factual and honest descriptions of the clitoris, G spot and prostate.

Suitable for: 14+ year olds

Format: Leaflet

Cost: £11.50 for 10

Available from: <http://bishtraining.com/index.php/resources/>

### **Foundation for a good life**

*Marriage Care*

Relationship education resource. Four modules for KS3, KS4 and 16+, covering 'Making and Sustaining Relationship', 'Sexuality', 'Marriage' and 'Family, Community and Citizenship'.

Suitable for: Key Stage 3 - 4 and above

Format: Teaching resource

Cost: Free to download or available in hard copy (postage costs must be paid).

Available from: <http://www.marriagecare.org.uk/pshe.php>

### **Going Further: Getting Started**

*Image in Action (2010)*

Going Further has been published by Image in Action with funding from the Department of Health and will be useful for staff working with learners with moderate learning disabilities or autistic spectrum disorders. With adaptation, some of the activities can be used with learners with severe learning disabilities. This gives staff a framework of why SRE is needed for learners in FE colleges, how to set up and evaluate a programme, useful resources and organisations.

Suitable for: 16+ year olds

Format: pdf booklet

Cost: Free

Available from: <http://www.imageinaction.org/res1.htm>

## **Going Further: Sex and Relationships Education course**

*Image in Action (2010)*

Going Further has been published by Image in Action with funding from the Department of Health and will be useful for staff working with learners with moderate learning disabilities or autistic spectrum disorders. With adaptation, some of the activities can be used with learners with severe learning disabilities. This is a course of 12 sessions with methods, activities and picture resources covering a range of topics:

- Relationships I; Friendships
- Relationships II; Attraction and trust
- Relationships III ; Dating
- Qualities of a relationship: respect, choice and assertion
- Development of a loving relationship
- Intimate relationships; consent and keeping safe
- Making choices about sex; resisting pressure
- Condoms to prevent unplanned pregnancy and sexually transmitted infections
- Accepting difference and addressing homosexual discrimination
- Sexualisation , manipulation and pornography

Suitable for: 16+ year olds

Format: Teaching pack

Cost: Free to download

Available from: <http://www.imageinaction.org/res1.htm>

## **HIV & AIDS: Know It All**

*Terrence Higgins Trust (2009)*

An HIV & AIDS information booklet for young black Africans.

Suitable for: 13-19 years

Format: Booklet

Cost: Free

Available from: [www.tht.org.uk/publications](http://www.tht.org.uk/publications)

## **HIV in schools**

*National AIDS Trust (2009)*

Practical resource for teachers providing suggestions on how to integrate HIV into the national curriculum for different subjects within key stages three and four. It includes lesson plans, ideas for assemblies and HIV fact sheets.

Suitable for: Key stages 3 - 4

Format: Resource pack

Cost: Free to download

Available from: [www.nat.org.uk/HIV-Facts/School-Packs.aspx](http://www.nat.org.uk/HIV-Facts/School-Packs.aspx)

### **How to be an amazing lover without having sex**

*Bish Training (2010)*

Promotes the benefits of non-penetrative sex in an engaging, positive and practical way. It reflects the reality of first time sexual experiences for young people and encourages young people to think about sex as being more than penetration.

Suitable for: 14+ year olds

Format: Leaflet

Cost: £11.50 for 10

Available from: <http://bishtraining.com/index.php/resources/>

### **How to have sex**

*Bish Training (2010)*

Explains how to have sex for the first time in a matter of fact, practical and appropriate manner without being titillating or encouraging sex. Promotes the importance of enjoying sex within a trusting relationship.

Suitable for: 14+ year olds

Format: Leaflet

Cost: £11.50 for 10

Available from: <http://bishtraining.com/index.php/resources/>

### **How to use condoms**

*Bish Training (2010)*

An easy to follow step by step guide with clear illustrations and information about emergency contraception. Now also includes information on condom types and practical tips for using and negotiating using them.

Suitable for: 14+ year olds

Format: Leaflet

Cost: £11.50 for 10

Available from: <http://bishtraining.com/index.php/resources/>

### **Interpersonal DVD and Manual**

*Working with Men (2008)*

The DVD contains several short clips, which can be used to stimulate discussion and activities, regarding male/female relationships. The accompanying booklet describes ideas for sessions, with some additional resources.

Suitable for: Key Stage 3 - 4

Format: DVD & manual

Cost: £45.00

Available from:

[http://www.workingwithmen.org/index.php?option=com\\_virtuemart&page=shop.browse&category\\_id=2&Itemid=153](http://www.workingwithmen.org/index.php?option=com_virtuemart&page=shop.browse&category_id=2&Itemid=153)

### **Is everyone doing it? Your guide to contraception**

*FPA (2007)*

A full-colour highly illustrated booklet that deals with peer pressure, the issues involved in starting a sexual relationship, going to a contraception or sexual health clinic, different contraceptive methods and sexually transmitted infections.

Suitable for: 12 years and above

Format: Leaflet

Cost: £12.50 per 50 copies

Available from: [www.fpa.org.uk](http://www.fpa.org.uk)

### **Is this love?**

*FPA (2007)*

A pocket-sized fold-out leaflet with illustrations and clear text designed to help young people identify, and protect against, abusive behaviour. The leaflet looks at caring behaviour and controlling behaviour, and provides contact details of organisations that can help victims and perpetrators of abuse.

Suitable for: Key Stage 2

Format: Pocket guide

Cost: £10 per 50 copies

Available from: [www.fpa.org.uk](http://www.fpa.org.uk)

### **Keys to sexual health and relationships for young people aged 11 to 14 years old**

*Tacade (2009)*

This resource provides opportunities to explore the development and maintenance of healthy relationships during this critical period of personal development through ten easy to follow key sessions.

Suitable for: 11 to 14 years

Format: Teaching pack

Cost: £24.95

Available from: [http://www.tacade.com/publications\\_sex.php](http://www.tacade.com/publications_sex.php)

### **Let's talk about sex: growing up, changing bodies, sex and sexual health**

*Walker Books (2005) Harris, R*

This book gives biological and psychological facts about sex, covering puberty, conception, birth control, HIV/AIDS, as well as the body, families and babies, and sexual health. The book is illustrated throughout with accurate cartoons.

Suitable for: 10 years and above

Format: book

Cost: £9.99

Available from: [www.walker.co.uk/Let-s-Talk-About-Sex-9781844281749.aspx](http://www.walker.co.uk/Let-s-Talk-About-Sex-9781844281749.aspx)

### **Love or Lies?**

*Eyes Open Creative (2012)*

This comprehensive education resource pack is ideal for professionals working with young people who want to explore issues around positive and negative relationships, peer pressure and sexual exploitation.

Suitable for: KS3 and KS4

Format: DVD & manual

Cost: £249

Available from: [www.fpadirect.org.uk](http://www.fpadirect.org.uk)

### **Love S.T.I.ngs: a beginner's guide to sexually transmitted infections**

*FPA (2009)*

Using a comic strip style, this booklet answers young people's questions about sexually transmitted infections – their symptoms and long-term effects, how they are treated and how they can be avoided. Presents a reassuring picture of sexual health clinics and stresses the importance of being tested.

Suitable for: 12 years and above

Format: Leaflet

Cost: £12.50 per 50 copies

Available from:

<http://www.fpa.org.uk/Shop/Sexandrelationshipseducationpublicationsandresources/Lovestings>

### **Love sex life**

*FPA (2006)*

Love sex life supports young people who want to explore all aspects of sex and relationships. Topics covered include getting to know your body, negotiating relationships, good communication, contraception, abortion, sexually transmitted infections, staying safe and enjoying sex.

Suitable for: 16 years and above

Format: Leaflet

Cost: £20 per 50 copies

Available from: [www.fpa.org.uk](http://www.fpa.org.uk)

### **Love sex relationships**

*FPA (2008)*

Clear text and humorous illustrations help young people explore how they feel about their own sexuality, body image and relationships. Features a strong emphasis on self-belief and doing what's right for you, as well as information on safer sex and contraception.

Suitable for: 12 years and above

Format: Leaflet

Cost: £12.50 per 50 copies

Available from: [www.fpa.org.uk](http://www.fpa.org.uk)

### **Male sexual body parts**

*Bish Training (2010)*

An illustrated guide to the sexual and reproductive male anatomy. Includes actual pictures of men. Factual and honest descriptions of the penis, frenulum, foreskin care, testicle care and an explanation of ejaculation.

Suitable for: 14+ year olds

Format: Leaflet

Cost: £11.50 for 10

Available from: <http://bishtraining.com/index.php/resources/>

### **Nobody's choice but mine**

*Centre for HIV & Sexual Health (2009)*

Booklet for young women looking at sex and relationship choices and decisions about whether to have sex, contraception, pregnancy and abortion.

Suitable for: Secondary

Format: Booklet

Cost: £30 per 50

Available from: [www.sexualhealthsheffield.nhs.uk/publications/4-1.php](http://www.sexualhealthsheffield.nhs.uk/publications/4-1.php)

### **Out In School**

*Terrence Higgins Trust (2009) Wragge, P*

A teaching pack providing teachers with ideas on how to talk about sexual orientation and challenge homophobia in school's. This pack has been written by teachers for teachers.

Suitable for: Key Stage 4

Format: Online Resource Pack

Cost: Free

Available from: <http://www.tht.org.uk/informationresources/publications/>

### **Out There**

*Centre for HIV & Sexual Health*

DVD highlighting the positive aspects of lesbian, gay and bisexual lives.

Suitable for:

Format: DVD

Cost: £25.00

Available from: [www.sexualhealthsheffield.nhs.uk/publications/4-1.php](http://www.sexualhealthsheffield.nhs.uk/publications/4-1.php)

### **Parenthood education guidance for schools**

*Parenting UK (2002) Parenting Education & Support Forum*

Covers all aspects of parenthood education in schools. Includes sample lesson plans, charts showing how parenthood education fits into Key Stages 1-4 and maps onto the PSHE and Citizenship curriculum, and lists of recommended materials.

Suitable for: All ages

Format: Guidance document

Cost: Free to download

Available from: <http://www.parentinguk.org/3/schools-and-PSHE>

### **Pink and Proud**

*Rotherham Healthy Schools Team*

This resource consists of a series of activities, including card sorts, board games and case studies, designed to give information, stimulate discussion and challenge prejudice. The pack contains enough sets of materials for 6 small groups to work at the same time within a classroom situation.

This resource has been developed for use with young people of secondary age to raise issues about sexual orientation and homophobia. It has been successfully used in a number of Rotherham comprehensive schools as part of PSHE and Citizenship, as well as in more informal settings such as Youth Centres and PRU's. The resource is also useful to use in staff training to help address issues on Difference and Diversity.

Suitable for: 11-16 years old

Format: Teachers pack

Cost: £49 + £5 P+P

Available from: [healthyschools@rotherham.gov.uk](mailto:healthyschools@rotherham.gov.uk)

### **Personal relationships**

*Folens (2000) Hunter, J & Phillips, S*

Part of a photocopiable PSHE scheme for secondary schools. Covers topics such as: Relationships in class; What makes a good friend and a good friendship; Developing listening skills; What helps relationships to work; Loving and being in love.

Suitable for: 11-16 years

Format: Teaching resource

Cost: £24.99

Available from: <http://www.folens.com/titles/578/personal-relationships>

### **Pregnancy: a young person's guide**

*FPA (2006)*

This comic style booklet covers reproduction, preparing for a pregnancy, the development of the fetus and birth. It also describes the physical and emotional changes of pregnancy and birth, giving young people a realistic view of pregnancy.

Suitable for: 12 years and older

Format: Leaflet

Cost: £12.50 per 50 copies

Available from: [www.fpa.org.uk](http://www.fpa.org.uk)

## **Protect yourself!**

*Brook (2004)*

This teaching resource consists of eight ready-made teaching packages on contraception and sexually transmitted infections, complete with teachers' notes, lesson plans, photocopiable handouts and evaluation sheets. Each lesson lasts an hour – or each can be divided into smaller teaching segments.

Suitable for: 14 years and older

Format: Teaching pack

Cost: £25.00

Available from: [www.brook.org.uk/professionals/application/shop/](http://www.brook.org.uk/professionals/application/shop/)

## **Relationships and you**

*Brook (2005)*

This magazine-style publication helps young people understand their feelings, decide if they are ready for a relationship, and if so, what sort of a relationship they want.

Suitable for: 14+ years

Format: 60 page magazine style booklet

Cost: £5 each, £4 each for 20+, £3 each for 100+ and £2 each for 200+

Available from: [www.brook.org.uk](http://www.brook.org.uk)

## **Relationship rules**

*Bish Training (2010)*

A fun leaflet to introduce some key relationships skills and ideas to young people. Now with a Doctor Love page where young people can have a go at being a 'sexpert' by answering some common relationship queries.

Suitable for: 14+ year olds

Format: Leaflet

Cost: £11.50 for 10

Available from: <http://bishtraining.com/index.php/resources/>

## **Risk-Taking**

*Me-and-Us (2008) de Meza, Lesley and Law, Paul*

Risk-Taking is part of a series of cross-curricular themed activity books for PSHE-related subjects. Each book contains guidance and a range of activities suitable for use in schools and other settings. All the activities encourage active learning and discussion. This book contains 15 lesson activities under the topic headings of:

1. Exploring Risk
2. Weighing up Risk
3. Making my Own Decisions

Suitable for: 7-16 year olds

Format: Activity book

Cost: £12

Available from: [www.me-and-us.co.uk/psheskills](http://www.me-and-us.co.uk/psheskills)



## **Safe and Sound**

*Healthwise/HIT (2004)*

Provides a whole-school approach to sex and relationships education. Includes over 130 learning activities, policy guidance, staff training workshops, programme guidance and planning and guidance on supporting young people. A copy of the Contraception Card Game is included.

Suitable for: Key Stage 3 - 4

Format: Teaching resource

Cost: £76

Available from: [www.hit.org.uk](http://www.hit.org.uk)

## **Safer sex: interactive learning resource**

*Contraception Education (2004)*

Uses a range of techniques, including drama and young people talking about their experiences, to raise issues of safer sex and sexual health.

Suitable for: Secondary

Format: DVD

Cost: £39.95

Available from: <http://www.contraceptioneducation.co.uk/>

## **Sense: sex and relationships. Key Stage 3 & 4**

*Sense CDs (2003)*

Interactive CD Rom developed for teachers and parents to use as a tool in SRE.

Suitable for: Key Stages 3-4

Format: CD-Rom

Cost: £120 (with school licence - single user licence £11.99)

Available from: [www.sensecds.com/ColesMcConnell\\_SENSE/sensehome.htm](http://www.sensecds.com/ColesMcConnell_SENSE/sensehome.htm)

## **Sex and relationships DVD**

*Channel 4 (2005)*

This DVD consists of three series for secondary students, starting with 'In My Experience', followed by 'Growing Up Gay' and 'More Than Love'. Video diaries are used to explore adolescent relationships. Includes a video of classroom practice, showing four teachers struggling to teach sex education successfully.

Suitable for: 11-19 years old

Format: DVD

Cost: £50 + VAT

Available from: <http://shop.channel4learning.com/?page=shop&cid=28&pid=1624>

### **Sex and relationship education, healthy lifestyles and financial capability**

QCDA (2005)

These materials include a teacher's handbook and 12 units of work on sex and relationship education, healthy lifestyles and financial capability. The units of work illustrate a range of flexible teaching and learning activities, as well as further guidance on delivering the PSHE curriculum in general. The guidance is not a scheme of work, but it can be used as part of a wider programme of training and support or to enhance a school's existing scheme of work for PSHE.

Suitable for: Key Stages 1-4

Format: Teaching resource

Cost: £10.00

Available from: <http://orderline.qcda.gov.uk/bookstore.asp?Action=Book&ProductID=9781858388076>

### **Sex and relationships KS3/KS4: contraception**

*Cable Educational (2009) Osborne, E*

Seven lesson plans covering contraception and teenage pregnancy.

Suitable for: Key Stages 3-4

Format: Lesson plans

Cost: £24.20

Available from: <http://cableeducational.com/catalog/>

### **Sex and relationships KS3: puberty**

*Cable Educational (2009) Osborne, E*

Seven lessons covering puberty, sexual activity and attitudes to growing up.

Suitable for: Key Stage 3

Format: Lesson plans

Cost: £24.20

Available from: <http://cableeducational.com/catalog/>

### **Sex and relationships KS3: sexual activity**

*Cable Educational (2009) Osborne, E*

Seven lessons covering sexual activity, love and relationships, STIs and HIV/AIDS.

Suitable for: Key Stage 3

Format: Lesson plans

Cost: £24.20

Available from: <http://cableeducational.com/catalog/>

## **Sex and the law**

*Bish Training (2010)*

Covers the Sexual Offences Act 2003 and what this means for young people. Also clarifies what consent means in addition to other key laws.

Suitable for: 14+ year olds

Format: Leaflet

Cost: £11.50 for 10

Available from: <http://bishtraining.com/index.php/resources/>

## **Sex education**

*Folens (2000) Hunter, J & Phillips, S*

Part of a photocopiable PSHE scheme for secondary schools. Covers topics such as: Gender differences; Informed decision making; The terminology used to describe the sexual organs; Dispelling myths about sex; Sexually transmitted infections; Where to go for help and advice.

Suitable for: 11-16 years

Format: Teaching resource

Cost: £24.99

Available from: <http://www.folens.com/titles/580/sex-education>

## **Sex, drugs and alcohol**

*Tacade (2010 (revised))*

Interactive resource for young people aged 14-19 particularly those with low levels of literacy. Can be used in schools, colleges, informal youth settings, with young people in care and those in the criminal justice system.

Suitable for: 14 years and older

Format: Teaching resource

Cost: £48.95

Available from: [www.tacade.com](http://www.tacade.com)

## **Sex, drugs and alcohol: HIV transmission activity**

*Tacade (2006 (revised))*

Insert for the Sex, Drugs & Alcohol resource (due to sensitive nature of these materials, must be bought in conjunction with Sex, Drugs & Alcohol)

Suitable for: 16 years and older

Format: Teaching resource

Cost: £26.95

Available from: [www.tacade.com](http://www.tacade.com)

## **Sex infections**

*Bish Training (2010)*

A straight forward and simple guide to STIs. Key messages but without recourse to scare tactics or stigma. Also includes a safer sex activity to give young people an understanding of how to make sex safer and sexier and how trust and boundaries are part of that.

Suitable for: 14+ year olds

Format: Leaflet

Cost: £11.50 for 10

Available from: <http://bishtraining.com/index.php/resources/>

## **Sexplanation!**

*National Youth Agency (2008)*

Sexplanation! is a 21st century update of the bestselling popular resource The Grapevine Game. Suitable for those working with ages 11 and up the board game format opens up honest discussion around sex and relationships. Sexplanation! is a frank, informative and fun game, developed with the professional support of leading young people's charity, Brook.

Suitable for: 11 years and above

Format: Board game

Cost: £46.00

Available from: <http://www.nya.org.uk/catalogue/youth-work-activities/sexplanation>

## **Sexual Health Quizzes**

*Avert (2008)*

A set of four interactive quizzes on sex education, pregnancy, condoms and HIV and AIDS. Each quiz is available in three levels of difficulty.

Suitable for: 11-19 years

Format: On-line quiz

Cost: Free

Available from: <http://www.avert.org/quizzes.htm>

## **Sexual orientation, sexual identities and homophobia in schools**

*SEF (2005) Martinez, A*

Supports schools to challenge homophobia and develop PSHE and SRE policy and practice which addresses sexual identities and is relevant to all children and young people.

Suitable for: Primary and secondary

Format: Factsheet

Cost: Free (download)

Available from: [www.ncb.org.uk/sef/resources/sex\\_and\\_relationships\\_topics.aspx](http://www.ncb.org.uk/sef/resources/sex_and_relationships_topics.aspx)

### **Should I have sex?**

*Bish Training (2010)*

This resource explores why some people regret sex, why some don't and when the right time is. Also with advice on dealing with pressure and planning first time sex.

Suitable for: 14+ year olds

Format: Leaflet

Cost: £11.50 for 10

Available from: <http://bishtraining.com/index.php/resources/>

### **SRE: are you getting it?**

*UK Youth Parliament (2007)*

Report of a survey of over 21,000 young people, asking about their experiences of and views about sex and relationships education.

Suitable for: 11 to 18

Format: Survey report

Cost: Free download

Available from: <http://www.ukyouthparliament.org.uk/campaigns/sre/AreYouGettingIt.pdf>

### **SRE core curriculum for London**

*Government Office for London (2009) Power, P & Procter, T*

Programme of study from Foundation stage to Key Stage 4. Includes schemes of work, links to lesson plans, suggestions for assessment and monitoring of SRE, case studies and an overview of legislation and guidance.

Suitable for: Key Stages 1-4

Format: Teaching resource

Cost: Free to download

Available from: <http://www.younglondonmatters.org/resourcecentre/18/sexandrelationshipseducationsre>

### **Teaching SRE with confidence in secondary schools**

*Christopher Winter Project (2009)*

Comprehensive and inclusive resource for teachers and others working in a secondary school setting. The CD ROM provides a spiral curriculum for sex and relationships education, and schemes of work and lesson plans using a range of teaching approaches and materials.

Suitable for: Secondary

Format:

Cost: £99 (+VAT)

Available from: [www.tcwp.co.uk](http://www.tcwp.co.uk)

### **The A-Z of Love and Sex**

*Teachers TV (2008)*

Three part series for teenagers covering issues around sex and relationships. One 20 minute film and two 30 minute films all featuring lots of young people talking about their experiences and opinions.

Suitable for: Key Stage 4

Format: Online films

Cost: Free (view online or download)

Available from: [www.teachers.tv/series/the-a-z-of-love-and-sex](http://www.teachers.tv/series/the-a-z-of-love-and-sex)

### **The complete guide to secondary school sex and relationship education**

*Birmingham Health Education Unit (2002) Cooper, A*

The Sex and Relationship Education book covers all aspects of SRE in secondary schools. There are pupil activities to use as well as background information for the teacher. A detailed scheme of work for all year groups in secondary school is included.

Suitable for: Secondary

Format: Book

Cost: £16.50

Available from: [www.birmingham.gov.uk/pshe-publications](http://www.birmingham.gov.uk/pshe-publications)

### **The confidence factor**

*Image in Action (2010) Duignan, Sarah*

A creative, practical resource for use with young people with special educational needs such as; moderate learning disabilities; or autism spectrum disorders; to help them navigate their world of social relationships and peer interaction. Fun and creative ways to develop social and communication skills through group work and to learn about growing up, assertion, friendship, relationships and sexual health.

Suitable for: 11-16 year olds

Format: Teaching pack

Cost: £24 plus £5 p+p

Available from: <http://www.imageinaction.org/res1.htm>

### **The Extra Large Guide to Sex and Relationships for Young Men**

*Working with Men (2008) Lloyd, T & Davidson, N*

A sexual health guide to help young men stay safe, be responsible, know when they are really ready for it, make choices about what is right for them and enjoy themselves.

Suitable for: Key Stages 3-4

Format: Booklet

Cost: £1.99

Available from:

[http://www.workingwithmen.org/index.php?option=com\\_virtuemart&page=shop.browse&category\\_id=2&Itemid=104](http://www.workingwithmen.org/index.php?option=com_virtuemart&page=shop.browse&category_id=2&Itemid=104)

### **The new guide to relationships and sex**

*Life Support Productions (2008)*

Sex Education/PSHE DVD for young people facing transition. Produced using 3D animation throughout, the DVD is presented by two realistic and engaging characters.

Suitable for: Secondary

Format: DVD

Cost: £99.00

Available from: [www.lifesupportproductions.co.uk/nse.php](http://www.lifesupportproductions.co.uk/nse.php)

### **Trust card game**

*Tender (2005)*

Pack of cards that can be used with young people in discussions about relationships. Each card depicts a different character with a different opinion about relationships, equality and respect.

Suitable for: Secondary and above

Format: Card game

Cost: £5.00

Available from: <http://www.tender.org.uk/trust/cardgame>

### **Underage and pregnant**

*BBC (2009)*

A set of 18 sixty-minute lessons, designed to be used sequentially or as stand-alone sessions. Incorporates footage from the BBC Three series 'Underage and pregnant' - these video clips are also available from the BBC web-site. Covers topics such as pregnancy choices, money, preparing for birth and bringing up baby.

Suitable for: Secondary and above (KS3,4+)

Format: Teacher's pack and youth worker's pack with DVD

Cost: Free to download

Available from: [www.bbc.co.uk/schools/teachers/underageandpregnant/packs.shtml](http://www.bbc.co.uk/schools/teachers/underageandpregnant/packs.shtml)

### **Unexpected**

*Education for Choice (2010)*

DVD featuring two films that examine issues around teenage pregnancy, parenthood, and abortion. The films follow two friends as they grapple with unintended pregnancy, each reaching her own, informed choice. Includes teaching notes with lesson plans, worksheets, and activities. Made by a group of young people, the films are a great way to start dialogue and empower young people around preventing pregnancy and making informed decisions when facing pregnancy.

Suitable for: Secondary and above

Format: DVD and teaching resource

Cost: £17

Available from: [www.efc.org.uk/Forprofessionals/Resources](http://www.efc.org.uk/Forprofessionals/Resources)

## **Why abortion? Understanding why women choose to have an abortion**

FPA (2008)

DVD which explores the realities faced by women relating to unplanned pregnancy and considering abortion. Using short drama pieces the viewer is asked to make choices and the DVD explores the options available when facing an unplanned pregnancy, and the factors that influence the decision making process. Includes a guidance manual.

Suitable for: 14 years and above

Format: DVD & manual

Cost: £24.99

Available from: [www.fpa.org.uk](http://www.fpa.org.uk)

### **Events Calendar; *to support you in planning seasonal sex and relationships related events and activities***

- LGBT History Month – February
- International Day against Female Genital Mutilation – February 6<sup>th</sup>
- International Day against Homophobia and Transphobia – May 17<sup>th</sup>
- Men's Health Week – 2nd full week of June
- World Population Day – July 11<sup>th</sup>
- FPA Sexual Health Week – 2nd full week of September
- World Contraception Day – September 26<sup>th</sup>
- Parent's Week – 3rd full week of October
- International Day for the Elimination of Violence against Women – November 25<sup>th</sup>
- World AIDS Day – December 1<sup>st</sup>
- Human Rights Day – December 10<sup>th</sup>

This resource list was published April 2012

For more information contact

[sexedforum@ncb.org.uk](mailto:sexedforum@ncb.org.uk)

Sex Education Forum

8 Wakley Street

London, EC1V 7QE

The Sex Education Forum is hosted by NCB.

President: Baroness Shireen Ritchie

Chief Executive: Hilary Emery

Registered charity No. 258825. Registered in England and Wales No. 952717

Registered office: 8 Wakley Street, London, EC1V 7QE. A Company Limited by Guarantee.

