

Resource List

Parents & carers



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

Babies: all about conception, birth and the first years

Usborne (2004) Meredith, S

Part of the Facts of Life series, this book traces the development of a baby from conception to birth and the first years of life, and the effects of pregnancy on the mother.

Suitable for: 10 years and above

Format: Book

Cost: £5.99

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

Great answers to difficult questions about sex: what children need to know

Jessica Kingsley (2010) Goldman, L

Book to help parents talk to their children about sex. Covers topics such as how babies are made, relationships, and puberty.

Suitable for: Early years, primary and secondary

Format: Book

Cost: £10.99

Available from: www.jkp.com/catalogue/book/9781849058049

Growing up: all about adolescence, body changes and sex

Usborne (1997) Meredith, S

Part of the Facts of Life series, this book covers puberty, sex, STIs and contraception.

Suitable for: 10 years and above

Format: Book

Cost: £5.99

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

How did I begin?

Franklin Watts (2004) Manning, M & Granstom, B

Illustrated book explaining how babies are made.

Suitable for: 7 to 11 years

Format: Book

Cost: £5.99

Available from: http://www.franklinwatts.co.uk/CITIZENSHIP-AND-PSHE_Books_26387_Page_1.htm

Lets Talk...about sex and relationships!

Centre for HIV & Sexual Health (2003)

Booklet for parents on talking and listening to children about sex and relationships.

Suitable for: All ages

Format: Booklet

Cost: £30 per 50

Available from: www.sexualhealthsheffield.nhs.uk/publications/4-1.php

Lets Talk...about sex and relationships! Ten top tips for parents and carers

Centre for HIV & Sexual Health (2007)

Postcard for parents with tips from children and young people on talking to them about sex and relationships.

Suitable for: All ages

Format: Postcard

Cost: £15 per 100

Available from: www.sexualhealthsheffield.nhs.uk/publications/4-1.php

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/

Sex and relationships

Parentchannel.tv

Series of short videos for parents on talking to their children about sex and relationships and how best to provide support.

Suitable for: All ages

Format: Online films

Cost: Free

Available from: <http://www.parentchannel.tv/sexandrelationships>

Sex, puberty and all that stuff: a guide to growing up

Franklin Watts (2005) Bailey, J

A comprehensive and inclusive guide that is packed with useful information, presented in a way that teenagers will find user-friendly and appealing.

Suitable for: 12 to 16 years

Format: Book

Cost: £8.99

Available from: http://www.franklinwatts.co.uk/CITIZENSHIP-AND-PSHE_Books_26387_Page_1.htm

Speakeasy: talking with your children about growing up

FPA (2009)

Based on the established SRE training course for parents and written in consultation with parents, this book is designed to help parents and carers talk to children of all ages about all aspects of sex and relationships.

Suitable for: All ages

Format: Book

Cost: £9.99

Available from: www.fpa.org.uk

Teenage pregnancy: the essential guide

Need2Know (2007) Heaton-Harris, N

This book is for parents of pregnant teenagers and provides advice and useful information.

Suitable for: 12 to 16 years

Format: Book

Cost: £8.99

Available from: <http://www.need2knowbooks.co.uk/>

Understanding the facts of life

Usborne (1997) Meredith, S

Brings together the two titles in the Facts of Life series: 'Babies' and 'Growing up'.

Suitable for: 10 years and above

Format: Book

Cost: £8.99

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

What's happening to me? (girls)

Usborne (2006) Meredith, S

Illustrated guide to female puberty.

Suitable for: 9 years and above

Format: Book

Cost: £6.99

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

What's happening to me? (boys)

Usborne (2006) Frith, A

Illustrated guide to male puberty.

Suitable for: 9 years and above

Format: Book

Cost: £6.99

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

Where willy went

Red Fox (2006) 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 years

Format: Book

Cost: £5.99

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

Talking to your child about sex and relationships

FPA (2007)

A guide for parents and carers of children of all ages, Helps parents to start talking about these topics, advised them about what schools teach and includes a comprehensive list of further resources.

Suitable for: All ages

Format: booklet

Cost: £0.50

Available from: www.fpa.org.uk

The parents' pack

FPA (Various)

A pack for parents and carers to help them talk to their children about sex, relationships and growing up. Includes Talking to your child about sex and relationships and nine FPA booklets for young people.

Suitable for: All ages

Format: Plastic pack and booklets

Cost: £7.50

Available from: www.fpa.org.uk

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

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