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/disability 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

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/

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

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/

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/

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

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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

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

Apause
Health Behaviour Group (2010) SRE Project
Comprehensive peer education based programme of SRE which emphasises relationships education.

Suitable for: Key Stages 3-4
Format: SRE programme (Hardcopy/CD/Downloads)
Cost: Annual subscription fee. For prices call 01392 829450
Available from: http://www.apause.com/

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/

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/

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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

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

Choice discussion cards no.5: Sex Education
EGAR (2008) Scott-Horne, S
Part of the 'Choice' series of discussion cards from EGAR, this resource is designed to help explore young people's understanding of sex education, to encourage discussion and enhance their understanding.

Suitable for: Secondary
Format: Discussion cards
Cost: £20.00
Available from: www.egar.co.uk

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

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

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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

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

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

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

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

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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

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

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

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

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

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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

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

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

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

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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

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

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

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

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Available from: 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 ages 12-16

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

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/

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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 Stage3
Format: Lesson plans
Cost: £24.20
Available from: http://cableeducational.com/catalog/

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

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

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

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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

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

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

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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

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

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

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

Unexpecting
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 ctivities. 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

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Cost: £17
Available from: 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

Resource List

The Sex Education Forum is a unique collaboration of member organisations 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
Sex Education Forum
8 Wakley Street
London, EC1V 7QE
www.sexeducationforum.org.uk

President: Estelle Morris
Chief Executive: Paul Ennals
Registered Charity No 258825. Registered in England and Wales No 952717
Registered Office: 8 Wakley Street London EC1V 7QE. A Company Limited by Guarantee