

## **Sex Education Forum**

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### **SEX AND RELATIONSHIP EDUCATION RESOURCES FOR CHILDREN AND YOUNG PEOPLE WITH LEARNING DIFFICULTIES OR DISABILITIES**

The following list is not intended as a comprehensive guide, but provides details of some of the many SRE resources aimed at children and young people with learning difficulties or disabilities in a variety of settings. Please note, except where stated, these resources are **not** available from the Sex Education Forum. We have listed the publisher/supplier where known and your local bookshop may be able to order titles for you. A list of publishers/suppliers/websites is included at the end of the resource list. You may be able to view these resources at your local health promotion unit, or LEA advisory service library. Out of print titles are also often available from online book suppliers. We welcome your feedback on any of the resources listed here. Contact us (details above) if you have suggestions for other resources you have found useful. This list is updated regularly and can be found on our website at [www.ncb.org.uk/sef](http://www.ncb.org.uk/sef)

BAKER, S. (2005)

**Growing up, sex and relationships: a booklet to support parents of young disabled people.** This booklet has been written for parents and families whose children have physical disabilities, including those who may also have mild to moderate learning disabilities. It looks at how being disabled might impact on issues around sex and relationships and offers guidance on what parents can do to support their child as they grow into young adults and start to form intimate relationships. Includes a directory of further publications and useful organisations. The booklet is part of a series of publications that have been produced by a group of organisations with expertise and experience in the field of disability and SRE. They include: the PROUD Consortium, the Arthrogyrosis Group, Contact a Family, Council for Disabled Children, National Children's Bureau and the Sex Education Forum. Available to download on the [Contact a Family](#) website.

Publisher: Contact a Family

BAKER, S. (2005)

**Sex and relationship education for young people with physical disabilities: a book for teachers.** Focuses on sex and relationships education (SRE) for children and young people with physical disabilities, including those who may also have mild to moderate learning difficulties. It aims to provide teachers and all those who work in schools with information on how being disabled might impact on issues around sex and relationships. It provides guidance on developing and reviewing SRE policy and practice to ensure it meets the specific needs of young disabled people, and on working with young physically disabled people, carers and parents. Includes a directory of useful resources and agencies. The booklet is part of a series of publications that have been produced by a group of organisations with expertise and experience in the field of disability and SRE. They include: the PROUD Consortium, the Arthrogyrosis Group, Contact a Family, Council for Disabled Children, National Children's Bureau and the Sex Education Forum. Available to download on the [Contact a Family](#) website.

Publisher: Contact a Family

BLAKE, S., and MUTTOCK, S. (2004)

**Assessment, evaluation and sex & relationships education: a toolkit for those working with children and young people.** This toolkit was developed in response to teachers' and community workers' requests for support and information, and Ofsted's recommendations that assessment is strengthened in SRE. It puts the spotlight on why assessment and evaluation are important, offers practitioners clear advice on how assessment and evaluation can be used in SRE, and provides practitioners with practical activities for assessing learning and evaluating teaching. It includes: an overview of best practice in sex

and relationships education; a summary of the theory and practice of assessment and evaluation; forty activities that can be used with individuals or groups, and can be tailored for a wide range of abilities and ages.

ISBN 1904787274

Publisher: National Children's Bureau

BODYSENSE (2004)

**Male and female cloth models.** Updated male and female cloth models, half-size, with removable clothes. Suitable for use with all age ranges, for people with learning difficulties, sensory disabilities or poor verbal communication, in the setting of a very structured sex and relationships framework. Bodysense also produce an anatomically correct 3D model of the female reproductive organs. More information and contact details on the [Bodysense](#) website.

BROOK (2003)

**Living your life: the sex education and personal development resource for special educational needs.** Aimed at PSHE teachers and others working in both mainstream and special schools with young people who have learning difficulties, this is a revised and extended edition of 'Living your life', first published in 1991. It provides a programme for teaching sex and relationships education and personal and social education with young people with learning difficulties and takes into account the changes which have taken place with moves toward more mainstream and inclusive provision. The resource takes a practical approach, with ready made lesson plans and photocopiable worksheets. Appendices include student record cards, evaluation sheets and sample letters to parents regarding the provision of sex and relationships education. Includes a ring bound collection of 68 photocopiable worksheets.

Publisher: Brook

CHRISTOPHERS, H. (2005)

**Growing up, sex and relationships: a booklet for young disabled people.** This booklet is for physically disabled young people and aims to provide them with information about sex and relationships, and sexual health. It includes sections about self esteem and body image, bullying, puberty, making friends, developing sexual relationships, contraception and sexually transmitted infections. Includes a directory of useful organisations. The booklet is part of a series of publications that have been produced by a group of organisations with expertise and experience in the field of disability and SRE. They include: the PROUD Consortium, the Arthrogyrosis Group, Contact a Family, Council for Disabled Children, National Children's Bureau and the Sex Education Forum. Available to download on the [Contact a Family](#) website.

Publisher: Contact a Family

DE MEZA, L., and DE SILVA, S. (2004)

**All about life: sex and relationship education in primary school.** A sex and relationship (SRE) resource pack for primary schools. 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 about dealing with specific and sensitive issues such as: body image; child protection; confidentiality; hiv; gender; culture, ethnicity and religion; sexuality and sexual orientation; children looked after by the local authority; and special educational needs. Also includes a set of photocopiable work sheets for children to use in their lessons.

ISBN 1899527222

Publisher: The Rapport Group

DIXON, H.

**Chance to choose: sex and relationships education for young people with special needs.** A resource for educators working with people with learning disabilities. Consists of 73 activities which could create an SRE curriculum from Key Stages 1 and 2, through Key Stages 3 and 4 to young adults.

Publisher: Me-and-Us

DRURY, J., HUTCHINSON, L., and WRIGHT, J. (2000)

**Holding On, Letting Go: Sex, sexuality and people with learning disabilities.** Directed at parents and other direct carers, Holding On, Letting Go is a practical book, well illustrated with a wealth of case studies with which parents will easily identify. It addresses the many stereotypes about disability and sexuality. It will be equally relevant to service providers where teachers and care workers may struggle to balance the need to provide 'safe services' whilst encouraging the development of choice and empowerment for young people who may have significant communication needs and limited life experiences.

ISBN: 9780285635784

Publisher: Souvenir Press

FANSTONE, C and KATRAK, Z. (2003)

**Sexuality and learning disability.** 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.

Publisher: fpa

FOLEY, M. (2006)

Protecting self and keeping safe. Winner of the Children & Young People's Services 'Stay Safe Award' 2006. A pack of materials for social workers, teachers & youth leaders to use in delivering effective Education on sexual exploitation. Full of ideas to help 11 - 16 year olds to explore safe and healthy relationships and develop positive, protective attitudes and behaviours. Two hard hitting films (on DVD) open discussion to increase young people's confidence and ability to make safe choices around sexual exploitation, sexual & physical bullying, peer pressures and understand representations of sexuality, power and gender roles.

ISBN 1904659411

Publisher: Barnardos

GADD, M. (2007)

**Jiws! A pick 'n' mix of sex and relationships education activities.** A free bi-lingual workbook in English and Welsh from fpa's Jiws! project is now available for professionals working with young people in sexual health. Jiws! is an fpa project in North Wales delivering sex and relationships education (SRE) to vulnerable young people under 25. The workbook is an easy to read 'pick n' mix' format featuring great ideas for workshops and activities with young people. It tackles challenging and sensitive issues around sexual health. Many of the exercises can be used with participants who have learning disabilities and suggestions for adapting the exercises for participants with different needs are included on many of the exercises. Download a free copy by clicking [here](#) or by going to the [fpa](#) website.

Publisher: fpa

JOHNS, R., SCOTT, L., and BLISS, J. (2002)

**Let's do it: creative activities for sex education for young people with learning difficulties.** This revised edition offers more than 80 drama-based activities for use with young people with learning difficulties. Eight sections provide a framework for covering a complete sex education programme. These include: group building; body parts; gender; public and private; feelings; relationships; life cycle; developing skills. Adaptions are offered to meet the different needs of students. The layout is clear with each activity on a new page described under the headings of aims; resources; description; how to do it; what if?; and adaptions. A companion resource to On the Agenda, also by Image In Action. For more information contact: Image In Action, Chinner Road, Bledlow Ridge, High Wycombe HP14 4AJ. Tel: 01494 481 632

KERR-EDWARDS, L., and SCOTT, L. (2005)

**Talking together..... about contraception: a book about contraception for young people with learning disabilities.** Aimed at young people with a learning disability, to help them get advice from someone they trust if they want to: understand their body; make choices about sex and contraception; and

make sure they have safe sex. Uses clear pictures and easy-to-read stories to provide information. (Book Two, sold as part of a pack with Book One, 'Talking together..... about contraception: a practical resource for staff and parents working with young people with learning disabilities).

Publisher: fpa

KERR-EDWARDS, L. and SCOTT, L. (2004)

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

Coping with the changes that happen during puberty can prove difficult for parents and carers of children with learning disabilities. This resource offers support to parents helping children who are approaching or who are around the age of puberty understand about growing up and sex and relationships. It will also help schools working in partnership with parents to provide sex and relationships education for young people.

Publisher: fpa

KERR-EDWARDS, L. and SCOTT, L. (2007)

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

Updated in 2007, this practical resource covers many issues facing people with learning disabilities as they enter adulthood, including: understanding sexuality and sexual behaviour; sexual choices and sexual health; and future possibilities in adulthood.

Publisher: fpa

LIFE SUPPORT PRODUCTIONS (2003)

**You, your body and sex: the DVD.** Animated sex education DVD for use by people with learning difficulties. Features content and highlights from previous SRE Life Support Productions videos (Jason's private world; Kylie's private world; and the You, your body and sex). The DVD includes subtitles. Schools can purchase using e-learning credits.

Publisher: Life Support Productions

MARTINEZ, A. (2005)

**Effective learning methods: approaches to teaching about sex and relationships within PSHE and Citizenship.** (Forum Factsheet 34). There are three elements to sex and relationships education (SRE):

the acquisition of information, the development of essential life skills, and the opportunity to explore values and attitudes. The methods of delivering SRE are as important as the content. This factsheet highlights these methods to ensure effective learning. (Replaces Forum Factsheet 12, Effective Learning Approaches). Available to download from the [Sex Education Forum](#) website.

Publisher: National Children's Bureau

MARTINEZ, A. (2004)

**Sex and relationships education for children and young people with learning difficulties.** Forum

Factsheet 32. A fact sheet to support staff in special schools, mainstream schools and other settings in developing and reviewing SRE policy and practice. Available to download from the [Sex Education Forum](#) website.

Publisher: National Children's Bureau

MARTINEZ, A. (2005)

**Sexual orientation, sexual identities and homophobia in schools.** (Forum Factsheet 33). All

children and young people should feel safe and included within the school environment, and this should be highlighted by the school's express commitment to equal opportunities, anti-bullying and anti-discriminatory practice. Personal, social and health education (PSHE) and Citizenship, including sex and relationships education (SRE), should support and reflect this ethos and be sensitive to the diversity and development of sexual identities. This factsheet 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. It explains why schools should address homophobia, sexual orientation and sexual identity, how to promote a whole-school ethos, how they can challenge homophobia and bullying, and suggests ways to address diversity and

difference through the curriculum. Includes a list of useful contacts. Available to download from the [Sex Education Forum](#) website.

NSPCC (2002)

**How it is: an image vocabulary for children about feeling, rights and safety, personal care and sexuality.** Provides an image vocabulary that has been developed to help disabled children communicate about a range of important issues including: children's feelings; their rights; their bodies; personal care and sexuality. Available to download [here](#) or from the [NSPCC Inform](#) website.

RNIB (1996)

**Sex education for visually impaired children with additional disabilities.** A guide to developing SRE school policies and programmes for blind and partially sighted children with a range of physical, communication and learning disabilities.

Publisher: RNIB

SCOTT, L., and DUIGNAN, S. (2005)

**Let's plan it: A guide to planning programmes of sex education for young people and adults with learning disabilities.** This is a companion book to Image in Action's last publication 'Let's do it'. Based on the work of Image in Action over nearly 20 years, it aims to help teachers and tutors plan sex and relationships education for young people and adults with learning disabilities. It contains units for a term's work for different age and ability groups, with detailed session plans, and provides examples of good practice. It also contains a useful section of supporting information including resources, organisations, websites and templates. Available from Image in Action Ltd., Chinnor Road, Bledlow Ridge, Bucks HP14 4AJ, Tel. 01494 481 632

SHEPHERD SCHOOL

**'Feeling grown up'.** A series of booklets for young people on: menstruation – at home, menstruation – at the disco, masturbation - male, masturbation –female, wet dreams, use of public toilets. Details and order form on the [Shepherd School](#) website.

WILSON. L. (2004)

**Let's talk.....about sex and relationships.** A booklet for parents about how to listen and talk to children and young people about sex and relationships. Includes a section for parents of children with learning difficulties or special needs, and a list of contacts for more information.

Publisher: Sheffield Centre for HIV and Sexual Health

#### **WEBSITES (including publishers/suppliers)**

Barnardos: [www.barnardos.org.uk](http://www.barnardos.org.uk)

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

Brook: [www.brook.org.uk](http://www.brook.org.uk)

Contact a Family: [www.cafamily.org.uk/packs.html](http://www.cafamily.org.uk/packs.html)

fpa: [www.fpa.org.uk](http://www.fpa.org.uk)

Life Support Productions: [www.lifesupportproductions.co.uk](http://www.lifesupportproductions.co.uk)

Me-and-Us: [www.me-and-us.co.uk/index.html](http://www.me-and-us.co.uk/index.html)

National Curriculum Online: [www.curriculumonline.gov.uk/Subjects/SEN/senksbrowse.htm?sb=242](http://www.curriculumonline.gov.uk/Subjects/SEN/senksbrowse.htm?sb=242)

Contains resources for the PSHE and citizenship curriculum for pupils with learning difficulties. Includes resources about approaches to sex and relationships education

NSPCC Inform: [www.nspcc.org.uk/Inform](http://www.nspcc.org.uk/Inform)

Rapport Learning: [www.rapportgroup.com](http://www.rapportgroup.com)

RNIB: [www.rnib.org.uk](http://www.rnib.org.uk)

RNIB Online Shop: <http://onlineshop.rnib.org.uk>

Sex Education Forum: [www.ncb.org.uk/sef](http://www.ncb.org.uk/sef)

Sheffield Centre for HIV and Sexual Health: [www.sexualhealthsheffield.nhs.uk](http://www.sexualhealthsheffield.nhs.uk)

Shepherd School: [www.shepherdschool.org.uk](http://www.shepherdschool.org.uk) and [www.shep-net.com/site/index.html](http://www.shep-net.com/site/index.html)