

# Resource list

## Disability



### 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

### All About Us

*FPA (2008)*

This CD-ROM aims to help the personal development and knowledge of people with learning disabilities around sex, sexuality and relationships.

Suitable for: All ages

Format: CD-ROM

Cost: £19.99

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

### Anatomically Correct Male and Female Cloth Models

*BodySense (2005) Fraser, J.*

Although originally developed for use with pupils with learning disabilities in educational settings, these dolls can also be used as teaching aids for a wider range of children and young people in both formal and informal settings.

Suitable for: All ages

Format: Cloth Models

Cost: £400 upwards

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

### Books Beyond Words

*Royal College of Psychiatrists and St Georges Hospital Medical School (Various) Hollins, S. and others*

Series of picture books for adults and adolescents who cannot read or who have difficulty reading. Titles cover a wide range of subjects, including falling in love, personal hygiene and health, and sexual abuse.

Suitable for: 7 years and above

Format: Books

Cost: £10.00

Available from: <http://www.rcpsych.ac.uk/publications/booksbeyondwords.aspx>

### **BSL - Signs for sexual health**

*Deafax (2006 (book) and 2007 (DVD))*

These complementary resources aim to support health care professionals, teachers and others to communicate more effectively with young deaf people and help foster better understanding of sexual health issues.

Suitable for: 7 years and above

Format: Flip book and DVD

Cost: £25 for flip-book, £35 for DVD, £55 for both

Available from: <http://www.forestbooks.com>

### **Chance to Choose**

*Me-and-Us (2005) Dixon, H*

Resource for educators working with people with learning disabilities. It consists of 73 activities which could create an SRE curriculum from ages 7–11, through ages 11–14 to 14–16 to young adults.

Suitable for: 7 years and above

Format: CD-rom

Cost: £20.00

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

### **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)

### **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)

### **I Change My Pad**

*Me-and-Us (2008) Mai Rees, Charlotte Carter and Lindsay Myers*

Booklet designed to give girls and young women with learning disabilities a reminder of when and how to change a pad. This booklet complements *Periods—a Practical Guide* and is designed to be taken away by the student and kept in her purse or bag for reference.

Suitable for: 10 years and above

Format: Purse Book

Cost: £2.00

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

### **Jason's private world**

*Life Support Productions (1996 (released as DVD 2007))*

A male orientated Sex Education DVD with special value to those with learning disabilities.

Suitable for: Primary and secondary

Format: DVD

Cost: £39.00

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

### **Kylie's private world**

*Life Support Productions (1996 (released as DVD 2007))*

A female orientated Sex Education DVD with special value to those with learning disabilities.

Suitable for: Primary and secondary

Format: DVD

Cost: £39.00

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

### **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 SRE for young people aged 11-25 with learning disabilities. It is a companion resource to Let's Do It and contains curriculum maps, schemes of work, assessment formats, 9 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)

## **Living your Life**

*Brook (2010)*

Following extensive revision by student and staff user groups this publication helps teachers and youth workers to design, deliver and evaluate a programme of sex and relationships education for young people with special educational needs and learning difficulties. It includes seven modules covering group-building; the physical self; emotions; relationships; sexual expression; public and private; being healthy and staying safe.

Suitable for: All ages

Format: Ringbinder

Cost: £120

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

## **Making sense of sex: a forthright guide to puberty, sex and relationships for people with Asperger's Syndrome**

*Jessica Kingsley (2008) Sarah Attwood*

Provides a clear and concise guide for young people with Asperger's syndrome on the physical, social & emotional aspects of puberty, sex & relationships. Describes developments in both the male and female body, and explains how to maintain hygiene and personal care. Examines emotional changes, including moods and sexual feelings, and provides comprehensive information on sex, sexual health and reproduction. Also looks at the nature of friendship and how it changes from childhood to adulthood, and its importance as a basis for sexual encounters.

Suitable for: Primary and secondary

Format: Book

Cost: £12.99

Available from: <http://www.jkp.com/catalogue/>

## **Periods: A Practical Guide**

*Me-and-Us (2008) Mai Rees, Charlotte Carter and Lindsay Myers*

Book with accompanying CD to teach girls and young women with learning disabilities about menstruation.

Suitable for: 10 and above

Format: Book, booklet and CD

Cost: £20.00

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

## **Picture Yourself 1**

*Me-and-Us (2006) Ann Craft and Hilary Dixon*

CD with four sets of line drawings designed to aid social and sex education for people with learning disabilities.

Suitable for: 11 years and above

Format: CD

Cost: £35.00

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

## **Picture Yourself 2**

*Me-and-Us (2004) Hilary Dixon*

CD with four sets of line drawings designed to aid social and sex education for people with learning disabilities.

Suitable for: 11 years and above

Format: CD

Cost: £60.00

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

## **Puberty and sexuality for children and young people with a learning disability**

*NHS Leeds (2009) Children's Learning Disability Nursing Team (Leeds)*

Comprehensive teaching pack designed for use with children and young people with severe learning disabilities. The pack uses a range of visual and tactile resources including dance and movement, anatomically correct dolls, role play and experiential learning, and can be used with both individuals and groups of children.

Suitable for: Children & young people with learning disabilities aged 9-18 years

Format: Teaching pack

Cost: Free

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

## **Safe: personal safety skills for deaf children**

*NSPCC (2009)*

Safe is intended to support the school curriculum, such as PSHE and SEAL programmes. Young deaf actors present the topics, which are supported with role plays (short films), storyboards, interactive animations and games. Covers feelings, relationships, bullying, SRE and other aspects of personal safety.

Suitable for: 7 years and above

Format: DVD-rom

Cost: £90.00

Available from: [www.nspcc.org.uk/Inform/publications/safe\\_wda58697.html](http://www.nspcc.org.uk/Inform/publications/safe_wda58697.html)

## **Safe sex and contraception**

### **Sex and Masturbation**

### **Sexual abuse**

### **friendships and relationships**

### **Llesbian, gay, bisexual and trans**

*CHANGE (2010)*

The 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.

Suitable for: Young people and adults with learning disabilities

Format: Booklets. Individual pictures can also be purchased to use to create your own accessible information

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

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

### **Sexual Knowledge and Behaviour**

*Me-and-Us (2010) Jane Fraser*

Assessment tool designed help teachers find out what a young person with learning difficulties requires from a programme of SRE, through use of a comprehensive questionnaire.

Suitable for: Young people with learning disabilities - all ages

Format: Book and CD

Cost: £35.00

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

### **Sexuality and learning disability: a resource for staff**

*FPA (2006)*

Based on fpa's highly successful learning disability courses, this book features a range of creative approaches to working with people with learning disabilities. Topics covered include: current law and policy; developing awareness and understanding; and skills and teaching. Also features examples of work that can be carried out with people with learning disabilities, and useful resources.

Suitable for: Secondary and above

Format: Book

Cost: £9.99

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

### **SHARE Special: an SRE curriculum for young people with special needs**

*Me-and-Us (2008)*

Curriculum materials on SRE for young people with moderate or severe learning difficulties and/or autistic spectrum disorder (ASD) in educational settings.

Suitable for: 11 and older

Format: Teaching pack

Cost: £50 (manual only) or £120 (manual plus cds, condom cards & 'Chance to Choose').

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

### **Songs for your body**

*Me-and-Us (2010)*

A CD of twelve songs designed to help a person with a learning disability learn about personal, social and sexual health, together with a book of guidance and activities for the educator to use.

Suitable for: Primary and secondary

Format: CD

Cost: £20.00

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



### **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: [www.fpa.org.uk/professionals/publicationsandresources/peoplewithlearningdisabilities](http://www.fpa.org.uk/professionals/publicationsandresources/peoplewithlearningdisabilities)

### **Talking together... about growing up: A workbook for parents of children with learning disabilities**

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

Practical activity-based workbook for use in home and school settings. Fully illustrated exercises related to everyday life. Provides advice on how to adapt the tasks to different levels of ability and in different family settings, and information on public and private behaviour; menstruation and masturbation; feelings and looking ahead to relationships. There is also clear advice on assertiveness training and keeping safe.

Suitable for: Children and young people with learning difficulties - all ages

Format: Workbook

Cost: £12.99

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

### **Talking together...and 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 can work in partnership.

Suitable for: Young people with learning disabilities aged 13 and above

Format:

Cost: £14.99

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

### **Teaching and Learning about HIV**

*NCB (2003) Blake, S & Power, P*

Resource for teachers in primary, secondary and special schools, including activities for young people with learning disabilities and ideas for addressing HIV across the curriculum.

Suitable for: Key Stages 1-4

Format: Teaching resource

Cost: £22

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

### **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)

### **The Rollercoaster**

*Rotherham Healthy Schools Team (2003)*

Rollercoaster addresses the issues of puberty. Rollercoaster is designed to explain some of the basic physical and biological changes of puberty in an interesting and fun way, in addition to enabling facilitators to explore some of the emotional aspects and changes that may accompany puberty. It is important for children and young people to develop skills and attitudes in addition to gaining information. Rollercoaster comprises 6 games, 3 of which are electronic for use on the interactive whiteboard and 3 of which are card based activities. It is a developmental resource and the suggested order is as follows:-

1. The name game (card sort)
2. Changes exercise (group activity)
3. The Growing up game (electronic game)
4. Monthly match game (electronic game)
5. Puberty true or false (electronic game)
6. The problem with young people (cards to initiate discussion)

Suitable for: KS2, Special Schools and lower KS3

Format: 6 games, 3 of which are electronic for use on the interactive whiteboard and 3 of which are card based activities

Cost: £49 + £5 P&P

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

### **Values Pyramid**

*Me-and-Us (2006)*

Board game activity that encourages exploration of values-based issues across three themes: sex and relationships, drugs and faith, culture and ethnicity.

Suitable for: Primary and secondary

Format: Game

Cost: £40.00

Available from: <http://www.me-and-us.co.uk/publications/vp/index.html>

## **Wendy Female Genitalia and Reproductive Organs**

*BodySense (N/A)*

Three dimensional model of the female genitalia and lower abdomen. Made of latex with a removable front panel covering the anatomically correct, 3D, internal reproductive organs in their correct location.

Suitable for: Primary, secondary and above

Format: Model (made to order)

Cost: £375.00

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

## **You, your body and sex**

*Life Support Productions (2007)*

A comprehensive Sex Education guide for people with learning disabilities/special needs. Based on Jason's Private World and Kylie's Private World with additional material, the DVD has an easy to use menu system that allows carers and educators to match the needs of viewing groups and individuals. Now with subtitles in large clear text.

Suitable for: Primary and secondary

Format: DVD

Cost: £59.00

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

## **Young disabled people can have sex and relationships**

*Brook (2004)*

These posters and booklet explore themes such as relationships, being gay/lesbian, becoming a parent, contraception, sexually transmitted infections, and access to sexual health services from the point of view of young disabled people.

Suitable for: Secondary and above

Format: Posters & Booklets

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)

## **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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