

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 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. 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

BAKER, S. (2005)

Growing up, sex and relationships: a booklet to support parents of young disabled people. London: Contact a Family. 24pp. 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 Arthrogryposis Group, Contact a Family, Council for Disabled Children, National Children's Bureau and the Sex Education Forum. The booklet is available in full text on the Contact a Family website.

BAKER, S. (2005)

Sex and relationship education for young people with physical disabilities: a book for teachers. London: Contact a Family. 24pp. 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 Arthrogryposis Group, Contact a Family, Council for Disabled Children, National Children's Bureau and the Sex Education Forum. The booklet is available in full text on the Contact a Family website.

BARNARDO'S (1996)

'It's only natural'... For parents, carers and others involved in the lives of young people with learning disabilities. Video; 30 minutes; colour; includes a booklet for discussion work. £ 70.00. This video resource looks at issues of sexuality and sexual health with regard to young people with learning difficulties. It is accompanied by a users guide

which offers discussion points for each section of the video. The video uses young people with learning difficulties to dramatise events in a further education college. It examines issues of equal access to sex education for young people with learning difficulties, parental feelings about this and the particular difficulties of 'letting go' they may experience in relation to their children. It could be used for a session with parents or governors to look at the scope of sex and relationships education. Available from Barnardo's, Queen's Road Project, Tel: 01274 481183

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.

BODYSENSE (2004)

Male and female cloth models. Bodysense. 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. Available from: c/o The Revd. Jane Fraser, Sunnybank House, Holly Green, Upton on Severn, Worcester WR8 0PG, Tel: 01684 594 715; Email: clothmodels@revjane.demon.co.uk

BROOK (2003)

Living your life: the sex education and personal development resource for special educational needs. rev ed. Coventry: Brook Publications. 261pp. 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.

CHRISTOPHERS, H. (2005)

Growing up, sex and relationships: a booklet for young disabled people. London: Contact a Family. 9pp. 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. The booklet is available in full text on the Contact a Family website.

CRAFT, A. (re-edited by Bustard, S.) (2003)

Living your life: the sex education and development resource for special educational needs. London: Brook Publications. A sex and relationships education resource aimed at pupils with special educational needs and/or learning difficulties aged 13 and above. Contains specific advice for teachers of pupils with autistic spectrum disorders. Topics include: the physical self; emotions; relationships; sexual expressions; choices and consequences; personal health and safety.

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.

DIXON, H. (undated)

Chance to choose: sex and relationships education for young people with special needs. Sedburgh: Me and Us. 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.

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

Holding On, Letting Go: Sex, sexuality and people with learning disabilities. London: Souvenir Press Ltd. 127pp. (Human Horizons). 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.

FANSTONE, C and KATRAK, Z. (2003)

Sexuality and learning disability. fpa. 67pp. Highlights a range of creative approaches to working with people with learning disabilities.

FOSTER, M. (2005)

Sexuality and relationships - supporting young people with multi-sensory impairment. Available to download from the RNIB magazine Eye Contact, no.2 (Summer) which is available on the RNIB website. The article explores the process of supporting young people who are deafblind or with multi-sensory impairments, to learn about their bodies, emotions, sexuality and relationships with others. Looks at some of the barriers to effective sex education, offers suggestions for practice and a list of useful resources.

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

Let's do it: creative activities for sex education for young people with learning difficulties. London: Image In Action. 168pp. Contact: Image In Action, Chinner Road, Bledlow Ridge, High Wycombe HP14 4AJ. Tel: 01494 481 632. 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.

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

Talking together..... about contraception: a book about contraception for young people with learning disabilities. London: fpa. 67pp. 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).

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

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

KERR-EDWARDS, L. and SCOTT, L. (2003)

Talking together about sex and relationships: a practical resource for schools and parents working with young people with learning disabilities. London: fpa. This practical resource focuses on two characters, Tom and Debbie, and their circle of friends and family. Through illustrated stories, activities for use in the classroom and at home, and supporting information the book 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.

LIFE SUPPORT PRODUCTIONS (1996)

Jason's private world. 1 booklet; 24pp. + 1 video; 20 mins. Animated sex education video for use by men with learning difficulties. The accompanying pack contains an introduction, viewing notes and resource list.

LIFE SUPPORT PRODUCTIONS (1996)

Kylie's private world. 1 booklet; 27pp. + 1 video; 22 mins. Animated sex education video for use by women with learning difficulties. The video has strong emphasis on consent and how to say "no". Emphasises the use of condoms for safer sex. The accompanying pack contains an introduction, viewing notes and resource list.

LIFE SUPPORT PRODUCTIONS (2003)

You, your body and sex: the DVD. 20pp. Animated sex education DVD for use by people with learning difficulties. Features content and highlights from all SRE Life Support Productions videos. Contains DVD and booklet. Schools can purchase using e-learning credits.

McCARTHY, M. and THOMPSON, D. (1998)

Sex and the 3Rs – rights, responsibilities and risks: a sex education package for working with people with learning difficulties. Brighton: Pavilion. Revised edition of this resource aimed at those working with adults with learning difficulties. It contains advice and materials on sex education work with individuals and groups, and practical interventions for responding to specific issues and problems which an individual may be experiencing. This edition provides information on law; confidentiality; environment and how this affects people's sexuality; staff support and protection and safeguards.

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. (2004)

Sex and relationships education for children and young people with learning difficulties. London: National Children's Bureau. 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.

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.

NSPCC (2002)

How it is: an image vocabulary for children about feeling, rights and safety, personal care and sexuality. London: NSPCC. 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. Contains a booklet and CD Rom.

OTTEN, L. (1999)

A curriculum for personal and social education. London: David Fulton. 136pp. Written by teachers from a secondary school for pupils with severe learning difficulties, this book provides a progressive health education curriculum for pupils with moderate and severe learning difficulties. Emphasis is placed on a whole school approach to sex and health

education which builds on existing skills. A suggested curriculum (including activities) is provided in the areas of substance misuse and abuse, sex education, family life education, personal safety, food and nutrition, personal hygiene, advocacy and independence and leisure.

RNIB (1996)

Sex education for visually impaired children with additional disabilities. RNIB. A guide to developing SRE school policies and programmes for blind and partially sighted children with a range of physical, communication and learning disabilities. Also available in Braille or on a cassette.

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. High Wycombe: Image in Action 178pp. (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). ('Let's do it': LIS record no.7521. Available from Image in Action Ltd., Chinnor Road, Bledlow Ridge, Bucks HP14 4AJ, Tel. 01494 481 632

SHEPHERD SCHOOL

'Feeling grown up'. Nottingham: Shepherd School. 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). £2.00 each plus P&P Available from: Shepherd School, Harvey Road, Nottingham, NG8 3BB or Tel 0115 9153265 or e-mail shepherd_school@hotmail.com

SHEPHERD SCHOOL

Sex and relationships booklets. The school has produced a series of booklets for children with learning difficulties. Details and order form on the Shepherd School website.

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)

Bodysense: www.bodysense.org.uk

Brook: www.brook.org.uk

Centre for HIV and Sexual Health: www.sexualhealthsheffield.co.uk

Contact a Family: www.cafamily.org.uk/packs.html

fpa: www.fpa.org.uk

Life Support Productions: www.lifesupportproductions.co.uk

Me and Us: www.me-and-us.co.uk/index.html

National Curriculum Online: www.nc.uk.net/ld.PSHE_content.html

This section of the website covers planning, teaching and assessing the PSHE and citizenship curriculum for pupils with learning difficulties. It includes advice about approaches to sex education.

NSPCC Publications: www.nspcc.org.uk/Inform/Publications

Pavilion Publishing: www.pavpub.com

Rapport Learning: www.rapportgroup.com

RNIB: www.rnib.org.uk

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

Sex Education Forum: www.ncb.org.uk/sef

Shepherd School: www.shepherdschool.org.uk and www.shep-net.com/site/index.html