

## **Sex Education Forum**

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### **SEX AND RELATIONSHIP EDUCATION RESOURCES FOR PRIMARY SCHOOLS**

The following list provides details of some of the many SRE resources aimed at primary age pupils 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. You may be able to view and borrow these resources from your local health promotion or LEA advisory service library. Out of print titles are also often available from online book suppliers. We welcome feedback on any of the resources listed. Contact us (details above) with suggestions of resources to add to this list. This list is updated regularly and can be found on our website at [www.ncb.org.uk/sef](http://www.ncb.org.uk/sef)

BBC (2006)

**Birth, care and growth.** London. Distributed by BBC Educational Publishing Tel: 08700 100 200 (ID: Learning to be you) DVD. 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. Price £51.29, they are available from the BBC School Shop.

BLAKE, S. (2002)

**Sex and relationships education: a step-by-step guide for teachers.** London: David Fulton. 136pp. Aims to enable and assist teachers responsible for organising and delivering Sex and Relationships Education (SRE). It draws together the best available practice to support teachers in developing policy and classroom practice. It begins by looking at general principles and then focuses on primary, secondary and special schools, as well as pupil referral units. These chapters will provide a toolkit of ideas and approaches that teachers can use in the classroom. Includes: practical exercises; advice on choosing, developing and using resources; a glossary of terms; a list of useful organisations and websites.

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

**Assessment, evaluation and sex & relationships education: a practical toolkit for education, health and community settings.** London: National Children's Bureau. 105pp. (Spotlight series). 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.

BRADMAN, T. and BREEZE, L (1997)

**Billy and the baby.** London: Harper Collins 25pp. (Collins Picture Lions) Billy's mum and dad don't want him to feel left out now there's another baby on the way. But they don't have to worry as Billy is looking forward to welcoming the new arrival to the family with a very special present. A good book for use in personal & social education at primary school as an introduction to where babies come from and to look at family changes when a new sibling appears.

CAVE, K. and RIDDELL, C. (1995)

**Something Else.** London: Puffin Books. 26pp. (Picture Puffins) Something Else tries to be like all the others, but everything he does shows how different he is. Then Something turns up and wants to be friends. But Something Else isn't sure he's at all like him. A book which could be used in personal and social relationships education in primary schools to look at difference and friendships.

CENTRE FOR HIV AND SEXUAL HEALTH (2001)

**Rollercoaster. A game exploring the ups and downs of puberty.** Sheffield: Sheffield Centre for HIV and Sexual Health. Resource pack offering a fun and interactive series of exercises looking at the issues around puberty for Years 5-8 (aged 9-13 years). Sections include: Puberty - true or false game; monthly match game; naming body parts exercise; the growing-up game; 'the problem with young people' scenario discussion cards; factsheets on sperm and erections, periods, changing moods and feelings; the changes game. Accompanied by facilitators notes. Suitable for teachers, school nurses, youth workers and learning mentors, as well as those working in primary care or sexual health settings.

CHANNEL 4 (date unknown)

**All about us: living and growing.** London: Channel 4. All three units in the Living and Growing series are now available on a single DVD. Unit 1: for ages 5-7; Unit 2: for ages 7-9; Unit 3: for ages 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. The DVD contains interactive features and is available price £45 from the Channel 4 Learning Shop.

CHANNEL 4 LEARNING, and LEWISHAM EDUCATION AND CULTURE (2001)

**Sex love and video diaries. Developing teaching skills for sex and relationship education.** Video and resource pack for use as part of in-service training for teachers. The video shows practical examples of teaching and learning in sex and relationship education [SRE]. It highlights the views of the students and offers guidance for teachers and external agencies working in educational establishments. The film is based around actual training sessions and classroom practice. Four teachers are shown struggling to teach SRE successfully. Feedback from the young pupils is presented in clips from video diaries. The video is supplemented by a resource pack outlining legal requirements and non-statutory guidance on SRE. It also includes a set of photocopiable resources for both teaching and in-service training. Video running time: 30 minutes. Available while stocks last from the Channel 4 Learning Shop.

CHILDREN WITH AIDS CHARITY (undated)

**Talking with children about illness and HIV.** London: CWAC. 16pp. Produced for parents and carers of children infected or affected by HIV and AIDS. Explains clearly and

sensitively why talking with children about HIV and illness is important and provides examples of questions children and young people have, alongside ways of answering them. It describes ways of communicating with children that work from and with their level of understanding.

COHEN, J. (2005)

**The primary school sex education pack: a whole school approach to sex education.** Liverpool: Healthwise. 130pp. Updated in 2005, this comprehensive sex education pack includes: 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. It also includes a resources section which offers suggestions for fiction for use in a broad-based sex and personal relationships education, plus a useful glossary of terms for teachers. Available from HIT.

COLE, B. (2001)

**Hair in funny places.** London: Jonathan Cape Ltd. Children aged between 9 and 13 years are likely to be fascinated by the humour in both the illustrations and text of this book. The picture book format, which is more typical of a reading book for younger children, is cleverly used to provide factual information about the changes that take place at puberty. Babette Cole uses a wise teddy bear called Ted to provide the information to a girl who wants to know when she will be grown up. Ted's reply - 'that depends on Mr and Mrs Hormone', triggers the discussion that follows on female and male body development and many of the emotional changes that take place.

COLE, B. (2000)

**Mummy laid an egg!** London: Red Fox. 30pp. Mum and Dad decide it's time they told the children about the facts of life. Mum says that babies are made out of gingerbread, grown from seeds in the greenhouse, or squidged out of tubes. Dad says that Mummy laid an egg with the two children inside. So it's up to the children to put them right on a few things... with humorous drawings the parents are 'educated'! A useful book for sex and relationships education at primary school. Particularly good for engaging with boys.

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

**All about life: sex and relationship education in primary school.** London: Rapport Learning. 2 booklets; 14pp + 25pp. 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.

DIOCESAN DEPARTMENT OF RELIGIOUS EDUCATION (2004)

**All that I am.** Coleshill: Diocesan Department of Religious Education. The 'All that I am' programme is a new resource for Key Stage 2 to Sixth Form teachers focusing on personal, social and spiritual education within schools, and is produced by The Diocesan Department of Religious Education. Using video and comprehensive support and resources, it provides a curriculum in sex and relationship education that is authentic to the Church's teaching and acknowledges pupils' stage of physical and sexual development. To order copies: Tel: 01675 464 755

fpa (2003)

**4You: growing up – what's it all about?** fpa. 16pp. Aimed at 9-11 year olds and intended for use in primary schools and by parents. Provides information on the facts and feelings of sexual development, so that children can be prepared for the changes of puberty before they happen.

FINE, A. (2005)

**Care of Henry.** London: Walker Books. 64pp. (Sprinters) Hugo has to choose who to stay with while his mother's having a baby. Granny? Mrs Mariposa next door? Uncle Jack? Who will take the best care of him and his dog Henry? A book that could be used within personal & social education at primary school to look at decision making, consequences of decisions and preparing for the arrival of a new brother or sister.

fpa (2003)

**How much? how soon?: teaching sex and relationships education in primary schools.** London: fpa. 1 video; + 2 booklets. Aimed at teachers and health professionals delivering sex and relationships education in primary schools. The video includes: working with parents; teaching techniques; language and teaching sensitive issues. It shows SRE being delivered in the classroom together with interviews with education experts, teachers and parents. The accompanying booklets provide supporting information around some of the issues addressed in the video. Contains useful resources and contacts

FRANCES, G. and POWER, P. (2003)

**Developing sex and relationships education in schools: guidance and training activities for school governors.** London: National Children's Bureau. Video + book 102pp. Aimed at school governors, this pack covers their role in sex and relationships education, gives information and helps them understand what is expected of them. It includes a book, video and information leaflet. The book provides information about the role and responsibility of governors, best practice, policy development, partnership and participation. It includes a range of training and support activities, and information about Ofsted's suggested learning outcomes for SRE. The 17-minute video shows how schools are developing SRE in partnership with governors, school staff, parents, pupils, health professionals and the wider school community. The leaflet provides answers to questions about SRE, commonly asked by parents.

GLEITZMAN, M. (1999)

**Bumface.** London: Puffin. 182pp. A funny and touching book which provides lots of opportunities for teachers/parents to look at a range of issues with children including different family set ups; family relationships; the pressures on boys; parenting skills; contraception; different cultural attitudes to marriage and relationships; and first attraction.

HARRIS, R.H. EMBERLEY, M. (Illus.) (2001)

**Hi new baby!** London: Walker Books Ltd. This book for primary aged children looks at what happens when a new baby is born and shows children that being a "big" sister or brother is a special thing.

HARRIS, R. H. (2005)

**Let's talk about sex: growing up, changing bodies, sex and sexual health.** London: Walker Books. 89pp. Revised version. Thorough, frank, up-to-date, responsible and reassuring information about all aspects of growing up, sex and sexuality. Illustrated throughout with amusing but accurate illustrations. Inclusive of different sexualities,

disabilities, ethnicities and body shapes. Aimed at 10-14 year olds and their parents and carers.

HARRIS, R. H. (2004)

**Let's talk about where babies come from.** London: Walker Books. 89pp. Revised version. Covers both the biological aspects of where babies come from and the emotional aspects in equal measure. Describes the emotional and physical changes that take place at puberty. Humorous cartoon sequences are likely to appeal to boys as well as girls. The author has worked from children's existing knowledge and so doesn't shy away from particular subjects, but includes reassuring information on HIV and AIDS, miscarriage, abortion and child abuse. Not only does it provide clear explanations of how babies are made, it also covers contraception. Through text and illustrations, the diversity of children's family situations are reflected. Clear diagrams will help clear up common confusions and worries about babies being in mum's tummy. A good family reference book and a useful addition for primary schools, covering all the aspects of reproduction required by the National Curriculum. The level of detail and language used indicates a slightly higher age than the target age of 10+.

HARRIS, R.H. (Publication due in Aug 2006)

**Let's talk about girls, boys, babies, bodies, families and friends.** London: Walker Books. 64pp. Young children ask so many questions about their bodies and how they were made. With lively language and clear, accurate information, this book answers those questions and will help even preschool children feel proud and comfortable about their own bodies. For parents, teachers, librarians and health professionals to use with children aged 4+.

HUNTER, J., PHILLIPS, S., and WETTON, N. (1998)

**Hand in hand: emotional development through literature.** London: Saffire Press. 71pp. Provides ideas and activities which show how modern children's literature can be used to explore some of the major themes of children's growth and development. These themes include: being me, being you; growing and growing up; friendships and relationships; grief, loss and bereavement; fears; being safe and staying safe; talking about feelings. It gives individual summaries of a wide selection of books. Two of the books recommended for each theme form the basis of ready-made lessons to help the primary school teacher make the most of the literacy hour. The format, tasks and techniques can all be adapted to the other books or to the children's own favourites. Available from: 72 Ewesley Road, High Barnes, Sunderland SR4 7PR or Tel: 0191 528 0978 or e-mail [david.brown973@ntlworld.com](mailto:david.brown973@ntlworld.com)

INKPEN, M. (1996)

**Nothing.** London: Hodder Children's Books. 30pp. A little creature lies in the attic, alone and forgotten. It cannot even remember its own name. One day the attic door is flung open... and so begins Nothing's search to discover who he really is. A delightful tale which could be used within personal and social education at primary schools to look at family cycles and identity.

IRONSIDE, V. (1998)

**The huge bag of worries.** Hove: Macdonald Young Books Ltd. 23pp. This story book for younger children tells of a little girl who wakes up one day to discover that her little worries have turned into a huge bag of worries which follows her around wherever she goes, day and night. Jenny feels she can't tell anyone about them. This book provides an excellent and safe way for teachers to reassure children that we all have worries but that it is better to talk to someone about them. It could be used within PSE at primary school to identify

people that children can go to with their worries and to develop skills around asking for help.

JAMES, S. (2003)

**Leon and Bob.** London: Walker Books. 32pp. Leon has moved to a new town. His dad is away in the army. Leon shares his room with Bob, his new friend. Bob is invisible. This gentle story is a great way of looking at changing family circumstances and making friends. It could be used within personal & social education at primary school to look at these issues.

KREITMAN, T FINLAY, F and JONES, R. (2001)

**Everything you ever wanted to ask about periods.** London: Piccadilly Press. 126pp. Practical and reassuring advice and answers about all aspects of periods, based on questions asked by girls. Includes personal stories from girls about their experiences. Covers how do you know when your periods are about to start? What will it really be like? Who do you tell? What do you use? Are you different now? Explores common questions and problems.

KUBLER, A. (1995)

**I know a secret.** Child's Play. 31pp. Where babies come from is a source of wonder for all children. This book for younger children provides accurate information in an accessible way. Additional information is provided in a separate booklet, Before I Was Born - which would enable children to trace backwards their own development before birth or to trace forwards the progress in the womb of a new brother or sister.

LENDERYOU, G., and RAY, C. (eds.) (1997)

**Let's hear it for the boys! Supporting sex and relationships education for boys and young men.** Sex Education Forum. London: National Children's Bureau. 66pp. Designed to meet the growing interest of practitioners in the health needs and emotional well-being of boys and young men. It provides principles for addressing the needs of boys and young men in sex and relationship education; describes examples of good practice when working with boys aged 5 to 11 and 11 to 18; offers guidelines and provides suggestions for choosing and developing sex education resources which are inclusive of boys and young men; examines how sexual health and advice services can be made more accessible to young men; provides training materials to raise awareness of boys' needs and to develop strategies for working more effectively with them.

LEWIS, K. (1997)

**My friend Harry.** London: Walker Books. 32pp. James has a special soft toy friend, his name is Harry. Harry always listens and he never complains. He and James go everywhere together - around the farm, on holiday, to bed. Then one day, James starts school. This story would be useful within personal and social education at primary school to look at change with children. It is a useful reminder that children, including boys, can still have their soft toys when they get to primary school.

McKEE, D. (2005)

**Not now, Bernard.** London: Andersen Press. Bernard can't find a way to make his parents stop and listen to what he is saying - that there is a monster in the garden. A classic story which can be used within personal & social education at primary schools to look at emotions and feelings.

MANNING, M., and GRANSTROM, B. (2004)

**How did I begin?** London: Franklin Watts. 31pp. A warm, friendly introduction to the facts of life for young children that follows the story of a new life from the moment of conception to the birth of a baby. Children are gently guided through each stage with charming illustrations and simple explanations, inviting lots of discussion. A good book for use within sex and relationships education with Key Stage 2 children. Provides accurate information in an accessible way. A word of warning - you may need to explain that mums aren't 'put to sleep' for a caesarean in the way that pets are put to sleep!

MANNING, M and GRANSTROM, B. (2004)

**My body your body.** London: Franklin Watts. 32pp. (Wonderwise) This book is for use with children aged between four and seven years old. It aims to show children how amazing their bodies are and highlights links with the animal world. Different facets of bodies and what they can do are included. For example, 'look in the mirror' focuses on eyes and contrasts the ways we see the world with the seeing abilities of other species. The extreme contrasts between what is familiar and what is strange work well. Would provide useful support material for a Key Stage 1 topic on our bodies.

MANNING, M and GRANSTROM, B. (2000)

**Wash, scrub, brush: a book about keeping clean.** London: Franklin Watts. 32pp. (Wonderwise) This book is intended for use with children aged between five and seven years old. It aims to teach about personal hygiene. The book uses the idea that children are going to a party, and in preparation they have to get clean and tidy. Throughout the book reasons for being clean are given, as well as simple comparisons with other animals who have their own grooming habits.

MANNING, M and GRANSTROM, B. (2004)

**The world is full of babies!** London: Franklin Watts. 28pp. (Wonderwise) Storybook for children of two to seven years old aims to help children understand that they are part of the animal kingdom, and as such follow a pattern of development which can be compared to that of other species. The book has amusing and delightful colour illustrations, with sentences to describe them on every page. The story starts in the womb, comparisons are made with different gestation times as well as where different babies are born. Each page starts 'All over the earth....' and charts different stages of growth and needs for different types of babies. A very useful book for teachers (including nursery teachers) to have in their class libraries for general reading and storytime.

MARTINEZ, A. (2005)

**Effective learning methods: approaches to teaching about sex and relationships within PSHE and Citizenship.** London: National Children's Bureau. 8pp. (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.

MARTINEZ, A. (2005)

**Sexual orientation, sexual identities and homophobia in schools.** London: National Children's Bureau. 6pp. (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.

OLIVER, I. (2004)

**Ready to go! Ideas for PSHE KS2.** Leamington Spa: Scholastic. £15.00. This lively series of ideas books provides instant activities for the busy primary teacher. Every book covers key subject and skills areas: developing self-esteem & self-confidence; healthy lifestyle; keeping safe; relationships; independence and responsibility; citizenship and making the most of abilities.

RAY, C., and JOLLY, J. (2002)

**Sex and relationships education for primary age children.** London: Sex Education Forum. 8pp. (Forum Factsheet). This factsheet puts SRE at the primary level in the context of the Department for Education and Skills guidance on SRE and within the frameworks of the National Healthy School Standard, the PSHE and Citizenship Framework, the Teenage Pregnancy Strategy and the latest Ofsted guidance on PSHE. It aims to support head teachers, governors and teaching staff in reviewing SRE policy and developing the provision of SRE. Available to download from the Sex Education Forum website.

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

**Talking together... about growing up : A workbook for parents of children with learning disabilities.** London: fpa. 82pp. Provides a practical activity-based workbook which can be used interchangeably in home and school settings. The fully illustrated exercises are relevant, clear and related to everyday life. There is sensible advice on how to adapt the tasks to different levels of ability and in different family settings. It provides helpful information on public and private behaviour; menstruation and masturbation; feelings and looking ahead to relationships. There are particularly clear and helpful drawings showing body changes at puberty. There is also clear advice on assertiveness training and keeping safe

TACADE (2003)

**Skills for the primary school child. Part 2.** Manchester: Tacade. Provides resources on current issues in PSHE. Includes lessons on sexual health and relationships, citizenship, health education, environmental education, and HIV/AIDS.

WILSON, L. (2004)

**Let's talk...about sex and relationships!** Sheffield: Centre for HIV/Sexual Health. 22pp. 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.

**WEBSITES (including publishers/suppliers)**

Andersen Press: [www.andersenpress.co.uk](http://www.andersenpress.co.uk)

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

Children with AIDS Charity: [www.cwac.org](http://www.cwac.org)

Child's Play: [www.chilids-play.com](http://www.chilids-play.com)

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

Franklin Watts: [www.wattspub.co.uk](http://www.wattspub.co.uk)

HIT: [www.hit.org.uk](http://www.hit.org.uk)

Hodder Children's Books: [www.madaboutbooks.com](http://www.madaboutbooks.com)

National Children's Bureau: [www.ncb.org.uk](http://www.ncb.org.uk)

Piccadilly Press: [www.piccadillypress.co.uk](http://www.piccadillypress.co.uk)

Puffin Books: [www.puffin.co.uk](http://www.puffin.co.uk)

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

Scholastic: [www.scholastic.co.uk](http://www.scholastic.co.uk)

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

Tacade: [www.tacade.com](http://www.tacade.com)

Walker Books: [www.walkerbooks.co.uk](http://www.walkerbooks.co.uk)