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

The following list is not intended as a comprehensive guide, but provides details of some of the many SRE resources aimed at secondary age students 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 and borrow these resources from your local health promotion or LEA advisory service library. Out of print titles are also often available from online 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)

ADAMS, J. (2002)

**Go girls! Supporting girls' emotional development and building self-esteem.** Resource and training pack for those working with young women. It provides background on current research and methods of supporting the development of self esteem amongst young women. It also offers a range of practical activities which can be adapted for use in group-work, classroom or one-to-one settings.

Publisher: Sheffield: Centre for HIV and Sexual Health

BIRMINGHAM HEALTH EDUCATION UNIT

**Secondary school sex and relationship education.** Covers all aspects of SRE in secondary schools. Provides background information for teachers, a detailed scheme of work for all year groups and pupil activities. Available from Birmingham Health Education Service, Tel: 0121 303 8200, Email:

[pshe&cit@birmingham.gov.uk](mailto:pshe&cit@birmingham.gov.uk)

BIRMINGHAM HEALTH EDUCATION UNIT

**Sexually transmitted infections and HIV: good practice and support for secondary schools.**

Discusses the rationale for teaching pupils about STIs and HIV and places it in the context of reproductive health. Gives factual information as well as suggestions for activities to cover attitudes and skills in decision making. Available from Birmingham Health Education Service, Tel: 0121 303 8200, Email:

[pshe&cit@birmingham.gov.uk](mailto:pshe&cit@birmingham.gov.uk)

BLAKE, S. (2002)

**Sex and relationships education: a step-by-step guide for teachers.** This guide draws together best practice in SRE policy and practice. It begins with general principles and then focuses on SRE in primary, secondary and special schools, as well as pupil referral units. It includes practical exercises to prepare staff to deliver SRE; advice on choosing, developing and using resources; a glossary of terms; and a list of useful organizations and websites. Available from the NCB (National Children's Bureau) Bookshop.

ISBN 1853468347

Publisher: David Fulton

BLAKE, S. (2004)

**Sex and relationships education in pupil referral units.** (Spotlight Series). Developed following extensive consultation with children, young people, teachers and managers, this book puts the spotlight on why pupil referral units (PRUs) should develop sex and relationships education (SRE) that supports pupils' emotional and social development. It offers guidance on: developing effective partnerships with pupils, parents, carers and the wider community; developing and implementing an SRE policy; planning, organising and delivering SRE; and professional development. Includes activities that can be used for

training teachers and workers in PRUs, a sample SRE education policy, and suggested learning outcomes for SRE in Key Stages 1 to 4.

ISBN 1904787231

Publisher: National Children's Bureau

BLAKE, S., and BROWN, R. (2005)

**Boys own: supporting self-esteem and emotional resourcefulness.** Aimed at those working with boys and young men, this training pack is designed to help them develop and support the self esteem and emotional resilience of those they work with as they grow to adulthood. The pack offers: a rationale for developing work with boys; a definition of self esteem and emotional resourcefulness; a brief summary of research; advice on developing policy and practice with boys; training activities that can be used in professional development work; practical ideas for supporting boys' self esteem and emotional resourcefulness; resources and useful organisations.

Publisher: Sheffield Centre for HIV & Sexual Health

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

**Assessment, evaluation and sex & relationships education: a practical toolkit for education, health and community settings.** (Spotlight series). This toolkit offer clear, practical advice for workers in education, health and community settings on the why, what and how of assessment and evaluation in sex and relationships education (SRE). The book includes: an overview of best practice in SRE; a summary of the theory and practice of assessment and evaluation; and over 40 activities for assessing learning and evaluating practice in SRE.

ISBN 1904787274

Publisher: National Children's Bureau

BLAKE, S. and ORPIN, L. (2003)

**Sense: sex and relationships for young people aged 14-16: interactive CD-ROM and teachers support manual.** (Spotlight series). Sex and relationships education CD-ROM designed to support the DfES guidance on SRE and the Teenage Pregnancy Strategy. The CD-ROM is accompanied either by a comprehensive teachers manual or by a short booklet for parents and carers. The teacher's manual provides advice on how to develop a whole-school approach to PSHE as well as ideas on how to use the resource.

Publisher: National Children's Bureau

Brook (2006)

**Under 16s: the law and public policy on sex, contraception and abortion in the UK.** A booklet for professionals working with young people, comprehensively updated to take account of the Sexual Offences Act and the Department of Health's best practice guidance on giving advice to under 16s. Explains the law and public policy in a no-nonsense style, giving comprehensive answers to complex questions on confidentiality, contraception and abortion.

Publisher: Brook

BROWN-SIMPSON, A. (2003)

**Beyond Barbie: Community based sex and relationships education with girls and young women.** Beyond Barbie is packed with case studies, advice for workers, examples of good practice, and provides practical support and information for anyone working with girls and young women in a community setting. Looks at the practicalities of working with girls and young women and the skills and qualities required.

Discusses practice issues, funding, the policy context for sex and relationships education and includes a useful resource list. Although aimed at practitioners, the book contains information useful to parents.

Publisher: fpa

COHEN, J. (2005)

**Contraception card game.** TIERNEY, J. and, BURNS, J. (eds.) A resource for young people which covers the facts about contraception. It includes the names of contraception, information about them, and

where they can be obtained. The advantages and disadvantages of each method are also provided, with full colour pictures of each method of contraception. Available from [HIT](#).

Publisher: Healthwise

COHEN, J., and HEALTHWISE

**Safe and sound: 11-16 sex and relationships (SRE) education pack.** Based on a whole establishment approach to SRE, this pack provides a synopsis of the current research, training workshops to help workers deliver SRE, planning, guidance and 130 activities for use with young people, and tips on working with parents, teachers and young people. Revised and now available from [HIT](#).

Publisher: Healthwise

COLEMAN, J. (2006)

**Boys and young men: developing effective sex and relations education in schools.** There is growing realisation that the needs of boys and young men are not being met within sex and relationships education (SRE). They miss out on discussions about sex with parents and carers and they miss out at school, where SRE has focused on girls and the biological aspects of reproduction. This factsheet updates Factsheet 11, following a major Sex Education Forum project to identify how to meet the needs of boys. It discusses the SRE needs of boys and young men and identifies practical strategies for developing SRE across different settings. Available to download and print from the [Sex Education Forum](#) website.

Publisher: National Children's Bureau

CROZIER, M., and fpa (2000)

**The weird and wonderful world of Billy Ballgreedy.** This video pack focuses on the sexual health needs of young men, covering issues such as relationship skills, gender and peer pressure. Filmed in Northern Ireland, the video follows the fictional character of Billy as he navigates his way round the challenges of puberty, girls, and sex and relationships. It also includes young people talking about their own experiences.

Publisher: fpa

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

**More about life: sex and relationship education for secondary school.** A sex and relationship (SRE) resource pack for secondary schools. Contains SRE lesson plans for Years 7 to 11. 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: abortion and the law; body image; child protection; confidentiality; contraceptive advice; culture, ethnicity and religion; gender; hiv; sexuality and sexual orientation; special educational needs; and young people looked after by the local authority. Includes a set of worksheets for pupils.

Publisher: Rapport Learning

EDUCATION FOR CHOICE

**Abortion – whose choice?** An education pack including factsheets, exercises and a video for 14-18 year olds, that uses case studies of women's experiences of abortion and provides information on various aspects of the abortion issue.

Publisher: Education for Choice

fpa (2007)

**The boys are aw'right: young men and sexual health.** Reflects the Aw'right project team's experience during the three years they spent involving young men in experiential learning about sexual health and relationships. It examines how to provide the right environment for all those involved in such work – workers as well as participants – and how to ensure the young men involved get the most out of the learning. It also looks at the feelings that may be brought up for facilitators. For use by health and social care workers, youth workers, teachers and any other professionals wanting to engage young men in work around sexual health and relationships.

Publisher: fpa

fpa (2006)

**4Boys, 4Girls: talking with young people about sex and relationships.** An updated version of an fpa activity manual for teachers and youth workers to use with young people aged 12-16. The resource uses a variety of learning methods, including drama, art, test-your-knowledge and attitude activities to promote discussion of: puberty, sex and relationships, peer pressure, contraception, sexually transmitted infections, abortion, and sexual health services. Includes photocopiable resource sheets, visual resources, quizzes and a glossary of sexual terms. Includes copies of booklets: 4Boys, 4Girls, Is Everybody Doing It?, Love S.T.I.NGS, Abortion, and Periods.

Publisher: fpa

fpa (2006)

**Sex FM.** fpa. London: An interactive video pack for teachers of sex and relationships education (SRE) designed to examine young people's ideas on sex and relationships, teenage pregnancy, and sexually transmitted infections. The video and book can be used either in schools as part of an SRE programme within the Personal, Social and Health Education framework or for sexual health sessions within other youth settings. Sex FM can also form part of a drama course.

Publisher: fpa

FRASER, J. (2006)

**Drunk in charge of a body II.** Education and health professionals are increasingly concerned about high levels of alcohol consumption amongst young people. As it lowers inhibition and affects decision-making, alcohol is having a significant impact on the numbers of unintended pregnancies and sexually transmitted infections. Brook have taken their former 'Drunk in charge of a body' resource, dating back to 1991, and transformed it into a comprehensive pack of lessons - mostly for teachers of young people in key stages 3 and 4, though other professionals in health services, outreach and youth work will also find it useful. Drunk in charge of a body II – complete with photocopiable handouts, timed lesson plans, detailed background teaching notes and evaluation sheets – gives professionals the flexibility to select which subject matters are most important to the particular needs of young people in their group and those that will fit into time allotted in the curriculum.

Publisher: Brook

HALLGARTEN, L. (2004)

**Abortion: rights, responsibilities and reason.** Uses the subject of abortion to explore many issues found in citizenship, religious studies and other parts of the curriculum. Includes activities that aim to build on and develop a range of skills and knowledge, and provide opportunities for students to form their own opinions and to understand other's beliefs. Includes photocopiable fact sheets to supplement information used within the lesson.

Publisher: Education for Choice

HASTINGS-ASATOURIAN, B.

**Contraception: the board game.** A board game for young people promoting sexual health, safe sex, contraception education and assertiveness. The main feature of the game is the peer led discussion when picking up a card. And:

Publisher: Contraception Education Ltd

**Contraception: the computer game.** (2004)

Using an on screen version of Contraception the Board Game, young people think through a range of sexual health issues and choices, the aim of the game is for players to collect information on a range of sexual health resources which can be printed and retained after the game is over. On the way players land on "Question", "Risk" and "Choices" spaces, which not only test their safe sex knowledge but also help them learn to evaluate risky sexual behaviour and think through choices. The underlying aim is to encourage responsible decision making, reduce unplanned pregnancies, and the spread of sexually transmitted diseases or unintended sex.

Publisher: Contraception Education Ltd

HOWIE, J. (2002)

**Sisters unlimited.** With a forward by Davina McCall, this book was written for girls and young women from puberty through to early adulthood. It covers a wide range of topics including body image, sexual relationships, contraception, abortion and use of drugs. The author acts in the capacity of an experienced older 'friend', and drawing extensively on her own experiences, offers information and support. Issues are discussed in the belief that young women will make their own choices after knowing about all the possibilities.

Publisher: Random House

LEE, H. (2007)

**Sex, drugs and alcohol.** An interactive resource for young people aged 14-19 particularly those with low levels of literacy. 'Sex, Drugs & Alcohol' can be used in schools, colleges, informal youth settings, with young people in care and with young people involved in the criminal justice system. Sex Drugs & Alcohol contains: 15 core activities plus extension activities; 25 cartoon style illustrations showing situations common to young people; background papers and support information for facilitators and teachers.

Publisher: Tacade

LEWIS, E., and MARTINEZ, A. (2006)

**Addressing healthy relationships and sexual exploitation within PSHE in schools.** (Sex Education Forum factsheet 37). All children and young people are potentially at risk of being sexually exploited. Schools have a vital role to play in reducing this risk. By enabling children and young people to explore what makes a safe and healthy relationship, schools can help them to develop the awareness and skills to negotiate potential risks, stay safe and seek help if they need it. This factsheet provides a framework to help teachers at key stages 3 and 4 to plan and deliver effective education on sexual exploitation as part of wider Sex and Relationships Education (SRE) within Personal Social and Health Education (PSHE) and Citizenship. It has been produced as a result of an in-depth consultation with professionals working in the field, including teachers and specialist voluntary agencies. Available to download from the [Sex Education Forum](#) website.

Publisher: National Children's Bureau

LYNCH, J. and BLAKE, S. (2004)

**Sex, alcohol and other drugs: exploring the links in young people's lives.** (Spotlight Series). Aimed at health, education, youth and social work staff, this book draws on the perspectives of young people, professionals and research to explore the links between sexual activity and the use of alcohol and other drugs in young people's lives. It looks at the evidence from young people themselves about sex, alcohol and other drugs and explores their opinions about the information and support they want and the implications of this for policy and practice. It presents case studies and practical ideas to illustrate how practitioners can address the links between sex, alcohol and other drugs with young people. Includes a list of useful resources and organisations.

ISBN 1904787096

Publisher: National Children's Bureau

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. (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.

Publisher: National Children's Bureau

PROCTOR, T., and BLAKE, S. (2000)

Taking the initiative: Positive guidance on sex and relationships education for secondary schools. (Forum factsheet 23). (This factsheet provides support for professionals implementing the Sex and Relationship Education Guidance (Circular 0116/2000) from the DfEE. It defines sex and relationships education (SRE), explains the need for SRE in schools and gives guidance on developing a policy for SRE. Includes a checklist for selecting a resource for health/sex education and a summary of how SRE at key stages 3 and 4 can be interpreted within National Curriculum Science and the PSHE and Citizenship Framework. Available to download from the [Sex Education Forum](#) website.

Publisher: National Children's Bureau

THISTLE, S. (2003)

**Secondary schools and sexual health services: forging the links.** (PSHE & citizenship spotlight series). This booklet provides guidance for teachers and health professionals on how to improve young people's access to sexual health services. Examines the reasons for strengthening links between schools and services, the key issues for young people, and explores strategies through case studies. Available to download from the [Sex Education Forum](#) website.

Publisher: National Children's Bureau

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/Sexual Health

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

ASDAN (Award Scheme Development and Accreditation Network): [www.asdan.co.uk](http://www.asdan.co.uk)

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

Channel 4 Learning Shop: [www.channel4.com/learningshop](http://www.channel4.com/learningshop)

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

Contraception Education Ltd: [www.contraceptioneducation.co.uk](http://www.contraceptioneducation.co.uk)

David Fulton: [www.fultonpublishers.co.uk](http://www.fultonpublishers.co.uk)

Education for Choice: [www.efc.org.uk](http://www.efc.org.uk)

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

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

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

NCB Books: [www.ncb-books.org.uk](http://www.ncb-books.org.uk)

Random House: [www.randomhouse.co.uk](http://www.randomhouse.co.uk)

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

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)

Trentham Books: [www.trentham-books.co.uk](http://www.trentham-books.co.uk)