

# Resource list

## Further Education / post 16



### 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) suitable for use with young people aged 16 and above. A suggested age-range is given for each resource; however the maturity young people varies so this should be used as a guide only. Resources designed for young people aged 16+ with special needs and disabilities are listed from page 9.

The list includes materials produced by Sex Education 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 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

### **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)

### **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.

Format: Leaflet

Suitable for: For over 14s

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

### **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.html](http://www.womankind.org.uk/Education_resources.html)

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

*Bish Training (2010)*

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

Format: Leaflet

Suitable for: For over 14s

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

### **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)

### **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: <http://www.efc.org.uk/Foryoungpeople/FAQsdownloadablefactsheet>

### **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.

Format: Leaflet

Suitable for: For over 14s

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

### **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)

### **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.

Format: Leaflet

Suitable for: For over 14s

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.

Format: Leaflet

Suitable for: For over 14s

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.

Format: Leaflet

Suitable for: For over 14s

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

### **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)

### **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.

Format: Leaflet

Suitable for: For over 14s

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

## **NHS Choices - where to get contraception**

NHS

5 minute video explaining where young people can confidentially get contraception.

Format: Video

Cost: Free

Available from: <http://www.nhs.uk/Livewell/Contraception/Pages/VideoWheretogetcontraception.aspx>

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

## **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.

Format: Leaflet

Suitable for: For over 14s

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

## **Sex and relationships DVD**

*Channel 4*

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

Format: DVD

Cost: £50+VAT

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

## **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.

Format: Leaflet

Suitable for: For over 14s

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

## **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)

## **Sexual health quizzes**

*Avert*

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 on-line

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

## **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.

Format: Leaflet

Suitable for: For over 14s

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

## **Should I have sex?**

*Bish Training (2010)*

Explores why some people regret sex, why some don't and when the right time is. Now also with advice on dealing with pressure and planning first time sex.

Format: Leaflet

Suitable for: For over 14s

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

### **Teaching SRE with Confidence with post 16s**

*The Christopher Winter Project (2010) The Christopher Winter Project*

This comprehensive and inclusive resource contains:

- Lesson plans incorporating a range of teaching styles and active learning strategies
- Stimulating games, activities and whiteboard materials
- Clear accessible guidance for teachers / staff
- Assessment and evaluation tools

It covers the themes of sexual responsibility, including the connections between young people's relationships, sexual health and aspirations.

Suitable for: 16-19s

Format: CD

Cost: £99

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

### **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: <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 with an 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)

## **Youth Health Talk**

*(First published 2005, last updated 2010)*

Youth Health Talk is a website about young people's real life experiences of health and lifestyle. It is not about the medical facts, this is about real people and real lives. There are lots of short videos to watch on-line. Topics covered under the sexual health theme include contraception, starting periods, sex education at school, coming out, feelings about STIs and first sexual experience.

Format: Video on-line

Cost: Free

Available from: [http://www.youthhealthtalk.org/Sexual\\_Health\\_of\\_Young\\_People/](http://www.youthhealthtalk.org/Sexual_Health_of_Young_People/)



## **Resources for young people aged 16+ with learning disabilities & special needs**

You may also find it useful to refer to both the secondary resource list and the special needs and disability resource list available from the *curriculum design* section in [www.sexeducationforum.org.uk/resources](http://www.sexeducationforum.org.uk/resources)

### **Condom Cards**

*Me-and-Us (2008)*

Eleven line drawings on laminated cards showing how to use a condom, together with a guidance card. For use by educators of people with learning disabilities or limited reading skills.

Suitable for: 14 years and above

Format: Set of 12 Cards

Cost: £10.00

Available from: <http://www.me-and-us.co.uk/condomcards/>

### **Exploring sexual and social understanding**

*British Institute for Learning Disability (2007) Dodd, K., Jones, K., Liddiard, H and Stroud, J. (eds)*

This illustrated pack has been developed to provide a flexible visual resource that can be used to assess sexual knowledge and capacity to consent of people with learning disabilities.

Suitable for: Secondary and above

Format: Teaching pack

Cost: £25.00

Available from: [http://www.bild.org.uk/03books\\_pca.htm#Exploring\\_sexual\\_and\\_social](http://www.bild.org.uk/03books_pca.htm#Exploring_sexual_and_social)

Format: Activity book

Cost: £12

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

### **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+

Cost: Free

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

### **Going Further: SRE 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+

Cost: Free

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

### **Let's do it**

*Image in Action (2007 (5th edition)) Rebecca Johns, Lorna Scott & Janet Bliss*

Includes 80 creative activities for SRE for young people with learning disabilities, using group work, games, drama and visual images and props. The resource employs a range of methods suitable for 11- to 25-year-olds, with examples of how to adapt the activities for different groups' needs, abilities and ages.

Suitable for: 11 to 25 years

Format: Teaching pack

Cost: £23 (+ P & P)

Available from: [www.imageinaction.org/res1.htm](http://www.imageinaction.org/res1.htm)

### **Let's plan it**

*Image in Action (2005) Lorna Scott and Sarah Duignan*

A detailed planning guide to creating programmes of Sex and Relationship Education for young people aged 11 to 25 with learning disabilities. It is a companion resource to Let's Do It and contains curriculum maps, schemes of work, assessment formats, nine full SRE programmes, weekly session plans and 26 new activities. Includes work on relationships, sexual activity, contraception and sexual health

Suitable for: 11 to 25 years

Format: Planning guide

Cost: £25 (+ P & P)

Available from: [www.imageinaction.org/res1.htm](http://www.imageinaction.org/res1.htm)

**Safe sex and Contraception**

**Sex and Masturbation**

**Sexual abuse**

**Friendships and relationships**

**Lesbian, gay, bisexual and trans**

*CHANGE (2010)*

This set of five booklets use easy words and pictures to encourage understanding around sexuality, and awareness of safe sex and personal safety. They can be used to support open discussion about all aspects of sex and relationships. Individual pictures can also be purchased to use to create your own accessible information.

Suitable for: Young people and adults with learning disabilities

Format: Booklets

Cost: £32 for pack of 5 booklets. £6.99 for individual booklets

Available from: <http://www.changepeople.co.uk/shop.php>

**Talking together... about contraception**

*FPA (2010) Scott, L & Kerr-Edwards, L*

This two-book pack supports young people with learning disabilities who wish to access contraception. Book one contains a guide to the methods of contraception available. Book two has been written for young people and has clear pictures, easy-to-read stories and picture posters

Suitable for: Young people with learning difficulties, aged 13 and older

Format: pack

Cost: £13.99

Available from: <http://www.fpa.org.uk/Shop/>

**Talking together...about sex and relationships. A practical resource for schools and parents working with young people with learning disabilities**

*FPA (2010) Scott, L & Kerr-Edwards, L*

Uses illustrated stories and activities for use in the classroom to explore a range of situations that young people with learning disabilities face as they grow up. Also has pages for parents/carers so that home and school /college can work in partnership.

Suitable for: Young people with learning difficulties, aged 13 and older

Format: pack

Cost: £14.99

Available from: <http://www.fpa.org.uk/Shop/>

## **The confidence factor**

*Image in Action (2010) Sarah Duignan*

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 years

Format: Teaching pack

Cost: £25

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

## **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>

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For more information contact

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