

Review of Materials which can be used to support sex and relationships education for those with learning disability/special communication needs (June 2004)

| <u>Resource name</u> | <u>Type of resource (eg video/book/playboard)</u> | <u>Who is it aimed at or who could it be used with</u> | <u>What are the particular good aspects</u> | <u>Any not so good aspects</u> | <u>How can it be obtained</u> | <u>Costs</u> |
|--|--|--|--|--|---|--------------|
| <p><u>A Curriculum for Personal and Social Development</u></p> <p>Otten L (ed) David (pub) Fulton 1999</p> <p>Info source: NCB http://www.ncb.org.uk/resources/sef_srl_disabled.pdf and publisher</p> | <p>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.</p> | <p>The text aims to: equip teachers with a step-by-step teaching programme for each stage of learning which covers nationally recommended guidelines for personal and social education; offer clear guidance on planning and on ways to work with parents and governors; and emphasise a whole-school approach to sex and health education which builds on existing skills and increases the teacher's confidence in tackling this difficult subject</p> | <p>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).</p> | | <p>David Fulton Publishers The Chiswick Centre 414 Chiswick High Road London W4 5TF</p> <p>T: 020 8996 3610 http://www.fultonpublishers.co.uk/</p> | £18.50 |
| <p><u>Batteries Not Included: A sexuality resource pack for working with people with complex communication support needs</u></p> <p>Hart, P & Douglas-Scott, S 2004 (due for publication summer/ early autumn 2004)</p> <p>Pub: Common Knowledge, Glasgow</p> <p>Info source: author</p> | <p>A resource pack – book outlining the challenges of SRE with people with complex communication support needs. Offers ideas, suggested learning activities and an assessment framework</p> | <p>Staff and managers working with people with complex communication support needs; deaf blind people; people with profound learning difficulties</p> | <p>For the first time in Scotland the issues for this group of people are written down with potential ways forward outlined. The pack includes tools to take this work forward:</p> <ul style="list-style-type: none"> • The things we all need to learn about sex • Sensuality toolkit • Exemplar policy • Personal profile | <p>Outlines the key dilemmas but does not give all the answers – services will be challenged to do so themselves</p> | <p>Common Knowledge main suppliers with partners: PHACE Scotland fpa Scotland Sense Scotland</p> <p>Common Knowledge Killearn Centre 29 Shakespeare Street Glasgow G20 8TH</p> <p>T: 0141 945 8046 W: http://www.ckglasgow.org.uk/</p> | Donation |

| <u>Resource name</u> | <u>Type of resource (eg video/book/playboard)</u> | <u>Who is it aimed at or who could it be used with</u> | <u>What are the particular good aspects</u> | <u>Any not so good aspects</u> | <u>How can it be obtained</u> | <u>Costs</u> |
|--|---|--|---|---|--|--|
| <p><u>Becoming a Woman</u></p> <p>Cooper E, Hathaway J Pavilion Publishing 1999</p> <p>Review Source: Publisher and Scottish Practitioner Experience</p> | <p>Teaching pack on menstruation for young women with learning disabilities</p> <p>Format: ringbound facilitator notes including session timings, material lists, handouts and activities (80pp) - 6 sessions with 20 diagrammatic worksheets</p> | <p>A teaching pack on menstruation for people with LD – pre-pubescent girls who have not yet started their periods but also for older women with limited understanding, and (in part) for young and not so young men/boys with LD.</p> <p>Aimed at educating those who work with young people with learning disabilities and the young women themselves. Includes 6 sessions with activities including; What is Menstruation, Looking after Ourselves, Using Tampons and How Menstruation affects our lives.</p> | <p>The Publisher says: Becoming A Woman is aimed at educating women with learning disabilities about this important life event. This resource explains what will, and may happen to them when they have a period, exploring the physical realities of dealing with a period and the possible emotional effects that can occur within a menstrual cycle.</p> <p>This illustrated training resource helps participants identify information young women need about their bodies. It introduces the processes involved in menstruation and more detailed information about hygiene, pain management and sanitary protection. Practitioner view: (Most of the activities) and worksheets are useful, as are the recap sessions</p> | <p>Practitioner warns: sessions/activities can take up to 2 hours</p> | <p>Pavilion Publishing The Ironworks Cheapside Brighton East Sussex BN1 4GD</p> <p>T: 0870 161 3505</p> <p>www.pavpub.com</p> | <p>£65.00 or £45.00 direct from Pavilion</p> |
| <p><u>Body Board Plus various packs</u></p> <p>Review Source: Scottish Practitioners</p> | <p>Play board</p> | <p>Teachers</p> | <p>Interactive board with great visual material on subjects such as emotions, sex education, pregnancy, contraception and making love, personal hygiene, drugs, organs of the body</p> | <p>Great for visual aids, no reading and very durable materials</p> | <p>Headon Productions 4 Beech Road Sale Moor Cheshire M33 2FB</p> | <p>Body board and emotions pack £160.00 Packs various prices from £15.00</p> |
| <p><u>Books beyond words (various titles)</u></p> <p>Jointly published by St Georges Hospital Medical School and the Royal College of Psychiatrists</p> <p>Review sources: http://www.intellectualdisability.info/how_to_beyond_words.htm and Royal College of Psychiatrists</p> | <p>Books Beyond Words are full-colour picture books that address some of the problems in understanding experienced by people with intellectual and communication difficulties.</p> <p>This series now includes 24 titles covering such diverse subjects as epilepsy, abuse, bereavement, depression, making friends, going into hospital, appropriate hugging and touching & falling in love.</p> | <p>Aimed at people with intellectual disabilities. Supporting text is provided at the back of each book, giving one interpretation of what is taking place. Guidelines are also provided for carers, supporters and professionals, including notes on how to use the book together with useful resources and organisations that may help with particular problems. The Guidelines may include a glossary of special terms</p> | <p>By telling the whole story in pictures, they help people to prepare for an event or re-visit something that has happened, such as going to hospital. They are able to relate the pictures to their own experiences, without being distracted or confused by accompanying text. The pictures share information but they also illustrate emotions relevant to the topic or experience.</p> <p>Falling in Love: This is a book about two people who are introduced by friends. Mike and Janet get on well and enjoy doing things together. They decide they want to live together, but initially their families try to discourage them.</p> <p>This love story traces the ups and downs of their relationship, until they are able to make a commitment to each other.</p> <p>Readers can identify with Mike and Janet, and use the book as a starting point to explore their own relationships, and the role of families, friends and</p> | | <p>Book Sales The Royal College of Psychiatrists 17 Belgrave Square London SW1X 8PG</p> <p>T: 7235 2351 ext.146 (9.30am to 2pm)</p> <p>http://www.rcpsych.ac.uk/publications/gaskell/orderinfo.htm#individual</p> | <p>£10 each (including postage & packing)</p> |

| <u>Resource name</u> | <u>Type of resource (eg video/book/playboard)</u> | <u>Who is it aimed at or who could it be used with</u> | <u>What are the particular good aspects</u> | <u>Any not so good aspects</u> | <u>How can it be obtained</u> | <u>Costs</u> |
|--|---|--|--|--------------------------------|---|--------------|
| | | | carers in supporting them. | | | |
| <u>Building Friendships</u> Fraser J & Brook H 1994 Pub: Brook Review source: Publisher | Resource Pack | For 11-14 year-olds, and 14-19 year-olds where there are learning or other social difficulties. | It provides opportunities to explore the issues involved in making, developing and maintaining friendships. It has been used successfully with young people making the transition from primary to secondary education and with teenagers who have learning or other social difficulties. | | Brook Publications 421 Highgate Studios 53-79 Highgate Road London NW5 1TL t: 0207 284 6056 f: 0207 284 6050 www.brook.org.uk | £35 per pack |
| <u>Chance to Choose</u> Dixon H Me-and-Us Publications New edition due 2005 | Resource Book / teaching kit | Professionals delivering sex and relationship education to people with learning disabilities | Practical activities to use in delivering sex and relationship education to groups; clear topic headings to dip in and out of | | New edition will be released on CD early in 2005 Me-and-Us Publications, 1 Garsdale Road, Sedbergh, Cumbria, LA10 5JN, UK T: 01539 621777 www.me-and-us.com | TBC |
| <u>Crossing the Minefield: Establishing safe passage through the sensory chaos of autistic spectrum disorder</u> Caldwell P Pavilion Publishing Info source: Publisher | Format: A4 Handbook (70pp). | Of particular interest to: direct care staff, nurses, psychologists and others involved in the lives of people with learning disabilities. | Building on the approach set out in her previous books and using examples from her own extensive work in this field, Phoebe Caldwell describes how we can find ways to mark out a safe and meaningful progression from the isolation and sensory chaos experienced by people with autistic spectrum disorder to communication, relationship and a better understanding of their needs. | | Pavilion Publishing The Ironworks Cheapside Brighton East Sussex BN1 4GD T: 0870 161 3505 www.pavpub.com | £29.95 |
| <u>Exploring sexuality and disability</u> fpa 1997 but still current Review source: Scottish Practitioner | Advance training manual | Trainers who work with people with disabilities, staff, parents, and carers | Activities which span personal, social and political perspectives. Good exploration of own values and society's attitudes. Increase understanding of sexuality and disability and challenge prejudice and discrimination | | fpa direct The Whitbread Centre Rhymney Gwent NP22 5XD Tel 01685 846678 Fax 0870 4424062 | £14.99 |

| <u>Resource name</u> | <u>Type of resource (eg video/book/playboard)</u> | <u>Who is it aimed at or who could it be used with</u> | <u>What are the particular good aspects</u> | <u>Any not so good aspects</u> | <u>How can it be obtained</u> | <u>Costs</u> |
|---|--|--|---|---|--|---|
| <p>Feeling Grown Up</p> <p>Shepherd School 1999</p> <p>Review source: Canadian Journal of Human Sexuality, Summer99, Vol. 8 Issue 2, p157</p> | <p>A series of booklets on: Male Masturbation, Female Masturbation, Public Toilets, Menstruation: at the Disco, Menstruation: at Home, Wet Dreams.</p> | <p>A series of very simple, illustrated booklets (with the addition of widget symbols) for young people with learning disabilities (with the addition of widget symbols). Designed primarily for parents/carers to use with their offspring.</p> | <p>"What About Us? is an overview for parents that introduces the issues of sexuality and sexuality education for students with special learning needs. It includes lists of resources and sources of help. It also introduces the philosophy that home and school must work together to make sexuality education available and effective. It is inviting in its length and format. The information is given in a sympathetic and positive tone."</p> | <p>None of the information is exhaustive and some of the content is sketchy enough to leave the reader with inaccurate or at least incomplete impressions. Symbols are using through-out the series, in order to help the readers to recall the information, but they are often obscure and not immediately recognisable.</p> | <p>Shepherd School Harvey Road Nottingham NG8 3BB</p> <p>T: 0115 9153265 e: info@shepherdschool.org.uk</p> | <p>£2.00 each plus P&P</p> |
| <p> Holding on, Letting Go: Sex, sexuality and people with learning disabilities</p> <p>Drury J, Hutchinson L & Wright J Souvenir Press 2000</p> <p>Review Source: NCB and National Autistic Society http://w02-0211.web.dircon.net/pubs/pubscat/adolesce.html</p> | <p>120pp, A5 pbk</p> | <p>This realistic book is aimed at parents and carers to help them get to grips with sexuality issues.</p> | <p>This is an honest but sensitive exploration of sex and sexuality, written by authors who are experienced workers in this complex field. Parents have a duty to protect their child from abuse but that child is also a 'sexual' being, with a right to be so. Should parents be holding on or letting go?</p> <p>Sexuality programs are discussed, as is the importance of tailoring these to the individual's needs.</p> | | <p>Available from Wordpower http://www.wordpower.co.uk/catalogue/0285635786</p> <p>ISBN 0285635786</p> | <p>Discount price £8.99, full price £9.99</p> |
| | | | | | | |

| <u>Resource name</u> | <u>Type of resource (eg video/book/playboard)</u> | <u>Who is it aimed at or who could it be used with</u> | <u>What are the particular good aspects</u> | <u>Any not so good aspects</u> | <u>How can it be obtained</u> | <u>Costs</u> |
|---|---|---|---|--------------------------------|---|--|
| <p><u>How it is – an Image Vocabulary for children about feelings, right and safety, personal and sexuality</u></p> <p>NSPCC 2002</p> <p>Info source: Health Board and http://www.howitis.org.uk/index.htm</p> | <p>1 Booklet and/or 1 CD-Rom</p> <p><i>How it is</i> is an image vocabulary that has been developed to help children communicate about a range of important issues.</p> | <p>Designed to be used as a child-centred resource and includes guidance notes, including on the topic of abuse. Topics covered include children's feelings, their rights, their bodies, sexuality, personal care and basic needs. Will enable adults to work with children on these issues.</p> | | | <p>NSPCC Publications and Information Unit NSPCC 42 Curtain Road London EC2A 3NH. T: 020 7825 2775.</p> <p>E: infounit@nspcc.org.uk Please make cheques payable to NSPCC</p> | <p>Booklet and CD-ROM - £8.00 CD-ROM alone - free of charge, subject to availability</p> |
| <p><u>I have the right to know</u></p> <p>BILD</p> <p>Review Source: Scottish Practitioners</p> | <p>Book/training pack</p> | <p>Staff working with people with learning disabilities</p> | <p>Good clear pictures. Example of a policy statement. Lessons include hygiene, body parts, puberty, contraception, appropriate/inappropriate touching, sex and relationships including gay relationships.</p> | | <p>BILD BookSource 32 Finlas Street Cowlairst Estate Glasgow G22 5DU</p> <p>T: BookSource on 08702 402 182</p> <p>www.bild.org.uk</p> | <p>£25.00 (no longer in print)</p> |
| <p><u>Jason's Private World</u></p> | <p>See Kylie's Private World for review</p> | | | | | |
| <p><u>Just Say Know! Understanding and reducing the Risk of Sexual Victimization of People with Learning Disabilities</u></p> <p>Hingsburger D 1995</p> <p>Info source: Inclusive-solutions.com / Amazon.co.uk review</p> | <p>Paperback book</p> | <p>Aimed at professionals "This book explores the victimisation of people with disabilities and helps reduce the risk of sexual assault. The ring of safety presents the skills to teach people with disabilities to enable them to protect themselves. The book also presents a new way of looking at the indicators of sexual abuse in the population of people who have developmental disabilities." (inclusive-solutions.com)</p> | <p>"Between the thought provoking and sometimes amusing stories are suggestions in both teaching and how to support and not smother people who we may consider vulnerable. I could not help but be inspired and some of the tips have made me think how I approach 'stranger danger' with my own child who does not have a developmental disability." (AMAZON.co.uk reviewer)</p> | | <p>http://www.inclusive-solutions.com/bvfullist.asp T: 0115 9556045 or www.amazon.co.uk</p> | <p>£8.90</p> |

| <u>Resource name</u> | <u>Type of resource (eg video/book/playboard)</u> | <u>Who is it aimed at or who could it be used with</u> | <u>What are the particular good aspects</u> | <u>Any not so good aspects</u> | <u>How can it be obtained</u> | <u>Costs</u> |
|---|---|---|--|---|---|---|
| <p><u>Kylie's Private World</u> <u>Jason's Private World</u> <u>You, your body & Sex</u></p> <p>Producer/author: Life Support Productions</p> <p>Publishers: Life Support Productions</p> <p>Date: Videos 2001, DVD 2003</p> <p>Review source: Scottish Practitioner Experience and NCB http://www.ncb.org.uk/sef/reviews/review_1_1_detail.htm#target</p> | <p>2 x video (Kylie 25 mins, Jason 20 mins) and accompanying booklets You, Your Body and Sex DVD featuring content and highlights from both Jason and Kylie videos</p> | <p>Target group(s) Kylie's Private World - SRE video for women with learning difficulties Jason's Private World - SRE video for men with learning difficulties You, Your Body and Sex - DVD for both men and women with learning difficulties</p> <p>Setting SLD/MLD schools, FE colleges</p> | <p>The Private Worlds of Jason and Kylie have a lot to offer young people with learning difficulties in acquiring understanding and control in the complex world of sexual feelings and relationship. Its strengths lie in the attractiveness and simplicity of style, appropriate and explicit language and an unflinching approach to sensitive issues. It would be irresponsible for practitioners to use the resource without careful preparation as well as planning opportunities to explore the issues thoroughly throughout. It is therefore not recommended to be used as a 'stand alone' resource but can provide a vital part of a planned SRE programme.</p> | <p>Approaches to Diversity</p> <p>The resource is designed for young people with learning difficulties. Other than portraying Kylie and Jason as heterosexual with friends who have same sex partners the resource does not overtly focus on diversity. Issues of race and culture are not approached; neither are matters concerning disabilities of any kind. Strangely large heads on cartoon characters, difficult to relate to.</p> | <p>Ordering/purchasing details Life Support Productions PO Box 2127 London NW1 6RZ</p> <p>Tel/fax: 020 7723 7520 www.lifesupportproductions.co.uk</p> | <p>Price Kylie's Private World Video - £39.00 (£45.83 inc VAT @17.5%) Jason's Private World Video - £39.00 (£45.83 inc VAT @17.5%) You, Your Body and Sex Video - £39.00 (£45.83 inc VAT); DVD £59.58 (£70.00 inc VAT @ 17.5%)</p> |

| <u>Resource name</u> | <u>Type of resource (eg video/book/playboard)</u> | <u>Who is it aimed at or who could it be used with</u> | <u>What are the particular good aspects</u> | <u>Any not so good aspects</u> | <u>How can it be obtained</u> | <u>Costs</u> |
|---|--|---|---|--------------------------------|--|--------------------------------------|
| <p><u>Lets Do It: Creative activities for sex education for young people with learning difficulties</u></p> <p>Producer/author: Johns B. Scott L. Bliss J.</p> <p>Pub: Image in Action</p> <p>Ed: 3rd edition 2002</p> <p>Source: Scottish Practitioner Experience and NCB http://www.ncb.org.uk/sef/reviews/review_1_2_detail.htm#target</p> | <p>Book / teaching kit</p> <p>Let's Do It contains a set of over 80 drama-based activities developed and used by Image in Action with groups of students with learning disabilities of all ages. As the authors describe it, it is a resource which can be adapted, developed and extended.</p> <p>The book is divided into eight sections: Group Building, Body Parts, Gender, Public and Private, Feelings, Relationships, Life Cycle, Developing Skills; with three introductory chapters on using the activities, lesson planning and a guide to basic active learning techniques. An appendix provides a Resources list and a guide to some useful organisations.</p> <p>Target group Young people and adults with learning disabilities. Mainstream primary teachers also use it.</p> | <p>Aimed at professionals delivering SRE to any student with learning disabilities. The activities have been well planned and tested to allow any teacher to mix and match from all the sections depending on the ability of the students. All the activities can be easily differentiated to encompass the many varied abilities in any such special school group. The activities can be used in many environments: school, adult training, parents, staff training.</p> <p>The resource is well designed and easy to use by professionals. Each activity is described on a separate page in an A4 spiral bound format. Examples are given of lesson plans incorporating the activities.</p> <p>The language is clear and precise; the objectives for each activity are clearly laid out and develop well throughout all the sections.</p> <p>Teachers and tutors can select sections and activities to suit the needs of their group, depending for example on their previous knowledge - a long standing group won't need to go through the group building circle games.</p> <p>There is an emphasis on complementing the activities with DIY resources, such as collections of photographs from magazines, everyday objects like a cushion, and a collection of clothes for gender and body parts work.</p> | <p>Really fun creative ideas for groups, good ideas for those with more severe LD</p> <p>Positive approaches to diversity. The whole ethos behind this publication is to promote positive images. Image in Action's own pamphlet has these words on the front cover: 'We believe everyone has the right to sexual choices'. Throughout the book all the activities lend themselves to homemade materials which can reflect the students' experiences and allows the teacher to introduce images from different cultures and religions. The framework is flexible, therefore allowing access to all.</p> <p>Content</p> <p>This book is a well structured resource which is factual, up to date and presents the areas of Sex and Relationships with sensitivity. The materials in the book range from very basic group building games to activities about sexual relationships, safer sex and HIV. Between them, the eight sections of activities cover the key areas of the SRE curriculum, and conform with legal requirements.</p> <p>Throughout there is an emphasis on skills, on learning by doing, with the final section given to practising and developing skills like choosing, permission and assertion.</p> <p>The activities are based on working as a group using active learning approaches, and including games, story telling and role play. The brief introductory chapters describe and explain the methodology.</p> <p>The activities can be assessed by outcome. Professionals will assess, monitor and evaluate as students participate in the lesson.</p> | | <p>Image in Action Chinnor Road Bledlow Ridge Bucks HP14 4AJ Phone/Fax 01494 481 632 E-mail ia@nascr.net</p> | <p>£20 Including p&p</p> |

| <u>Resource name</u> | <u>Type of resource (eg video/book/playboard)</u> | <u>Who is it aimed at or who could it be used with</u> | <u>What are the particular good aspects</u> | <u>Any not so good aspects</u> | <u>How can it be obtained</u> | <u>Costs</u> |
|---|---|---|--|--------------------------------|--|--------------|
| <p><u>Let's talk about PUBERTY: a booklet about growing up for young people who have a learning disability</u></p> <p>Lou Marsden, Paul Mudie (illu)</p> <p>Down's Syndrome Scotland, 2004</p> | <p>A4 booklet, developed after work with a focus group of young people with Down's Syndrome aged 16-23</p> | <p>Aimed at young people with learning disabilities, it describes the changes that that happen to your body as you grow up</p> | | | <p>Down's Syndrome Scotland 158 –160 Balgreen Road, Edinburgh EH11 3AU</p> <p>T: 0131 313 4225 F: 0131 313 4285</p> <p>E: info@dsscotland.org.uk</p> | |
| <p><u>Living Safer Sexual Lives</u></p> <p>Pavilion Publishing</p> <p>Info source: Publisher</p> | <p>A training and resource pack for people with learning disabilities and those who support them</p> <p>Format: video (mins) and ringbound resource (260pp) Full list of authors: Patsie Frawley, Kelley Johnson, Lynne Hillier, Lyn Harrison</p> | <p>This research-based, internationally piloted resource has been designed to provide training on sexuality and sexual rights for everyone involved in the lives of people with learning disabilities, including the individuals themselves. Based on a research project with people with learning disabilities in Melbourne, Australia, the accessible training aims to support people with learning disabilities, their families and friends, service providers and staff to learn about values, attitudes, safety and rights in relation to sexuality and relationships.</p> | <p>The pack is divided into three parts: PART ONE provides a comprehensive introduction to the issues around sexuality and sexual freedom for people with learning disabilities, as well as detail of the research on which the workshops are based, and the rationale behind them.</p> <p>PART TWO contains the training, structured into background information, guided training sessions, activities and workshops designed specifically to meet the needs and capabilities of three different learner groups: ·service providers and staff ·families and carers ·people with learning disabilities This resource contains clear references and easy-to-use, photocopiable supporting materials.</p> <p>PART THREE provides tailored resources including background materials, OHP and handout masters, and transcripts of 25 stories from people with learning disabilities talking about their sexuality, sexual experience and attitudes, along with a guide on how to use them in the training; appendices include country-specific versions of some of the materials included in the pack.</p> <p>A video accompanies the text, in which three actors with learning disabilities relate three of the stories included in the pack.</p> | | <p>Pavilion Publishing The Ironworks Cheapside Brighton East Sussex BN1 4GD</p> <p>T: 0870 161 3505</p> <p>www.pavpub.com</p> | £225.00 |
| <p><u>Living your Life: a structured sex education programme for children over 14 with severe learning disabilities</u></p> | <p>This 260 page, A4 spiral bound workbook with 68-page photocopiable worksheets helps teachers design, deliver and evaluate a programme of SRE.</p> | <p>A sexuality and relationships education resource aimed at students with special educational needs and/or learning difficulties aged 13 and above.</p> | <p>Material with specific advice for teachers of students with autistic spectrum disorders. Very disability aware.</p> | | <p>Brook Publications 421 Highgate Studios 53-79 Highgate Road London NW5 1TL</p> <p>t: 0207 284 6056 f: 0207 284 6050</p> | £50 |

| <u>Resource name</u> | <u>Type of resource (eg video/book/playboard)</u> | <u>Who is it aimed at or who could it be used with</u> | <u>What are the particular good aspects</u> | <u>Any not so good aspects</u> | <u>How can it be obtained</u> | <u>Costs</u> |
|--|--|---|---|--|---|--|
| Craft A Brook (new edition) 2003 Review Sources: Publisher and practitioners | | | | | www.brook.org.uk | |
| Male & Female Cloth Models Producer/author: Fraser, J (Reverend) Review source: Scottish Practitioner experience and NCB http://www.ncb.org.uk/sef/reviews/review_01.htm | Type of resource: An educational resource consisting of two cloth models, male and female, which are half life size and anatomically correct. Dressed in modern outfits, the clothes are removable to reveal the naked doll. The genitals of both models are visually accurate, complete with pubic hair. The male model's penis is circumcised, and the female model's vagina is accurately portrayed allowing for sexual intercourse to be demonstrated. | Target group: All age ranges, particularly adults with learning difficulties and people with sensory handicaps or poor verbal communication for whom English is a second language Setting: Very structured SRE framework | The resource is accompanied by a comprehensive set of notes which provide a firm basis to plan activities. The notes come with an introduction and background notes, a detailed section on communication, plus overview of the ways the dolls could be used with various groups eg. Sex education for adults with learning disabilities, Health Education for people with sensory disabilities, Sexual counselling, Therapeutic or disclosure work, Women's Group where English is a second language. Preparation is the key to using these models. Each session must be planned thoroughly in advance with set objectives for each session. A slow progression will benefit the target audience and allow time for any issue to be reinforced. Monitoring is also an essential part of the process and will enhance the planning process for further sessions. The models appear to be durable, and look accessible in their contemporary outfits. | However, despite their deliberately universal skin colour, their faces are not as realistic as they might be, and may even appear frightening, especially to younger children. The NCB reviewer adds "I have built a stand to enable each of them to be upright during an activity, as the models are less effective when laid down on a surface. I have also designed a carrying box to hold both the models and stands." | Ordering/purchasing details: The Revd. Jane Fraser Sunnybank House Holly Green Upton on Severn Worcester WR8 0PG Tel & fax: 01684 594715 Email: brook@revjane.demon.co.uk Delivery time is six weeks while the models are made to order. | Price: £300, including VAT and postage and packaging |
| Me and Us website http://www.me-and-us.com/index.html | | | | | | |
| Now they are growing up... (What young people need to know) Shepherd School Info source: http://www.ncb.org.uk/resources/sef_srl_disabled.pdf | A series of information booklets for parents | Aimed at parents the booklets cover menstruation, male masturbation, female masturbation, HIV/AIDS, protecting your child, a planned dependent life and sexuality, loss | | | Shepherd School Harvey Road Nottingham NG8 3BB T: 0115 9153265 e: info@shepherdschool.org.uk | £2.00 each plus P&P |

| <u>Resource name</u> | <u>Type of resource (eg video/book/playboard)</u> | <u>Who is it aimed at or who could it be used with</u> | <u>What are the particular good aspects</u> | <u>Any not so good aspects</u> | <u>How can it be obtained</u> | <u>Costs</u> |
|--|--|--|---|--------------------------------|---|--------------|
| <p><u>On the Agenda: Sex education for Young People with Learning Disabilities</u></p> <p>1994</p> <p>Review Source: Scottish Practitioner</p> | Resource pack – classroom resource and guides for teachers and training from Image in Action | Practical guide to policy making, planning and working with young people with LD in schools and colleges. | Drama & Active Learning Techniques | Dated (1994) in parts | Image in Action Chinnor Road Bledlow Ridge Bucks HP14 4AJ Phone/Fax 01494 481 632 E-mail ija@nascr.net | |
| <p><u>Person to Person Establishing contact and communication with people with profound disabilities</u></p> <p>Pavilion Publishing</p> <p>Info source: publisher</p> | A4 handbook (90pp) | This practical guide will be of help to staff who wish to become more proactive in enhancing the lives of people with learning disabilities by using their own language or familiar stimuli. | Expanding upon the approach introduced in Getting In Touch, this handbook emphasises the importance of developing a two-way relationship with individuals who have profound disabilities, whether they are autistic or whether their present behaviour is experienced as challenging. | | Pavilion Publishing The Ironworks Cheapside Brighton East Sussex BN1 4GD T: 0870 161 3505 www.pavpub.com | £19.95 |

| <u>Resource name</u> | <u>Type of resource (eg video/book/playboard)</u> | <u>Who is it aimed at or who could it be used with</u> | <u>What are the particular good aspects</u> | <u>Any not so good aspects</u> | <u>How can it be obtained</u> | <u>Costs</u> |
|---|--|---|---|---|---|------------------------------------|
| <p>Picture Yourself</p> <p>Dixon H and Craft A with illustrations by Gifford D</p> <p>Me-and-Us Publications</p> <p>Review source: Scottish Practitioner</p> | <p>Teaching resource specifically designed to be used with people with learning disabilities.</p> <p>4 sets of 48 drawings and photographs per set with teachers' notes.</p> <p>Supplied on CD - print what you want as you need it.</p> | <p>Young people and adults with LD. Children and young people in mainstream education</p> | <p>Visual aids – illustrations, line drawings, photographs</p> | <p>Careful pre-planning required – most appropriate pictures for each situation, students may find some pictures too disturbing/uncomfortable</p> | <p>LDA Duke Steet Wisbech Cams PE13 2AE</p> <p>Buy on-line at http://www.me-and-us.com/py1.html</p> | <p>£50 plus VAT</p> |
| <p>Piece by Piece</p> <p>Pavilion Publishing</p> <p>Info source: publisher</p> | <p>Video/training pack</p> | <p>Staff who work with adults with learning disabilities</p> | <p>Sections include body parts, masturbating, making choices (yes and no), relationships (different kinds) condom use, sex</p> | | <p>Pavilion Publishing The Ironworks Cheapside Brighton East Sussex BN1 4GD</p> <p>T: 0870 161 3505</p> <p>www.pavpub.com</p> | <p>? not in the 2003 catalogue</p> |
| <p>Reach Out Report: personal relationships, sexuality and needs of African and Asian descent learning disabled women</p> <p>fpa</p> <p>Info source: Publisher</p> | <p>Report</p> | <p>Staff who work with people with learning disabilities</p> | <p>Report based on a 2 year projects looking at the Needs of African and Asian descent learning disabled women in the areas of personal relationships, sex and sexuality. It sets out recommendations for change in service provision based on the views of the women who took part in the project.</p> | | <p>fpa direct The Whitbread Centre Rhymney Gwent NP22 5XD Tel 01685 846678 Fax 0870 4424062</p> | <p>£5.00</p> |
| <p>Reach Out Training Pack: personal relationships, sexuality and needs of African and Asian descent learning disabled people</p> <p>fpa</p> <p>Info source: Publisher</p> | <p>Training Pack</p> | <p>Professionals and carers working with adults with learning disabilities</p> | <p>Tried and tested exercises used throughout the project as well as a comprehensive section on preparation and planning, and sample workshops which can be used to plan training sessions</p> | | <p>fpa direct The Whitbread Centre Rhymney Gwent NP22 5XD Tel 01685 846678 Fax 0870 4424062</p> | <p>£12.99</p> |

| <u>Resource name</u> | <u>Type of resource (eg video/book/playboard)</u> | <u>Who is it aimed at or who could it be used with</u> | <u>What are the particular good aspects</u> | <u>Any not so good aspects</u> | <u>How can it be obtained</u> | <u>Costs</u> |
|--|---|--|--|--|---|----------------|
| <u>Room to move</u> Pavilion Publishing Info source: publisher | Video based resource | Parents, carers of people with learning disabilities | Transition from home to independent living. | | Pavilion Publishing The Ironworks Cheapside Brighton East Sussex BN1 4GD T: 0870 161 3505 www.pavpub.com | £45.00 +vat |
| <u>Sex</u> BILD Review Source: Scottish Practitioners | Book | Young people and adults with learning difficulties. Staff who work with people with learning disabilities | Good clear pictures, on puberty, hygiene, safe sex | | BILD BookSource 32 Finlas Street Cowlairs Estate Glasgow G22 5DU T: BookSource on 08702 402 182 www.bild.org.uk | £8.00 |
| <u>Sex and staff training</u> Pavilion Publishing Info source: publisher | Training pack | Staff who work with people with learning disabilities | To raise awareness of sexuality and learning disability and to address concerns of staff. Sections on sexuality, sexual abuse and safer sex | | Pavilion Publishing The Ironworks Cheapside Brighton East Sussex BN1 4GD T: 0870 161 3505 www.pavpub.com | £65.00 |
| <u>Sex and the 3R's - Rights, Responsibilities and Risks: a sex education package for working with people with Learning Difficulties</u> 2000 (2 nd Ed) Review source: Scottish Practitioners' experience | Folder and book / teaching kit | Professionals delivering sex and relationship education in groups or with individuals (older children and adults with LD) The line drawings in this pack are explicit and the need for this explicit material are explained. Topics covered include trainers guidance, staff support and safeguards, teaching safer sex, abuse, menstruation, HIV testing, STIs and contraception | Clear pictures of a range of situations and types of sex including same sex relationships; unwanted sexual attention; and inappropriate behaviour. No sexuality bias. Line drawings | Some people do not like the drawings. Some of the drawings have ambiguous facial expressions so it's not clear if they like the activity or not. | Booksellers or Pavilion Publishing The Ironworks Cheapside Brighton East Sussex BN1 4GD T: 0870 161 3505 www.pavpub.com | £95 |
| <u>Sex Education</u> Review source: Scottish Practitioners experience | Video | Upper Primary, Lower secondary, older children with LD | Teachers' notes, Strong family context | Background noise. No ref to extra-marital sex or sexuality bias | BBC Educational Publishing | |
| <u>Sex Education & Sexuality for very</u> | Paperback Book | "An education resource with information and guidelines on | "A realistic and sensible approach to sexuality covering planning policies, programmes, sensory | | Amazon | £9.99 |

| <u>Resource name</u> | <u>Type of resource (eg video/book/playboard)</u> | <u>Who is it aimed at or who could it be used with</u> | <u>What are the particular good aspects</u> | <u>Any not so good aspects</u> | <u>How can it be obtained</u> | <u>Costs</u> |
|---|---|--|--|--------------------------------|--|--------------------|
| <p><u>special people: A sensory Approach</u></p> <p>Longhorn, F 1997</p> <p>Catalyst Education Resources Ltd</p> <p>Review Source: Amazon & RNIB</p> | | teaching people with special needs about sex education and sexuality" (AMAZON) | approaches, growing up, adulthood, masturbation, menstruation, gender, dilemmas and personal assistance policy guidelines. " (RNIB) | | <p>www.amazon.co.uk</p> <p>ISBN: 1900231204</p> | |
| <p><u>Sexual health education for children and young people with learning disabilities</u></p> <p>Info source: Publishers</p> | Book/training pack | Professionals, parents and carers | Teaching plans, handouts, role play scenarios. It introduces basic concepts and good practice around personal relationships, sexual health, sexuality and staying safe | | <p>BILD/Barnados BookSource 32 Finlas Street Cowlairs Estate Glasgow G22 5DU</p> <p>T: BookSource on 08702 402 182</p> <p>www.bild.org.uk</p> | No longer in print |
| <p><u>Sexuality and Learning Disability</u></p> <p>fpa 2003</p> <p>Info Source: Publisher</p> | Book | Staff who work with people with leaning disabilities | Issues and dilemmas that are common to staff who work with people with learning disability. Ideas and examples of developing policy skills teaching | | <p>fpa direct The Whitbread Centre Rhymney Gwent NP22 5XD T: 01685 846678 F: 0870 4424062</p> | £9.99 |

| <u>Resource name</u> | <u>Type of resource (eg video/book/playboard)</u> | <u>Who is it aimed at or who could it be used with</u> | <u>What are the particular good aspects</u> | <u>Any not so good aspects</u> | <u>How can it be obtained</u> | <u>Costs</u> |
|---|---|---|---|--------------------------------|--|--------------|
| <p><u>Sexuality: Your sons & daughters with Intellectual Difficulties</u></p> <p>Melberg Schwier K & D Hingsburger</p> <p>2000</p> <p>Pub: Jessica Kingsley Publishers</p> <p>Review sources: Amazon / Membership organisation working with people with Learning Disabilities and their families</p> | Paperback book | Designed for parents. Discusses how to interact with children/young people on the topic of sexual health in a way that increases self-esteem, encourages appropriate behaviour, empowers them to recognise & respond to abuse and enable them to develop lifelong relationships | <p>"This warm and sympathetic book is designed to help parents build their children's self-esteem (whether their children are prepubescent or already adults) and educate them about sexuality and safety. It explains what to teach, when to teach and how to teach. It addresses issues such as self-acceptance, values, parallel talk, privacy, appropriate behaviour, abuse, physical and emotional development in the teen years, relationships, marriage and parenting. The authors introduce "guides" - individuals with disabilities and their parents - whose experiences serve as examples throughout the book. These guides, as well as the authors' anecdotes and conversational tone, make information that is often presented awkwardly (or not at all) easily accessible to parents. The information and the stories that show how much is possible for young people, regardless of their disabilities, will help parents to accept their children's sexual development and to interact with their children in ways that will allow them to develop into confident, aware adults. The authors also include answers to frequently asked questions and sections for parents to reflect and plan how to broach different issues with their children." (AMAZON)</p> <p>"We find this to be a phenomenally popular book with our members, it's well written, uses people's personal experiences and I believe, really encourages parents to face these issues." (ORG)</p> | | <p>Amazon / Word Power http://www.word-power.co.uk/catalogue/1853028967</p> <p>ISBN: 1853028967</p> | £14.95 |
| <p><u>Talking together about growing up</u></p> <p>Scott L & Edwards L</p> <p>Fpa 1999</p> <p>Info source: The publisher</p> | Workbook/training pack | <p>Parents, careers, teachers, social work staff etc.</p> <p>For those working with/caring for young people with LD to help them understand the changes that happen to them at the stage of puberty. Includes body changes, keeping safe, what is private, menstruation and relationships.</p> <p>Cover area such as Life cycle, public and private places, body parts, feelings, keeping safe, growing up, looking ahead</p> | <p>A workbook for use with children with learning disabilities</p> <p>Coping with the changes that happen during puberty can prove difficult for parents and carers of children with learning disabilities. This practical, activity-based workbook will support parents in helping their children who are approaching puberty to understand about growing up, sex and relationships. It can be used in school or home settings to support school sex education. The fully illustrated exercises can be adapted to suit differing levels of ability and cover body parts, public and private behaviour, assertion and keeping safe, feelings, body changes and puberty, menstruation and looking ahead to relationships. Also contains teachers notes which include recommendations for making the most of the book and a comprehensive resource list.</p> | | <p>fpa direct The Whitbread Centre Rhymney Gwent NP22 5XD</p> <p>T: 01685 846678 F: 0870 4424062</p> | £12.99 |

| <u>Resource name</u> | <u>Type of resource (eg video/book/playboard)</u> | <u>Who is it aimed at or who could it be used with</u> | <u>What are the particular good aspects</u> | <u>Any not so good aspects</u> | <u>How can it be obtained</u> | <u>Costs</u> |
|---|--|---|---|--------------------------------|---|--------------|
| <p><u>Talking Together... about sex and relationships</u></p> <p>Scott L & Edwards L</p> <p>Fpa 2003</p> <p>Info source: The publisher</p> | Book/training pack | Schools, parents, carers, social work staff etc Aimed at 13+ | Transition from school, learning to keep safe in independent situations, understanding sexuality and sexual behaviour, sexual choices and sexual health, future possibilities into adulthood. | | fpa direct The Whitbread Centre Rhymney Gwent NP22 5XD T: 01685 846678 F: 0870 4424062 | £14.99 |
| <p><u>Target for carers</u></p> <p>fpa</p> <p>Info source: Publisher</p> | report | Parents and carers | Takes us through a project that was set up in London where parents and carers were recruited and trained to provide peer support to other parents re: sexuality | | fpa direct The Whitbread Centre Rhymney Gwent NP22 5XD Tel 01685 846678 Fax 0870 4424062 | £5.00 |
| <p><u>Target: focusing on the sexual and emotional needs of people with learning disabilities</u></p> <p>fpa</p> <p>Info source: Publisher</p> | Report | Staff who work with people with learning disabilities | A report of a challenging and important project which illustrates how the Target group was established in the London Borough of Wandsworth to examine the issue of sexuality in relation to people with learning disabilities. This step-by-step guide illustrates a working model of good practice which could be replicated elsewhere | | fpa direct The Whitbread Centre Rhymney Gwent NP22 5XD Tel 01685 846678 Fax 0870 4424062 | £5.00 |
| <p><u>Thumbs Up! Assertiveness skills for people with learning disabilities</u></p> <p>Pavilion Publishing</p> <p>Info source: publisher</p> | Format: ringbound training notes including illustrations, handouts and work sheets (84pp). | For Staff who work with people with learning disabilities | <p>Assertiveness skills training is increasingly recognised as being a valuable part of personal development. This applies equally to people with learning disabilities.</p> <p>Emphasising a holistic approach to personal development, the training highlights the link between self-esteem and behaviour.</p> <p>The resource presents information for the facilitator in a flexible modular format and includes activities, key points and aims for each session.</p> <p>Participants are encouraged to develop and practice assertiveness skills, recognise the importance of self-esteem on behaviour and develop strategies for raising self-esteem.</p> <p>Topics include: What is assertive behaviour?, Body language, Rights, Feelings.</p> | | Pavilion Publishing The Ironworks Cheapside Brighton East Sussex BN1 4GD T: 0870 161 3505 www.pavpub.com | £65.00 |

| <u>Resource name</u> | <u>Type of resource (eg video/book/playboard)</u> | <u>Who is it aimed at or who could it be used with</u> | <u>What are the particular good aspects</u> | <u>Any not so good aspects</u> | <u>How can it be obtained</u> | <u>Costs</u> |
|---|--|--|---|--------------------------------|---|---------------|
| <p><u>WHAT ABOUT US? Sex education for children with disabilities.</u></p> <p>Ann Craft and David Stewart. (1996). The Home and School Council.</p> | <p>What About Us? is an overview for parents that introduces the issues of sexuality and sexuality education for students with special learning needs.</p> | | <p>Includes lists of resources and sources of help. It also introduces the philosophy that home and school must work together to make sexuality education available and effective. It is inviting in its length and format. The information is given in a sympathetic and positive tone</p> | | <p>Available on Amazon</p> <p>ISBN: 0901191838</p> | <p>£2.00</p> |
| <p><u>You Don't Know What It's Like: Finding ways of building relationships with people with severe learning disabilities</u></p> <p>Pavilion Publishing</p> <p>Info Source: Publisher</p> | <p>A4 handbook</p> | <p>Parents, carers, staff</p> | <p>Drawing upon her extensive experience, Phoebe Caldwell illustrates methods of communication and helps readers and staff to set aside their own sense of what 'reality' is.</p> <p>This enables them to enter the worlds of others who are struggling to interpret and respond to sets of sensory perceptions different to those we experience in our 'normal' world.</p> <p>The key approach in this book is to work creatively, based on an understanding of what a person is experiencing and what it is their behaviour is trying to tell us.</p> <p>The text raises questions about what messages an individual is getting from the world they live in and which of these has meaning for them.</p> <p>Of particular interest to: all carers working with people with autistic spectrum disorder and behavioural challenges.</p> | | <p>Pavilion Publishing The Ironworks Cheapside Brighton East Sussex BN1 4GD</p> <p>T: 0870 161 3505</p> <p>www.pavpub.com</p> | <p>£25.00</p> |
| <p><u>You, your body and Sex</u></p> | <p>See Kylie's Private World for review</p> | | | | | |

This list has been compiled with the assistance of various Scottish practitioners, information from publishers and from reviews and outside organisations found on the web. It is not intended to be definitive and bear in mind that a lot of the views are the personal opinions of the reviewer, or the publicity supplied by the publisher.

We would love to hear from you if you are able to contribute your own reviews or have anything to add to the list.

Please email additional resources you know of, your own reviews and any comments, amendments or updates to kat.hasler@phis.csa.scot.nhs.uk

Alternatively you can phone and leave a message on 0141 300 1049 or contact me by post

Kat Hasler
Sexual Health & Wellbeing Project Officer
NHS Health Scotland
Clifton House, Clifton Place
Glasgow G3 7LS