Resource List

Primary

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 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 children and young people's lives?
- Does the resource portray positive images of a range of children and young people?
- Does the resource show positive role models for girls and boys / women and men – and avoid stereotypes relating to gender and sexual orientation?
- Is the resource inclusive on the basis of home and family circumstance, gender, sexuality, race, faith, culture and disability?
- Is it appropriate for the age, ability and maturity of the children and young people?
- Have resources been evaluated by children and young people and feedback acted upon?
- Have parents and carers been consulted about resources?
- Are teachers 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 and 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.

We welcome suggestions for new resources to add to the list. Please email sexedforum@ncb.org.uk

4You Snappers
FPA (2009)
A folded paper quiz game which can be used on its own or with the FPA 4You booklet.

Suitable for: Key Stage 2
Format: Game
Cost: £5.95 for 50
Available from: www.fpa.org.uk

4You: growing up – what's it all about?
FPA (2009)
Cartoon booklet with information on puberty and growing up, male and female body changes, periods, wet dreams, feelings, keeping safe, and sources of further information and advice.

Suitable for: 9 years and above
Format: leaflet
Cost: £12.50 for 50 copies
Available from: www.fpa.org.uk/Shop/

A good practice guide to developing SRE in primary schools
Birmingham Health Education Unit (2006)
Provides a step-by-step guide to support schools in developing an SRE policy and scheme of work based on consulting with pupils, parents and staff. This enables the school to have a clear understanding of the needs of the children they are working with and can be used to ensure that the SRE is appropriate and child led.

Suitable for: Primary
Format: Book
Cost: £12.50
Available from: www.birmingham.gov.uk/pshe-publications

All about life: sex and relationship education in primary school
Rapport Group (2004) De Meza, L & De Silva, S
Contains SRE lesson plans for the Foundation year to Year 6. Provides an outline of national guidance on SRE and the policy context and legal position regarding teaching SRE. Includes a section on dealing with specific and sensitive issues. Also includes a set of photocopiable work sheets for children to use in their lessons.

Suitable for: Primary
Format: Teaching pack
Cost: £14.99
Available from: www.amazon.co.uk/All-About-Life-Relationship-Education/dp/1899527222

All Change Boys! And Girls!
Centre for HIV & Sexual Health (2004)
Two booklets for years 5 to 8, one for boys and one for girls, looking at issues around puberty.

Suitable for: 9 to 13 years
Format: Booklets
Cost: £15 per 50
Available from: www.sexualhealthsheffield.nhs.uk/publications/4-1.php

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Birth, care and growth
BBC (2006)
These three programmes for pupils aged 5-7 go beyond the biology of birth and growth to look at what it means and how it feels to 'grow up'. They explore the physical changes that accompany birth and growth, along with the caring and nurturing roles of parents and siblings. Programmes on the DVD include Animals, Our Babies and Caring and Growing. The Plus Pack also contains a Teacher's Activity book and three colourful A2 posters.

Suitable for: 5-7 years
Format: DVD
Cost: £52.19 (+VAT)
Available from: https://www.bbcactive.com/schoolshop/

Boys and Girls
Birmingham Health Education Unit (2006)
Using clear language and cartoons, this book explains the myths about gender stereotypes and provides an introduction to understanding the differences between boys' and girls' bodies. Comes in large and small formats – large book includes teachers notes and national curriculum links.

Suitable for: Early Years & Key Stage 1
Format: Book
Cost: £14.99 (big book), £4.99 (small book)
Available from: www.birmingham.gov.uk/pshe-publications

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

Growing up 4You mini quiz book
FPA (2009)
A pocket-sized book packed with games to help reinforce learning from the FPA 4You booklet.

Suitable for: Key Stage 2
Format: A4 that folds down to pocket size quiz book
Cost: £5.95 per 50 copies
Available from: www.fpa.org.uk

Hair in funny places
Jonathan Cape (2001) Cole, B
Picture book dealing with puberty, using humour.

Suitable for: 7-9 years
Format: Book
Cost: £5.99
Available from: www.randomhouse.co.uk/

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Key aspects of quality SRE in primary schools
Birmingham Health Education Unit (2006)
Provides a reference manual for primary schools and aims to help them develop and improve the delivery of SRE. Contains factual information and activities that can be used with pupils, staff, governors and parents. Considers the legal issues, assessment of SRE teaching, the role of governors and Ofsted requirements.

Suitable for: Primary
Format: Book
Cost: £12.50
Available from: www.birmingham.gov.uk/pshe-publications

Laying the foundations: sex and relationships education in primary schools
SEF (2006) Martinez, A & Cooper, V
This resource will support schools in developing SRE policy and practice and includes sample lesson plans and how to deliver specific topics.

Suitable for: Primary
Format: Teaching pack
Cost: £22.00
Available from: http://www.ncb.org.uk/resources/publications.aspx

Let's grow with Nisha and Joe
FPA (2009)
In this comic, Nisha, Joe and their dog introduce 6–7 year olds to the concepts of growth and change. It also helps children explore their relationships with friends and family. Includes teachers' guidance notes.

Suitable for: 6 to 7 years
Format: A4 booklet
Cost: £15 per 50 copies
Available from: www.fpa.org.uk

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

Let's talk about where babies come from
Walker Books (2004) Harris, R
Covers babies, reproduction, bodies, chromosomes, genes, growing up, love, and health. Information is imparted simply and with humorous commentary from an inquisitive bird and a squeamish bee and full-colour cartoon-strip illustrations.

Suitable for: 7 years and above
Format: Book
Cost: £9.99
Available from: www.walker.co.uk/Let-s-Talk-About-Where-Babies-Come-From-9781844281732.aspx

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Living and growing
Channel 4 (2006)
Three units covering ages 5-7, 7-9 & 9-11. The DVD aims to provide a whole school approach to sex and relationships education. This includes reproduction and sexual health in the context of relationships, personal self esteem, valuing diversity and choice. It addresses the topics of life cycles, puberty, friendships and sexual relationships, pregnancy and birth.

Suitable for: Primary
Format: DVD
Cost: £65.00
Available from: www.4learningshop.co.uk/C4Shop/

Mummy laid an egg!
Red Fox (2000) Cole, B
Picture book using humour and story to explain how babies are made.

Suitable for: 5-7 years
Format: Book
Cost: £5.99
Available from: www.randomhouse.co.uk/

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

Periods: what you need to know
FPA (2008)
This book uses straightforward text and simple images to answer the most common questions girls have about periods. The audience is young people aged 9 and above. It is for use by teachers and other sexual health professionals.

Suitable for: 9 years and above
Format: Leaflet
Cost: £12.50 per 50 copies
Available from: www.fpa.org.uk

Personal hygiene and puberty CD
Community Practitioners and Health Visitors Association (2003)
A useful resource pack for school nurses and others working with children at Key stage 2.

Suitable for: Key Stage 2
Format: CD
Cost: £1.00
Available from: http://www.cairnsbookshop.co.uk/index.php?app=gbu0&ns=prodshow&ref=CPHVA-0036

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Sense: Growing up and keeping safe; Key Stage 1
Sense CDs (2009)
Interactive CD Rom developed for teachers and parents to use as a tool in SRE, suitable for key stage 1.

Suitable for: Key Stage 1
Format: CD-Rom
Cost: £120 (with school licence - single user licence £11.99)
Available from: www.sensecds.com/ColesMcConnell_SENSE/sensehome.htm

Sense: Growing up and keeping safe; Key Stage 2
Sense CDs (2006)
Interactive CD Rom developed for teachers and parents to use as a tool in SRE, suitable for key stage 2.

Suitable for: Key Stage 2
Format: CD-Rom
Cost: £120 (with school licence - single user licence £11.99)
Available from: www.sensecds.com/ColesMcConnell_SENSE/sensehome.htm

Sex & relationship education: whiteboard active
BBC (2008)
Aimed at 9-11 year olds, this resource uses BBC video along with audio clips, discussion prompts and interactivity, to help children understand the physical and emotional aspects of growing up. Designed for use on an interactive white board the resource is arranged around the following themes: cycle of life; growing up; feelings; family life; friendships. A comprehensive teacher's book gives guidance for teachers about how best to use the resource to support SRE teaching.

Suitable for: 9 - 11 years
Format: DVD
Cost: £99 (+VAT)
Available from: https://www.bbcactive.com/schoolshop/

Sex and relationships education for ages 7-9: the no nonsense guide to sex education in primary schools
A&C Black (2009) Potter, M
This book contains photocopiable lesson plans and activities as well as support materials for teachers. The support materials provide guidance on developing a school SRE policy as well as suggesting ways of supporting and involving parents. The accompanying CD-ROM allows schools to customise the activities to suit their particular setting.

Suitable for: Primary
Format: Book
Cost: £19.99
Available from: http://www.acblack.com/

Sex and relationships education for ages 9-11: the no nonsense guide to sex education in primary schools
A&C Black (2009) Potter, M
This book contains photocopiable lesson plans and activities as well as support materials for teachers. The support materials provide guidance on developing a school SRE policy as well as suggesting ways of supporting and involving parents. The accompanying CD-ROM allows schools to customise the activities to suit their particular setting.

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Suitable for: Primary
Format: Book
Cost: £19.99
Available from: http://www.acblack.com/

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 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

SRE core curriculum for London
Government Office for London (2009) Power, P & Procter, T
Consistent 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 primary schools
Christopher Winter Project (2009)
Comprehensive and inclusive resource for teachers and others working in a primary 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: Primary
Format: CD ROM
Cost: £99 (+VAT)
Available from: www.tcwp.co.uk

The primary school sex education pack: a whole school approach to sex education
Healthwise/HIT (2005) Cohen, J
Comprehensive sex education pack including: staff training workshops; curriculum guidance and planning; pupil activities for KS1 and KS2; guidance on managing pastoral incidents; working with parents and governors workshop materials; and policy guidance.

Suitable for: Primary
Format: Teaching pack
Cost: £65 (discounts on orders of more than four copies)
Available from: www.hit.org.uk

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Towards Personal, Social and Health Education - Key Stage 1
Community Practitioners and Health Visitors Association (2003)
This pack for school nurses provides basic user-friendly activities and tips for use in the classroom with activity pages that can be photocopied covering oral and hand hygiene; healthy eating; drugs education, and sex and relationships education.

Suitable for: Key Stage 1
Format: Teaching pack
Cost: £8.00
Available from: http://www.cairnsbookshop.co.uk/index.php?app=gbu0&ns=prodshow&ref=CPHVA-0040

Towards Personal, Social and Health Education - Key Stage 2
Community Practitioners and Health Visitors Association (2003)
The second in the series for school nurses looks at teaching children how to maintain their physical and emotional health, and how this can help prevent unnecessary deaths and illnesses such as those caused by smoking or substance abuse.

Suitable for: Key Stage 2
Format: Teaching pack
Cost: £8.00
Available from: http://www.cairnsbookshop.co.uk/index.php?app=gbu0&ns=prodshow&ref=CPHVA-0039

'We want to know what's happening to us.....' A consideration of the issues and approaches to sex and relationship education and primary schools
Birmingham Health Education Unit (2003)
Draws on teachers experiences in delivering sex and relationships education and includes classroom lessons, evaluations of the lessons and examples of pupil's work.

Suitable for: All primary stages
Format: Book
Cost: £16.50
Available from: www.birmingham.gov.uk/pshe-publications

What's inside your tummy, Mummy?
Red Fox (2007) Cocovini, A
This book introduces young children to the concept of where babies come from and how they grow. Large drawings show month by month how big the baby is and how far along a timeline the baby has moved. The final spread uses a giant fold down flap to reveal the fully grown baby ready to be born and greet the world.

Suitable for: Primary
Format: Book
Cost: £6.99
Available from: www.randomhouse.co.uk/

Where willy went
Red Fox (2007)Allan, B
Picture book about Willy, one of 300 million sperm living in Mr Browne, and the race he embarks on.

Suitable for: 5 to 7
Format: Book
Cost: £5.99
Available from: www.randomhouse.co.uk/

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Your Mummy ate my football
Birmingham Health Education Unit (2007)
This book explains how babies are made and how they need to be cared for once they are born. Comes in large and small formats – large book includes teachers notes and national curriculum links.

Suitable for: Foundation & Key Stage 1
Format: Book
Cost: £5.99
Available from: www.randomhouse.co.uk/

Resource List

The Sex Education Forum is a unique collaboration of member organizations and practitioner networks. Our core belief is that ALL children and young people are entitled to good quality sex and relationships education in a variety of settings.

For more information email sexedforum@ncb.org.uk
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