



Sexual Health and Relationships  
**A Review of Resources**  
for people with learning disabilities

editors Kat Hasler, Rachael Yates and Jackie Anderson

## Acknowledgements

This document could not have been produced without the help of a number of people. Thanks in particular to Anita Hastie of NHS Health Scotland for tracking down all the resources; Julia Green and the NHS Health Scotland Library staff; all other NHS Health Scotland colleagues who were very supportive of this project; all the members of the SHARE Enhancement groups; Michelle Spivey of NHS Lothian; the Lothian Multi-Disciplinary Review Group; ENABLE; Down's Syndrome Scotland; members of the Sexual Health and Wellbeing Learning Network and other networks, organisations and individuals who contributed; plus various publishers who supported us by lending review copies.

## About the Sexual Health and Wellbeing Learning Network

The Sexual Health & Wellbeing Learning Network works with policymakers, researchers and practitioners on pertinent issues around sexual health and wellbeing. Working across health, local authority and voluntary sector boundaries, the Learning Network promotes a wider holistic approach to sexual health and wellbeing. This is achieved through disseminating learning from the national health demonstration project, Healthy Respect and sharing knowledge and information on what works locally, regionally and internationally.

[www.healthscotland.com/sexualhealth](http://www.healthscotland.com/sexualhealth)  
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‘People with learning difficulties are inherently sexual, have the same range of sexual preferences and behaviours as non-disabled people ... , and have the same rights to free and safe sexual expression as anyone else. However, society does not easily view them as sexual beings, but rather sees them as needing to be protected from sexual information and relationships.’<sup>1</sup>

Supporting young people to acquire the skills and knowledge to develop appropriate relationships free from coercion or abuse is a key aim of parents, carers and professionals. But there is no magic formula for this and no one person has all the answers in promoting positive relationships, including sexual relationships. In addition, although they may be willing, parents and professionals may themselves not have the resources or skills to talk about sexual health issues.

Young people with learning disabilities have the same needs, behaviours and rights as all young people but may not be encouraged to have sexually active relationships. Moreover, there is a general impression that to provide young people with learning disabilities with information about sex only encourages inappropriate sexual behaviour. This is not true! Sex and relationships education is a key way in which young people learn about sexuality, emotions, relationships and sexual health. The evidence supporting the preparation of the new Scottish Executive policy on sexual health, *Respect and Responsibility*<sup>2</sup>, indicated that it is often the lack of appropriate sex and relationships education, or of information on sexual health being inadequately provided, that may lead to some young people being overly sexualised in their behaviour or experiencing poor sexual health.

This review arose as a result of NHS Health Scotland’s work on revising the *SHARE*<sup>3</sup> resource (an evidence based sex and relationships education programme for secondary school children). Given that many young people with learning disabilities are now attending mainstream education and living in their own homes rather than in institutional settings, an evaluation commissioned by the then Health Education Board of Scotland<sup>4</sup> recommended that *SHARE* be adapted to make it more suitable for this group.

The review is designed to provide professionals with information on resources to help young people with learning disabilities acquire accurate information, develop skills and positive values to guide their decision-making, relationships and behaviour throughout their lifespan. Some of these resources can be used within groups or on a one-to-one basis and some are also designed to support parents and carers.

The review was developed through a peer-review process and our thanks go to all who were involved in this through the Sexual Health and Wellbeing Learning Network – especially to Kat Hasler, Jackie Anderson, and Rachael Yates for their enduring patience and thoroughness in finalising the review.

I am confident that this resource will be well used by professionals: by those in special schools and those in mainstream schools; those in the voluntary sector and other settings; and by those within and outwith the sexual health field. It will ultimately result in young people with learning disabilities who are better informed and better equipped to form healthy relationships in the future.



**Shirley M Fraser**  
Co-ordinator, Sexual Health and Wellbeing Learning Network  
March 2005

1. DOUGLAS-SCOTT, S., 2004. Sexuality and learning disability. In: BURTNEY, E., DUFFY, M., eds, *Young people and sexual health*. Palgrave Macmillan, pp. 139-154.

2. SCOTTISH EXECUTIVE, 2005. *Respect and Responsibility: Strategy and Action Plan for Improving Sexual Health*. Edinburgh: Scottish Executive. [www.phis.org.uk/news/detail.asp?id=390&q=zb](http://www.phis.org.uk/news/detail.asp?id=390&q=zb)

3. DIXON, H., WIGHT, D., ABRAHAM, C. and SCOTT, S., 1996. *SHARE: Sexual Health and Relationships - Safe, Happy and Responsible*. Edinburgh: Health Education Board of Scotland. (note: in 2003 the Health Education Board of Scotland merged with the Public Health Institute of Scotland to become NHS Health Scotland).

4. REID, M., 2003. *Process Evaluation of SHARE, March 2003*. RE052. Edinburgh: Health Education Board of Scotland. [www.hebs.com/researchcentre/pdf/final20022003RE052.pdf](http://www.hebs.com/researchcentre/pdf/final20022003RE052.pdf)

# Section i

## Introduction

...we do hope that the information here will give you an idea of some resources that might support you in the work that you, as a professional, are doing with people with learning disabilities, their parents and carers, and with other professionals in the field of sexual health and relationships...

This review of sexual health and relationships resources for people with learning disabilities<sup>5</sup> is intended to support professionals in their work. It collates reviews of resources, assessed by professionals from across the health, education, social work and voluntary sectors working in Scotland. This network of peer-reviewers included teachers, community learning disability nurses, clinical psychologists, health promotion specialists, other health professionals, and members of various voluntary organisations.

### **We asked them to:**

- comment only on sexual health and relationships resources specific to people with learning disabilities
- review them in terms of their strengths and weaknesses
- highlight any aspects that the potential user should be aware of
- judge them against the criteria of inclusiveness, accessibility to the target group and ease of use.

### **We also gathered information for each resource about:**

- the type and aim of the resource
- the content
- the format
- who it can be used with
- the methods of use
- the settings for which it is suitable
- details of where the resource can be obtained.

This is a collection of the resources found during the consultation period by the editors, and the practitioners who contributed the peer-reviews. We do not claim to present a definitive guide to everything on offer, but we do hope that the information here will give you an idea of some resources that might support you in the work that you, as a professional, are doing with people with learning disabilities, their parents and carers, and with other professionals in the field of sexual health and relationships. Please use the feedback form on page 85 and 86 to tell us about any other resources you know of.

As you look through the list you will see that practitioners do not always agree with each other in their opinions of the same resource. This is because the reviews were collated from a diverse network of practitioners who submitted their personal opinions on how they found the resources worked for them in their own particular settings. On considering your own specific

situation, you may find that you reach a different conclusion about a resource. It is vital therefore that before selecting materials you review them yourself to ensure that they are appropriate to your needs, suitable for your audience and that they comply with any existing policy or guidance within your organisation. If you are working with others, such as support workers, it is helpful if they are also familiar with the resource.

Inclusion of a resource in this resource review does not imply recommendation by the Sexual Health and Wellbeing Learning Network (SHW Learning Network), by NHS Health Scotland or by any of the outside agencies that submitted reviews. Nor does exclusion of a resource indicate any judgement on its quality. Resources were included in this resource review only if we were able to identify somewhere where a copy could be obtained; where a resource was out of print but still easily accessible to loan, we have included reviews supplied by practitioners. If we were unable to obtain a review copy ourselves, we omitted the review.

### Where this project started

This review started as a solution to a specific problem, and rapidly grew into a whole project in itself. Initially, as a result of independent evaluation<sup>6</sup>, NHS Health Scotland brought together an expert group to look at how to enhance *SHARE*, (their evidence-based sex and relationships education programme, intended for use in mainstream secondary schools), by providing guidance to educators on how to include young people with mild to moderate learning disabilities. The group felt that the best way to do so was to make reference to sexual health and relationships education (SRE) resources designed specifically for people with learning disabilities. In order to select appropriate resources, the group elected to follow a peer-review process to find out, from practitioners' experiences of using resources in their own work, what they found worked and did not work.

Accordingly, Kat Hasler of the Sexual Health and Wellbeing Learning Network, together with Jackie Anderson of fpa and Rachael Yates of Healthy Respect, drew up a list of all the resources they could find and circulated it amongst networks of practitioners who worked with young people with learning disabilities around sexual health. They were asked to review all the resources they had used. The list was then revised, additional resources added, and circulated for comment again. This process was repeated several times.

5. In keeping with the language used throughout *The Same As You?* the term 'learning disability' is used all through this document. The definition given is: 'A learning disability is a significant, lifelong condition which has three facets:

- reduced ability to understand new or complex information or to learn new skills;
- reduced ability to cope independently; and
- a condition which started before adulthood (before the age of 18) with a lasting effect on the individual's development.'

This review, as with *The Same as You?*, includes people with autistic spectrum disorders within the definition of 'learning disability'.

SCOTTISH EXECUTIVE, 2000. *The same as you? A review of services for people with learning disabilities*. Edinburgh: Scottish Executive. [www.scotland.gov.uk/library3/social/say.pdf](http://www.scotland.gov.uk/library3/social/say.pdf)

6. REID, M., 2003. *Process Evaluation of SHARE, March 2003*. RE052. Edinburgh: Health Education Board of Scotland. [www.hebs.com/researchcentre/pdf/final20022003RE052.pdf](http://www.hebs.com/researchcentre/pdf/final20022003RE052.pdf)



Feedback on to the initial list was extremely positive and highlighted the extent of the unmet needs of professionals working with people with learning disabilities. Information was needed on:

- the variety of resources covering sexual health and relationships available for people with learning disabilities
- resources that could be used in a variety of settings, not just in schools
- a wide range of different levels of need depending on the level and nature of the learning disability
- resources for the parents and carers of those with learning disabilities or for professionals who work with learning disabilities.

Practitioners said they also required information on the strong points of resources, as well as: how inclusive, accessible and usable the resources were; pointers to watch out for; or tips about weaknesses or omissions in resources. As a result of practitioner demand the SHW Learning Network made the commitment to develop the resource for publication, which is what you see here.



# Sexual health and relationships work with people with learning disabilities

## What is sex and relationships education (SRE)?

SRE is lifelong learning about physical, moral and emotional development and sexual health issues. It is about exploring the importance of stable and loving relationships, respect, love and care. It provides information and skills around sex, sexuality and sexual health. It is not about the promotion of sexual activity but does acknowledge that some young people may be sexually active or display sexualised behaviour earlier than others. It can happen in a variety of contexts, within groups or on a one-to-one basis. It is not confined to schools but is the responsibility of families including parents, and the wider community, and continues throughout life.

## Why does learning about sex and relationships matter?

Children and young people learn about sex and relationships from a young age, even if we don't talk to them explicitly about this subject. Some of the things they learn can be myths or simply inaccurate. In a world where sex is used to sell products from cars to mobile phones and where the sex lives of 'role models' are often the focus of the tabloids, we need to help our young people make sense of it all.

Evidence indicates that effective programmes to support learning about sex and relationships do not encourage early sexual experimentation and that it is more useful to begin work before the onset of sexual activity. Such learning does enable young people to mature, build up their confidence and self-esteem and to understand the reasons for delaying sexual activity until they are ready. The basis is learning about relationships with families and friends and developing life skills such as decision-making and assertiveness. These skills should be learnt and practiced from an early age with regular opportunities for reinforcement throughout life.

All of this is particularly relevant for young people with learning disabilities. There are still young people with a learning disability living in Scotland today who have received no sex and relationship education, despite the recommendations of the *Report on the Working Group on Sex Education in Scottish Schools*<sup>8</sup> (known as the *McCabe Report*).

'Whatever our gender, ability, culture, faith, sexuality and family background, we are all sexual beings, with the same needs for good and appropriate SRE. Children and young people with learning difficulties have the same rights as their peers to education, information, dignity and respect. All children and young people have a legal right to education and support which will prepare them for their responsibilities and experiences now and in later life.'<sup>7</sup>

7. SEX EDUCATION FORUM, 2004. *Sex and relationships education for children and young people with learning difficulties*. Forum Factsheet 32. London: National Children's Bureau. [www.ncb.org.uk/resources/sef\\_ff\\_32.pdf](http://www.ncb.org.uk/resources/sef_ff_32.pdf)

8. SCOTTISH EXECUTIVE, 2000. *Report on the Working Group on Sex Education in Scottish Schools*. Edinburgh: Scottish Executive. (note: known as the *McCabe Report*). [www.scotland.gov.uk/library2/doc16/sess-03.asp](http://www.scotland.gov.uk/library2/doc16/sess-03.asp)

9. CARR, L.T., 1995. Sexuality and people with learning disabilities. *British Journal of Nursing*, 4(19), pp. 1135-1141.

10. AYLOTT, J., 1999. Is the sexuality of people with a learning disability being denied? *British Journal of Nursing*, 8(7), pp. 438-442.

11. CAMBRIDGE, P., 2003. The sexual health needs of people with learning disabilities. *Nursing times*, 99(35), pp. 48-49.

12. BENSON, S., 2005. *Sex education and children and young people with autistic spectrum disorders*. London: National Autistic Society. [www.nas.org.uk/nas/jsp/polopoly.jsp?d=296&a=6001](http://www.nas.org.uk/nas/jsp/polopoly.jsp?d=296&a=6001)

The need for lifelong learning about sex and relationships is particularly important given that young people with learning disabilities often need constant and regular revision to ensure retention of learning. Also they frequently do not have the same opportunities as others to learn about relationships and what is safe or unsafe, or appropriate in terms of sexual behaviour, from interaction with peers and from their social environment.

The social and emotional impact of their learning disability and the extent to which the disability affects the young person's level of understanding may mean that they have less opportunity to make and develop relationships, are less likely to learn incidentally about sexual development, and may struggle to understand society's conventions and expectations regarding sexual behaviour.<sup>9</sup>

Parental and professional concerns about issues of consent or risk of abuse can often restrict the way young people with learning disabilities form relationships as they are either seen as asexual beings, as sexual predators, or highly vulnerable and therefore in need of protection.<sup>10</sup> These anxieties may be more pronounced when young people reach puberty but can be addressed through developing links between school and home.

In response to the evidence of the disproportionate levels of sexual violence and abuse affecting people with learning disabilities,<sup>11</sup> it is useful to remember that protection from harm comes from knowledge, self awareness, a sense of rights and support about sex and relationships.

### How to meet the needs of young people with learning disabilities?

In order to learn about and understand their rights to be safe and happy in relationships, to learn the skills that are needed to negotiate and lead a healthy life, to be able to access and use services, young people with a learning disability require professionals and carers to revisit what needs to be learned, regularly and often. Having a flexible approach to SRE is essential if the needs of young people with learning disabilities are to be met. As with non-disabled young people, their needs are individual and varied and can be particularly challenging when different communication techniques are required. For example body changes through puberty can cause high levels of anxiety in a young person with an autistic spectrum disorder, who may find it hard to deal with any sort of change.<sup>12</sup>

A holistic and tailored approach to SRE with an emphasis on relationships and body awareness means that those people with profound and multiple learning disabilities, who are unlikely to have the opportunity to develop sexual relationships, will still benefit from SRE. Self-awareness, gender-awareness, body-recognition and privacy can be skills/information acquired by everyone, as are attitudes to disability, diversity and difference. The reviewers of the resources identified in this document have given guidance wherever possible in terms of the appropriateness of age and learning comprehension to help overcome these challenges.

Effective SRE includes making links to sexual health and advice services. This may include visits to clinics so that staff are able to respond to the needs of service users with learning disabilities and so that they know in advance what to expect. Likewise the school nurse or local GP can provide useful inputs to school-based sessions. There are several resources included in this review that will assist staff in supporting access to sexual health services for people with learning disabilities – for instance, for smear testing.

Research commissioned by the SHW Learning Network to find out more about what young people with learning disabilities need in order to support good sexual health highlighted the vital role of parents and carers, and the need to support families in order the help them play their part.<sup>13</sup> A number of resources are identified in this review to help professionals support parents and carers.

13. TASC AGENCY, 2005. *'People should tell you stuff': A report on a consultation finding out more about what young people with a learning disability need when it comes to sexual health services.* Glasgow: NHS Health Scotland Sexual Health and Wellbeing Learning Network. (in press)  
[www.healthscotland.com/sexualhealth](http://www.healthscotland.com/sexualhealth)

Resources are listed alphabetically but have also been indexed by the issues they cover (foldout on pages 88 and 89).

## Reviewing and using sexual health and relationships resources

Remember, the review comments listed in this publication are intended as guidance only, they stem from the reviewing practitioners' own experiences of using these resources, and what they found useful in their particular situations. The spectrum of needs is very wide, and you will need to remember that each situation will have to be individually assessed. These suggestions are not a substitute for the knowledge and experience that you have of the particular needs of the individuals with whom you work. You are the best judge of which approach will best meet the needs of the people you work with.

Opposite are some questions which are useful to bear in mind when choosing and using resources for SRE with people with learning disabilities (Table 1). This review of resources will give some of the answers to these questions, but is no substitute for reviewing the resources yourself.

## Using this resource review

As stated above, remember that this review does not provide all the answers to sexual health and relationships resources for people with learning disabilities. The opinions expressed here are the personal opinions of the practitioners who contributed; you may agree or disagree with them. Use them as guidance only. There may be other resources that suit your purposes better, which may not even be specifically designed for people with learning disabilities. Many practitioners commented how they have adapted mainstream resources for use with the individual or groups they work with. We only included resources that were specifically related to people with learning disabilities, otherwise the list would have been endless!

Resources are listed alphabetically but have also been indexed (page 88 and 89) by the issues they cover. Use this to help you identify which resources provide material or support on a particular issue or area.

A guide to the layout of the review pages as well as a key to the symbols used can be found at the back of this document.

**Table 1:**  
**Questions to consider when choosing and using resources<sup>14</sup>**

- The starting point must always be the target group or individual, whether you are looking for a resource to support work with a person with learning disabilities, or with their parents or carers, or to support you as a professional. Ask yourself:  
 Who are your target group?  
 What do you know about them and their experience and knowledge?  
 What is the setting?  
 What is your purpose in working with them?  
 What do you want the resource to help you do?
- When working with people with learning disabilities, are you aware of their learning styles? Think about the appropriateness of the materials, and be prepared to adapt resources if necessary.
- Are you familiar with the resource? It is important to remember that the resource supports the teaching, but it is not the teaching itself. Get to know the resource well before using it with the target group. Think about their needs and how you will use it with them.
- Does the resource relate to the aims, objectives and values of your organisation, your sex and relationships education programme (if appropriate), and to your organisation's policy on sex and relationships?
- Is the resource factually accurate and up-to-date in terms of format, image and ideas?
- Is the resource accessible, interesting and relevant to the target group?
- Does the resource address diversity and the needs of people from different cultures, faiths and ethnic groups?
- Are people with disabilities shown in a positive light?
- Is the resource age-appropriate for the individual or group you are working with?
- Will the resource be useful and appropriate for both males and females (if that is what is required)?

14. Adapted from:SEX EDUCATION FORUM, 2000. *Sexual health resources for young people who are blind or partially sighted*. RNIB. pp: 20; with thanks to: DIX, D., 16.12.2004. *Sexual Health Network for Wales - Sex, leaflets and videotape Seminar*. Cardiff:fpa Cymru.

# Resource list

Page numbers of the resource reviews are indicated.

Series titles are in **bold**.

An at-a-glance guide to issues raised is included on pages 88 and 89.

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| 19 | <b>Body board</b> [plus various packs]   | 38 | It's my life   |
| 20 | <b>Books beyond words</b> [various titles]   | 39 | It's only natural: For parents, carers and others involved in the lives of young people with learning disabilities – a resource which looks at issues of sexuality and sexual health |
| 21 | Building friendships: A resource pack to help young people make friendships and develop relationships              | 40 | Jason's private world  |
| 22 | Cathy has thrush   | 41 | Jenny speaks out   |
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|---|---|

We have made every effort to ensure that all information was correct at the time of going to press, but details may change and it is advisable to contact the distributor to check availability and price. You may find that, rather than purchasing each resource you can borrow resources from your local health promotion library, education resource centre, or through local/national voluntary or support organisations; or collaborate with other organisations/colleagues to share the use of resources.

Alternatively the NHS Health Scotland Library (details below) holds a number of the resources and is open to anyone who lives or works in Scotland. Up to four items at a time can be borrowed, and they can be posted out free of charge if this is more convenient. Many of the resources included in this review can also be loaned from the ENABLE Information Service available to those in Scotland. These loan services are highlighted using the symbols indicated below.



### **NHS Health Scotland Library**

The Priory, Canaan Lane, Edinburgh EH10 4SG

t 0845 912 5442

e [library.enquiries@health.scot.nhs.uk](mailto:library.enquiries@health.scot.nhs.uk)

[www.healthscotland.com/library](http://www.healthscotland.com/library)



### **ENABLE**

Information Service

6th Floor, 7 Buchanan Street, Glasgow G1 3HL

t 0141 226 4541

e [info@enable.org.uk](mailto:info@enable.org.uk)



# Section ii

## Resource review

Resources are listed in alphabetical order.

A guide to the layout of the review pages and a key to symbols is provided on page 90.





## things to commend

'For the first time in Scotland the issues for this group of people are written down with potential ways forward outlined. [The pack] offers ideas, suggested learning activities and an assessment framework.' (Author)

'Good on policy, how to protect members of staff and the rights of the individual as well.' (Practitioner)

'Explores the legal issues at length, with useful boxed "nuggets" of information.

Very useful tool for building a personal profile before embarking on support. Deals in a matter of fact way with how to support people to enjoy their sexuality better. Includes examples of teaching people to use sex aids; when that is appropriate; or how to teach someone to masturbate more effectively.' (Practitioner)

## notes of caution

'Outlines the key dilemmas but does not give all the answers – services will be challenged to do so themselves.' (Author)

'Contains sexual images, including detail on using sex aids.' (Practitioner)

## availability

**to buy**  
**SHS Ltd**  
5b Washington Court, Washington Lane  
Edinburgh EH11 2HA  
t 0131 538 7717  
f 0131 538 7719  
e general@shstrust.org.uk

price: £15.00 plus £4.00 p&p

**Common Knowledge**  
[www.ckglasgow.org.uk](http://www.ckglasgow.org.uk)

# Batteries not included: A sexuality resource pack for working with people with complex communication support needs

Author: Hart P, Douglas-Scott S  
Year: 2005  
Publisher: Common Knowledge  
ISBN: 1899751424

**Review source:** Author; Various Scottish Practitioners'Experiences

## Resource pack

'Aimed at staff and managers working with: people with complex communication support needs; deaf blind people; people with profound learning difficulties.

Outlines the challenges of SRE with people with complex communication support needs. The pack includes tools to take this work forward. Topics include: the things we all need to learn about sex; sensuality toolkit; exemplar policy; personal profile.' (Author)

## issues raised include:

masturbation  
moral issues  
policy issues  
relationships  
rights and responsibilities  
same-sex relationships  
sex aids / sex toys  
sex and the law

## format:

275 x 190 mm  
164 pages  
line illustrations  
1 colour  
perfect-bound

## criteria review

### inclusiveness

**Practitioner:** 'Inclusive for profound and multiple disabilities.'

**Practitioner:** 'Includes LGBT issues and disability.'

### accessibility

**Practitioner:** 'High literacy needed.'

### usability

**Practitioner:** 'Appendices very useful to refer to. No index.'

# Becoming a woman:

## A teaching pack on menstruation for women with learning disabilities

Author: Cooper E  
Year: 1999  
Publisher: Pavilion Publishing  
ISBN: 1900600986

**Review source:** Publisher; Various Scottish Practitioners' Experiences

### issues raised include:

anatomy of sexual organs  
body changes  
intimate care  
menstruation  
mood swings  
personal hygiene and grooming  
puberty

### format:

A4  
297 x 210 mm  
99 pages  
line illustrations  
full colour  
ring-bound

### Teaching pack

'On menstruation for people with learning disabilities – 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 learning disabilities.'

(Practitioner)

'Facilitator notes including session timings, material lists, handouts and activities – 6 sessions with 20 diagrammatic worksheets.'

(Publisher)

Topics include: growing up, body change; what is menstruation?; using sanitary towels; using tampons; how menstruation affects our lives.

### criteria review

#### inclusiveness

Practitioner: 'Wide variety of images.'

Practitioner: 'Includes different ethnic groups.'

#### accessibility

Practitioner: 'Worksheets will aid accessibility.'

#### usability

Practitioner: 'Very detailed session plans. Very usable for professionals.'



### things to commend

'This resource explains [to women with learning disabilities] 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.'

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.'

(Publisher)

'(Most of the activities) and worksheets are useful, as are the recap sessions.'

(Practitioner)



### notes of caution

'Sessions/activities can take up to two hours.'

(Practitioner)

'Has one picture of a naked woman to illustrate female genitals.'

(Practitioner)



### availability

#### to buy

#### Pavilion Publishing

The Ironworks, Cheapside  
Brighton, East Sussex BN1 4GD

t 0870 161 3505

f 0870 161 3506

e info@pavpub.com

www.pavpub.com

price: £45.00



# Bob tells all

Author: Hollins S, Sinason V

Illustrator: Webb B

Year: 1992

Publisher: Gaskell / Royal College of Psychiatrists

ISBN: 1874439036

**Review source:** A Scottish Practitioner's Experience; Multi-Disciplinary Review Group (MDRG)

## things to commend

'Covers sexual abuse issues for use with boys/young men.' (MDRG)

## notes of caution

'Includes one image of [the main character] Bob being raped.' (Practitioner)

## Book

Enables a person with learning disabilities to open up about their experience of sexual abuse. Story of a man who was abused who tells his story with support from a carer.' (Practitioner)

Covers the same ground as *Jenny speaks out* but from the point of view of a man.

Part of the *Books beyond words* series aimed at people with learning disabilities – see *Books beyond words* for further comments on the whole series.

## criteria review

### inclusiveness

Practitioner: 'Shows ethnic diversity.'

### accessibility

Practitioner: 'Simple and clear.'

### usability

Practitioner: 'Easy to use.'

## issues raised include:

appropriate behaviour  
sexual abuse or coercion

## titles in this series include:

*Bob tells all*  
*Falling in love*  
*George gets smart*  
*Hug me touch me*  
*Jenny speaks out*  
*Keeping healthy down below*  
*Looking after my balls*  
*Looking after my breasts*  
*Making friends*  
*Susan's growing up*

## format:

A5  
145 x 210 mm  
61 pages  
illustrations  
full colour  
paperback book

## availability

### to buy

Book Sales

**The Royal College of Psychiatrists**

17 Belgrave Square, London SW1X 8PG

t 020 7235 2351 ext. 146

(9.30am to 2.00pm)

f 020 7245 1231

e ljordan@rcpsych.ac.uk

[www.rcpsych.ac.uk/publications/bbw/index.htm](http://www.rcpsych.ac.uk/publications/bbw/index.htm)

price: £10.00 each (including p&p)

**note:** As of April 2005, *Bob tells all* is out of print, but appears to still be available to buy on internet book websites.

# Body board

## [plus various packs]

Producer: Headon Productions

Year: 1999

ISBN: none

**Review source:** Various Scottish Practitioner's Experiences; A Scottish Teacher's Experience

### issues raised include:

communication skills

human reproduction

sex and relationships education

sexual intercourse / penetration

### Body board image packs include:

*Emotions pack* (supplied with *Body board*)

*Conception & pregnancy*

*Contraception & making love*

*Flirting, romantic sexual symbols*

*Pregnant people & families*

*Sex education pack*

*Stereotypes & body language*

*Stereotypes: people & jobs*

### format:

Body board supplied with the *Emotions pack*

Body board: 2 laminated pictures  
70 x 70 cm  
illustrated  
full colour

Image packs: laminated illustrations  
full colour  
plus A4 instructions guide

Interactive play board with specific image packs

Designed for educators to use with people with learning disabilities

The *Body board* comes as two laminated pictures (approx. 70 x 70 cm) which comprise the Body. Separate packs contain laminated pictures to place on the body. Each image pack has a separate A4 instructions card.' (Practitioner)

Appropriate packs for SRE are listed in the catalogue.

## criteria review

### inclusiveness

**Teacher:** 'Wide range of boards makes them open to inclusiveness.'

**Practitioner:** 'One body shape, but different faces.'

**Practitioner:** 'Inclusive in terms of race/ethnicity and sexuality and religion.'

### accessibility

**Teacher:** 'Very visual which helps in the understanding.'

### usability

**Teacher:** 'The cost can hinder usability, better as a resource held centrally.'



## things to commend

'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.' (Practitioner)

'Great for visual aids, no reading and very durable materials.' (Practitioner)

'Also includes stuff on pregnancy and inappropriate touch.' (Practitioner)



## notes of caution

'Some packs are very detailed in the biology of the internal organs. It would be important to pitch the information at an appropriate level.'

The *Making love* pack only includes heterosexual sex.

Includes pictures of masturbation.' (Practitioner)



## availability

### to buy

#### Headon Productions

PO Box 171, Manchester M21 7ZP

t 0161 998 8877

f 0161 902 2881

e t.marshall7@ntlworld.com

price: £160.00 for *Body board* (includes *Emotions pack*)

£6.00 - £50.00 for image packs



# Books beyond words

## [various titles]

### things to commend

'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.'

Supporting text ... [and] guidelines are also provided for carers, supporters and professionals, ... on how to use the book together with useful resources and organisations.' (website)

'The pictures speak for themselves.'  
(Practitioner)

'Clear pictures and ability to tailor them to a particular individual's situation.'  
(Support Org)

### notes of caution

'Happy endings – not always true to real life situations.' (Practitioner)

### availability

#### to buy

Book Sales

**The Royal College of Psychiatrists**

17 Belgrave Square, London SW1X 8PG

t 020 7235 2351 ext. 146

(9.30am to 2.00pm)

f 020 7245 1231

e [ljordan@rcpsych.ac.uk](mailto:ljordan@rcpsych.ac.uk)

[www.rcpsych.ac.uk/publications/bbw/index.htm](http://www.rcpsych.ac.uk/publications/bbw/index.htm)

price: £10.00 each (including p&p)

#### to loan

see individual titles

Author: see individual titles

Year: see individual titles

Publisher: Gaskell / Royal College of Psychiatrists

ISBN: see individual titles

**Review source:** Various Scottish Practitioners'Experiences;Support Organisation working with people with learning disabilities and their families;[www.intellectualdisability.info/how\\_to/beyond\\_words.htm](http://www.intellectualdisability.info/how_to/beyond_words.htm)

### Book series

'Aimed at people with learning disabilities.'

*Books beyond words* are full-colour picture books that address some of the problems in understanding experienced by people with intellectual and communication difficulties.' (website)

### criteria review

#### inclusiveness

**Practitioner:** 'Depicts people of different ethnicities and realistic body types.'

**Practitioner:** 'Most of pictures depict average looking people. Gay sex is only represented in an abusive relationship.'

**Support Org:** 'Positive and empowering images of people with learning disabilities.'

#### accessibility

**Practitioner:** 'Very accessible, no words, detailed pictures.'

**Practitioner:** 'Can be used with young people and adults with learning or communication difficulties, literacy problems, moderate to severe learning disabilities.'

#### usability

**Practitioner:** 'Some have guidance for professionals at the back on how to use the resource effectively, and it includes suggested text.'

**Practitioner:** 'Supporting text and guidelines at the back of each book. List of resources and helpful organisations are provided where appropriate. Clear, simple and cheap.'

**Support Org:** 'Could be used as a stand-alone tool, but better if used as a prop.'

### issues raised include:

see individual titles

### titles in this series include:

*Bob tells all*

*Falling in love*

*George gets smart*

*Hug me touch me*

*Jenny speaks out*

*Keeping healthy down below*

*Looking after my balls*

*Looking after my breasts*

*Making friends*

*Susan's growing up*

### format:

see individual titles

# Building friendships:

## A resource pack to help young people make friendships and develop relationships

Editor: Fraser J  
Developed by: Firth H, Fraser J, Nelson F, Maynor J  
Year: 1994  
Publisher: Brook Publications  
ISBN: 0946168040

**Review source:** Publisher; A Scottish Practitioner's Experience

### issues raised include:

avoiding risky situations  
communication skills  
friendships  
relationships

### format:

A4  
297 x 210 mm  
192 pages  
illustrations  
1 colour  
spiral-bound

## Groupwork Manual

'For 11-14 year-olds, and 14-19 year-olds where there are learning or other social difficulties.'

(Publisher)

'For those working with young people who may have difficulties in making relationships.'

Can be used with young people during transition from primary to secondary [school], or for older students with learning disabilities.' (Practitioner)

Topics include: icebreakers; getting to know you; friendships; social skills; building friendships; helping others to get to know you; close friendships; risks and dangers.' (Practitioner)

### criteria review

#### inclusiveness

**Practitioner:** 'Doesn't specify heterosexual or homosexual or bisexual relationships.'

#### accessibility

**Practitioner:** 'Some exercises require reading skills.'

#### usability

**Practitioner:** 'Well laid out – easy to dip in and out of.'



### things to commend

'It provides opportunities to explore the issues involved in making, developing and maintaining friendships.' (Publisher)

'This is a great resource which covers in-depth a very important area to the lives of those with learning disabilities – making friendships and relationships. The sessions offer skill development and a variety of group work methods to explore all aspects of friendship.'

(Practitioner)



### notes of caution

'Many exercises require reading skills.'

(Practitioner)



### availability

#### to buy

#### Brook Publications

PO Box 1239, Coventry CV2 2NT

t 0870 750 3082

f 0870 750 3083

e brook@adc-uk.com

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

price: £35.00



# Cathy has thrush

Author: Women's Health  
Year: 2001  
Publisher: Women's Health  
ISBN: none

**Review source:** Multi-Disciplinary Review Group (MDRG); Various Scottish Practitioners'Experiences

## things to commend

'Good easy to follow story about what thrush is and how to get treatment. Clear pictures that make it easy to follow and understand.' (MDRG)

## notes of caution

Nothing noted.

### Booklet

'For women with learning disabilities and workers working with them.' (MDRG)

'Picture story of a woman with thrush: how to recognise it, what to do if you have it, going to a clinic and treatment.' (Practitioner)

Women's Health have devised this booklet in conjunction with The Elfrida Society and women with learning difficulties, as part of a series.

### criteria review

#### inclusiveness

Practitioner: 'Portrays some ethnic diversity.'

#### accessibility

Practitioner: 'Accessible, clear and easy to understand.'

Practitioner: 'Illustrations are by a woman with learning disabilities and are very simple and easy to understand.'

#### usability

Practitioner: 'Very easy to use.'

### issues raised include:

intimate care  
medical examinations  
personal hygiene and grooming  
sexual health services  
thrush

### also in the series for women with learning difficulties

*Getting rid of fibroids*  
*Hysterectomy – having the operation*  
*Hysterectomy – is it right for you?*  
*Period problems*

### format:

A4  
297 x 210 mm  
12 pages  
illustrations  
full colour  
booklet

## availability

### to buy

#### Women's Health

52 Featherstone Street

London EC1Y 8RT

t 020 7251 6333

f 020 7250 4152

Minicom 020 7490 5489

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

price: £1.50



# Cervical screening:

## A teaching pack for women with learning disabilities and those who work with them

Author: Poynor L et al  
Year: 2004  
Publisher: Surrey Oaklands NHS Trust  
ISBN: none

**Review source:** Publisher; Specialist Learning Disability Service Provision; A Scottish Practitioner's Experience

### issues raised include:

anatomy of sexual organs  
body changes  
cervical cancer  
cervical screening  
choices (making informed)  
consent  
medical examinations  
sexual health services  
smear tests

### format:

A4  
297 x 210 mm  
58 pages  
illustrations  
diagrams  
full colour  
ring-bound

### Teaching pack

Aimed at 'women with learning disabilities and those who support them, plus GP surgeries, smear-takers and family planning clinics.' (Specialist)

Includes information on: women's bodies; cervical smears – what, why, who; going for a test; deciding to have one; recording sheets; further reading on consent and more in-depth information on cervical screening.

Note: the same team have also produced a breast awareness pack called *Be breast aware*.

### criteria review

#### inclusiveness

Practitioner: 'Diversity of images – in terms of race.'

#### accessibility

Specialist: 'Accessible.'

Practitioner: 'Simple language, easy to understand.'

#### usability

Specialist: 'Practical. Academic section at the back. Decision making pathway suggested.'



### things to commend

'Practical, accessible and follows sound health promotion principles. Used extensively by community learning disability teams.' (Specialist)



### notes of caution

'It is a universal piece of health promotion – individual adaptation needed sometimes.' (Specialist)

'A lot of written information for someone with learning disabilities. Legislation only applies to England & Wales. Background information gives the English context only, so some parts don't apply to the Scottish context.' (Practitioner)



### availability

#### to buy

#### Netherine Printing Services

12-13 Havenbury Industrial Estate  
Station Road, Dorking, Surrey RH4 1ES  
t 01306 875 150  
e netherineprint@btconnect.com

price: £55.00

# Chance to choose:

## Sexuality and relationships education for people with learning difficulties

### things to commend

'Practical activities to use in delivering sex and relationship education to groups.' (Practitioner)

'Practical, easy format. Examples of exercises reassuring in terms of ease of using the resource. Covers group-work...' (MDRG)

'Very useful introductory section giving general practical advice on working with people with learning disabilities or "special needs".' (Practitioner)

### notes of caution

'1992 book edition is out of date with regard to resources, etc.' (Practitioner)

Note: 2005 CD-ROM edition will be updated.

'The programme relates to English Education Key Stages 2, 3 and 4, so it isn't so clear for Scottish practitioners.' (Practitioner)

Author: Dixon H  
Year: 1992  
Publisher: LDA  
ISBN: 1855031493 (1992 book edition)

**Review source:** Author Website; Multi-Disciplinary Review Group (MDRG); Various Scottish Practitioners' Experiences; A Scottish Teacher's Experience

### Resource

Aimed at 'professionals delivering sex and relationships education to people of secondary-school-age upwards with learning disabilities, but Chapters 1-6 are also relevant for primary-age.' (MDRG)

'Topics include: communication; body awareness; self-esteem; looking after me; relationships; being sexual; pregnancy; birth and parenting; sexual health.'

Note: reviews are of 1992 book edition. New edition on CD-ROM available from April 2005.

### issues raised include:

appropriate behaviour  
assertiveness  
body image  
communication skills  
contraception  
group work  
masturbation  
menstruation  
puberty  
relationships  
self-esteem  
STIs – symptoms and consequences

### criteria review

#### inclusiveness

**Practitioner:** 'Good on disability. Includes same-sex, explores some gender issues.'

**Teacher:** 'Sections are easy for pupils to relate to.'

#### format:

1992 edition:  
non-standard  
190 x 250 mm  
129 pages  
illustrations  
1 colour  
book

#### accessibility

**Practitioner:** 'Clear and easy to understand.'

**Teacher:** 'Very clear.'

#### format:

2005 edition:  
CD-ROM  
Microsoft®  
Windows

#### usability

**Practitioner:** 'Practical, easy to use; clear topic headings to dip in and out of.'

**Teacher:** 'Very practical and easy to use. Each section can be clipped in and out at random.'

**Practitioner:** 'The suggested progression through themes is well laid out, clear and easy to refer to as a reference guide.'

### availability

#### to buy

#### Me-and-Us Publications

1 Garsdale Road, Sedbergh

Cumbria LA10 5JN

t 01539 621 777

f 01539 621 501

e sales@me-and-us.com

www.me-and-us.com

price: £30.00 for the new edition  
CD-Rom (from April 2005)

# Exploring sexuality and disability: Walk your talk

Author: Sherlin M, McCormick G  
Year: 1997  
Publisher: fpa  
ISBN: 1899194215

**Review source:** Various Scottish Practitioners'Experiences

## issues raised include:

assertiveness  
attitudes or attitudinal change  
avoiding risky situations  
choices (making informed)  
condoms  
disability politics / rights / issues  
emergency contraception  
heterosexuality  
learning disabilities  
love  
options if pregnant  
other disabilities  
personal hygiene and grooming  
preventing pregnancy  
safer sex  
sexual health  
sexual health services  
STIs – symptoms and consequences  
staff values

## format:

A4  
297 x 210 mm  
64 pages  
diagrams  
1 colour  
paperback  
book

## Advanced training manual

'For experienced trainers who work with people with disabilities, professionals, parents, carers and other related individuals.'

Looks at disabilities in general.' (Practitioner)

'Offers a range of structured exercises and activities to challenge discrimination against people with physical and/or learning disabilities.' (Practitioner)

## criteria review

### inclusiveness

Practitioner: 'Inclusive in terms of disability, coverage of LGBT and exploration of cultural issues.'

### accessibility

Practitioner: 'Well laid out exercise plans.'

### usability

Practitioner: 'Practical, easy to use, thoughtful exercises.'



## things to commend

'Activities which span personal, social and political perspectives.'

Good exploration of own values and society's attitudes. It increases understanding of sexuality and disability and challenges prejudice and discrimination.' (Practitioner)



## notes of caution

Nothing noted.



## availability

### to buy

#### fpa direct

Corporate Services Dept  
2-12 Pentonville Road, London N1 9FP  
t 0845 122 8600  
f 020 7837 3042  
e fpadirect@fpa.org.uk  
[www.fpa.org.uk/about/pubs/index.htm](http://www.fpa.org.uk/about/pubs/index.htm)

price: £14.99

# Falling in love

Author: Hollins, S

Year: 1999

Publisher: Gaskell / Royal College of Psychiatrists

ISBN: 1901242323

**Review source:** Publisher; A Scottish Practitioner's Experience

## things to commend

'The story provides lots of issues to talk about, and raises some of the things that can make having a relationship difficult for people with learning disabilities (finding private space, parents, communication).' (Practitioner)

## notes of caution

Nothing noted.

## Book telling a story in pictures

'This love story follows a relationship through the first date, meeting each other's parents and the issue of sex, until they are ready to make a commitment to each other and become engaged to be married.' (Publisher)

Part of the *Books beyond words* series aimed at people with learning disabilities – see *Books beyond words* for further comments on the whole series.

## criteria review

### inclusiveness

Practitioner: 'Depicts diversity – ethnic origin, disability.'

### accessibility

Practitioner: 'Simple and clear.'

### usability

Practitioner: 'Very easy to use.'

## issues raised include:

communication skills  
emotions / feelings  
love  
parents  
privacy  
relationships

## titles in this series include:

*Bob tells all*  
*Falling in love*  
*George gets smart*  
*Hug me touch me*  
*Jenny speaks out*  
*Keeping healthy down below*  
*Looking after my balls*  
*Looking after my breasts*  
*Making friends*  
*Susan's growing up*

## format:

A5  
145 x 210 mm  
84 pages  
illustrations  
full colour  
paperback book

## availability

### to buy

Book Sales

**The Royal College of Psychiatrists**

17 Belgrave Square, London SW1X 8PG

t 020 7235 2351 ext. 146

(9.30am to 2.00pm)

f 020 7245 1231

e [ljordan@rcpsych.ac.uk](mailto:ljordan@rcpsych.ac.uk)

[www.rcpsych.ac.uk/publications/bbw/index.htm](http://www.rcpsych.ac.uk/publications/bbw/index.htm)

price: £10.00 each (including p&p)

# Feeling grown up

Author: Shepherd School  
Year: 1999  
Publisher: Shepherd School  
ISBN: none

**Review source:** Various Scottish Practitioners' Experiences

## issues raised include:

appropriate behaviour  
masturbation  
menstruation  
personal hygiene and grooming  
public / private  
wet dreams

## titles in this series include:

*Female masturbation*  
*Male masturbation*  
*Menstruation: at home*  
*Menstruation: at the disco*  
*Public toilets*  
*Wet dreams*

## format:

A5  
145 x 210 mm  
up to 10 pages  
line illustrations  
Makaton symbols  
1 colour  
photocopied  
stapled booklet

A series of simple illustrated booklets aimed at young people with learning disabilities.

Companion to the series of booklets for parents: *Now they are growing up... (what young people need to know)*.

## criteria review

### inclusiveness

Practitioner: 'Inclusive for those with a disability and those with very limited reading skills.'

### accessibility

Practitioner: 'Very simple and clear.'

### usability

Practitioner: 'Easy to use.'



## things to commend

'Very simple easy language, both for parents (who may have a learning disability), and young people with learning disabilities.' (Practitioner)



## notes of caution

'Has been produced with the Shepherd School in mind. So it suggests asking class teachers for help – this may not be appropriate for other schools' (Practitioner)



## availability

### to buy

#### Shepherd School

Harvey Road, Nottingham NG8 3BB

t 0115 9153265

e shepherdschool@hotmail.com

www.shep-net.com

price: £2.00 each plus p&p

note: allow plenty of time to order, as this is a school!



# George gets smart

Author: Hollins S, Flynn M, Russell P

Illustrator: Brighton C

Year: 2001

Publisher: Gaskell / Royal College of Psychiatrists

ISBN: 1901242528

**Review source:** Multi-Disciplinary Review Group (MDRG); Support Organisation

## things to commend

'It's a story about personal hygiene and the effects that not keeping clean can have on your life, eg isolation and loneliness.' (MDRG)

## notes of caution

Nothing noted.

## Book

Tells the story, using pictures and no words, of how George's life changes when he learns to keep clean and smart.

Part of the *Books beyond words* series aimed at people with learning disabilities – see *Books beyond words* for further comments on the whole series.

## criteria review

### inclusiveness

**Editor:** See *Books beyond words* for further comment.

### accessibility

**Support Org:** 'Can get the point without reading skills.'

### usability

**Support Org:** 'Very easy to use.'

## issues raised include:

friendships  
personal hygiene and grooming

## titles in this series include:

*Bob tells all*  
*Falling in love*  
*George gets smart*  
*Hug me touch me*  
*Jenny speaks out*  
*Keeping healthy down below*  
*Looking after my balls*  
*Looking after my breasts*  
*Making friends*  
*Susan's growing up*

## format:

A5  
145 x 210 mm  
52 pages  
illustrations  
full colour  
paperback book

## availability

### to buy

Book Sales

**The Royal College of Psychiatrists**

17 Belgrave Square, London SW1X 8PG

t 020 7235 2351 ext. 146

(9.30am to 2.00pm)

f 020 7245 1231

e ljordan@rcpsych.ac.uk

[www.rcpsych.ac.uk/publications/bbw/index.htm](http://www.rcpsych.ac.uk/publications/bbw/index.htm)

price: £10.00 each (including p&p)

# A guide to examining your breasts

Author: FAIR / NHS Health Scotland  
Illustrator: Mudie P  
Year: 2002  
Publisher: NHS Health Scotland  
ISBN: 1902030419

**Review source:** Various Scottish Practitioners'Experiences;Multi-Disciplinary Review Group (MDRG); Support Organisation

## issues raised include:

breast awareness and screening  
choices (making informed)  
medical examinations  
self-examination (breasts)

## titles in this series include:

*A guide to examining your breasts*  
*A guide to examining your testicles*  
*A guide to having a period*  
*A man's guide to keeping clean*  
*Shaving card*  
*A woman's guide to keeping clean*  
**also available in CD-ROM:**  
*A multimedia guide to examining your breasts*  
*A multimedia guide to examining your testicles*

## format:

leaflet or website  
download  
leaflet:  
A5  
145 x 210 mm  
12 pages  
illustrations  
full colour  
stapled leaflet  
website:  
Adobe® PDF

## Leaflet

Aimed at people with learning disabilities.

Topics include how to examine breasts for early signs of cancer plus tips on looking good and staying healthy.

Part of the *Keeping yourself healthy* series. This leaflet is also available on CD-ROM as *A multimedia guide to examining your breasts*.

## criteria review

### inclusiveness

Practitioner: 'Inclusive images.'

### accessibility

Practitioner: 'Simple and clear.'

Support Org: 'Great pictures. Clear simple language. Our group really like these booklets.'

### usability

Practitioner: 'Easy to use.'

Support Org: 'Good, useful tools, which hold people's attention.'



## things to commend

'Clear, easy-to-follow breast examination leaflet.'

Could be used in conjunction with a breast model.' (MDRG)

'Inexpensive, valuable resource for professionals, parents, carers, as well as people with learning disabilities. The low price means that they can be given out as a reminder to take away.' (Practitioner)

'A good "how-to" guide for women with learning disabilities.' (Practitioner)

## notes of caution

Includes drawings of naked breasts.

'Some reading skills are needed to understand this – some may need support.' (Practitioner)

## availability

### to buy

#### NHS Health Scotland

Woodburn House, Canaan Lane  
Edinburgh EH10 4SG  
t 0131 536 5500  
f 0131 536 5501

[www.hebs.com/services/pubs/index.htm](http://www.hebs.com/services/pubs/index.htm)

price: £0.30 each leaflet (prices may vary)

### to loan

#### NHS Health Scotland Library page 14

### free

The Health Promotion department at your local NHS Board may provide a limited number of copies for free.

Available to download free from:

[www.hebs.com/services/pubs/pdf/breastweb.pdf](http://www.hebs.com/services/pubs/pdf/breastweb.pdf)



# A guide to examining your testicles

Author: FAIR / NHS Health Scotland

Illustrator: Mudie P

Year: 2002

Publisher: NHS Health Scotland

ISBN: 1902030400

**Review source:** Various Scottish Practitioners'Experiences

## things to commend

'Clear, easy-to-follow.

Could be used in conjunction with testes models.' (MDRG)

'Inexpensive, valuable resource for professionals, parents, carers; as well as people with learning disabilities. The low price means that they can be given out as a reminder to take away.'

(Practitioner)

'Simple and clear, a good "how-to" guide.'

(Practitioner)

## notes of caution

Includes drawings of testicles.

'May need support to read this if low/ no literacy skills.'

(Practitioner)

## availability

### to buy

#### NHS Health Scotland

Woodburn House, Canaan Lane

Edinburgh EH10 4SG

t 0131 536 5500

f 0131 536 5501

[www.hebs.com/services/pubs/index.htm](http://www.hebs.com/services/pubs/index.htm)

price: £0.30 each (prices may vary)

### to loan

NHS Health Scotland Library page 14

### free

The Health Promotion department at your local NHS Board may provide a limited number of copies for free.

Available to download free from:

[www.hebs.com/services/pubs/pdf/testiclesweb.pdf](http://www.hebs.com/services/pubs/pdf/testiclesweb.pdf)

## Leaflet

Aimed at people with learning disabilities.

Topics include: how to examine testicles for early signs of cancer; tips on staying healthy.

Part of the *Keeping yourself healthy* series, this leaflet is also available on CD-ROM as *A multimedia guide to examining your testicles*.

## criteria review

### inclusiveness

Practitioner: 'Diverse images (ethnicity, disability).'

### accessibility

Practitioner: 'Simple and clear.'

Support Org: 'Great pictures. Clear simple language. Our group really like these booklets.'

### usability

Practitioner: 'Usable and cheap.'

Practitioner: 'Easy to use.'

Support Org: 'Good, useful tools which hold people's attention.'

## issues raised include:

choices (making informed)

self-examination (testicles)

sexual health services

testicular examination

## titles in this series include:

*A guide to examining your breasts*

*A guide to examining your testicles*

*A guide to having a period*

*A man's guide to keeping clean*  
*Shaving card*

*A woman's guide to keeping clean*

## also available in CD-ROM:

*A multimedia guide to examining your breasts*

*A multimedia guide to examining your testicles*

## format:

leaflet or website  
download

leaflet:  
A5  
145 x 210 mm  
16 pages  
illustrations  
full colour  
stapled leaflet

website:  
Adobe® PDF



# A guide to having a period

Author: FAIR / NHS Health Scotland  
Illustrator: Mudie P  
Year: 2003  
Publisher: NHS Health Scotland  
ISBN: 1844850064

**Review source:** Various Scottish Practitioners'Experiences



## things to commend

'Useful guide covering most areas to do with periods. Clear pictures.'  
(Practitioner)

'Inexpensive, valuable resource for professionals, parents, carers; as well as people with learning disabilities. The low price means that they can be given out as a reminder to take away.'  
(Practitioner)

## notes of caution

'Includes drawings of the female body to illustrate having a period, inserting a tampon, etc.'

Some reading skills are needed to understand this – some may need support.'  
(Practitioner)

## issues raised include:

anatomy of sexual organs  
emotions / feelings  
intimate care  
menstruation  
mood swings  
personal hygiene and grooming  
puberty  
sexual health services

Leaflet aimed at people with learning disabilities.

'[Covers] everything about menstruation. Includes tips on using tampons and sanitary towels – how to use, when to change; dealing with period pain/moods.'  
(Practitioner)

Part of the *Keeping yourself healthy* series.

## criteria review

### inclusiveness

Practitioner: 'Ethnic and age diversity shown.'

### accessibility

Practitioner: 'Simple and clear.'  
(Practitioner)  
Support Org: 'Great pictures. Clear simple language. Our group really like these booklets.'

### usability

Practitioner: 'Usable and cheap.'  
Practitioner: 'Easy to use.'  
Support Org: 'Good, useful tools which hold people's attention.'

## titles in this series include:

*A guide to examining your breasts*  
*A guide to examining your testicles*  
*A guide to having a period*  
*A man's guide to keeping clean*  
*Shaving card*  
*A woman's guide to keeping clean*

## also available in CD-ROM:

*A multimedia guide to examining your breasts*  
*A multimedia guide to examining your testicles*

## format:

A5  
145 x 210 mm  
20 pages  
illustrations  
full colour  
stapled leaflet

## availability

### to buy

#### NHS Health Scotland

Woodburn House, Canaan Lane  
Edinburgh EH10 4SG

t 0131 536 5500

f 0131 536 5501

[www.hebs.com/services/pubs/index.htm](http://www.hebs.com/services/pubs/index.htm)

price: £0.30 each (prices may vary)

### to loan

**NHS Health Scotland Library** page 14

### free

The Health Promotion department at your local NHS Board may provide a limited number of copies for free.



# A guide to having a smear test

## things to commend

'Simply and clearly describes what happens in a smear test.' (Practitioner)

'Inexpensive, valuable resource for professionals, parents, carers as well as people with learning disabilities. The low price means that they can be given out as a reminder to take away.'

(Practitioner)

## notes of caution

'Includes drawings of the female body to illustrate what happens in a smear test.'

May need support to read this if no literacy skills.' (Practitioner)

## availability

### to buy

#### FAIR multimedia

25-27 West Nicholson Street  
Edinburgh EH8 9DB

t 0131 662 1962

f 0131 662 9486

e [multimedia@fairadvice.org.uk](mailto:multimedia@fairadvice.org.uk)

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

price: £0.50 each for 1-50 copies

£0.40 each for 51-100 copies

£0.35 each for 100+ copies

**note:** Published in conjunction with NHS Lothian, *A Guide to having a smear test* is currently available only through FAIR; they also stock the other *Keeping yourself healthy* leaflets, which were published jointly with NHS Health Scotland.

### free

The Health Promotion department at your local NHS Board may provide a limited number of copies for free.

Author: FAIR / NHS Lothian

Illustrator: Mudie P

Year: 2004

Publisher: FAIR Multimedia / NHS Lothian

ISBN: none

**Review source:** Various Scottish Practitioners'Experiences

## Leaflet

Aimed at people with learning disabilities.

'This leaflet is for women with learning disabilities and is designed to explain what happens in a smear test.' (Practitioner)

Part of the *Keeping yourself healthy* series, but developed by FAIR and NHS Lothian.

## criteria review

### inclusiveness

Nothing noted.

### accessibility

Practitioner: 'Simple and clear.'

### usability

Practitioner: 'Usable and cheap.'

Practitioner: 'Easy to use.'

## issues raised include:

anatomy of sexual organs  
cervical cancer  
cervical screening  
medical examinations  
smear tests

## titles in this series include:

*A guide to examining your breasts*

*A guide to examining your testicles*

*A guide to having a period*

*A guide to having a smear test*

*A man's guide to keeping clean*

*Shaving card*

*A woman's guide to keeping clean*

## also available in CD-ROM:

*A multimedia guide to examining your breasts*

*A multimedia guide to examining your testicles*

## format:

A5  
145 x 210 mm  
12 pages  
illustrations  
full colour  
stapled leaflet

# Holding on, letting go:

## Sex, sexuality and people with learning disabilities

Author: Drury J, Hutchinson L, Wright J

Year: 2000

Publisher: Souvenir Press

ISBN 0285635786

**Review source:** National Autistic Society (NAS); Multi-Disciplinary Review Group (MDRG); Various Scottish Practitioners' Experiences

### issues raised include:

disability politics / rights / issues

parenting

relationships

rights and responsibilities

sexual abuse or coercion

sexual health services

sexuality

### format:

A5

145 x 210 mm

120 pages

no illustrations

1 colour

paperback book

### Book

Written for parents and carers of children and young people with learning disabilities, about sexuality and abuse issues.

'Suggested reading for parents with high literacy skills who wish to explore the topic in depth.'

(Practitioner)

### criteria review

#### inclusiveness

Practitioner: 'Does touch on same-sex relationships.'

#### accessibility

Practitioner: 'High literacy skills required. Very wordy.'

#### usability

Practitioner: 'No index.'

### things to commend

'It addresses many stereotypes about disability and sexuality.' (Practitioner)

'This is an honest but sensitive exploration of sex and sexuality. Parents have a duty to protect their child from abuse but that child is also a sexual being, with a right to be so. This realistic book is aimed at parents and carers to help them get to grips with sexuality issues.' (NAS)

'We suggest it could be used in conjunction with *It's only natural* video.' (MDRG)

### notes of caution

Nothing noted.

### availability

#### to buy

##### Wordpower

43 West Nicholson Street

Edinburgh EH8 9DB

t/f 0131 662 9112

[www.word-power.co.uk/catalogue/0285635786](http://www.word-power.co.uk/catalogue/0285635786)

price: £9.99

£8.99 online discount price

#### to loan

NHS Health Scotland Library page 14



# How it is:

## An image vocabulary for children about feelings, rights and safety, personal care and sexuality

### things to commend

'Good range of images for sex and relationships work, well-indexed. Includes guidance on using images (of body parts). Also includes a few images for "masturbate".' (Practitioner)

### notes of caution

'No images of sexual acts other than kissing and cuddling with a partner. No condoms, no contraception, which would all be useful.' (Practitioner)

Contains pictures of a sexual nature.

Author: NSPCC  
Year: 2002  
Publisher: NSPCC  
ISBN: 184228018X

**Review source:** A Scottish Practitioner's Experience;  
[www.howitis.org.uk/index.htm](http://www.howitis.org.uk/index.htm)

### Booklet and/or CD-ROM

(the CD-ROM contains all the same information)

'*How it is* is an image vocabulary that has been developed to help disabled children communicate about a range of important issues.

Designed to be used as a child-centred resource, 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.' (website)

### issues raised include:

anatomy of sexual organs  
body changes  
communication skills  
emotions / feelings  
friendships  
heterosexuality  
intimate care  
masturbation  
rights and responsibilities  
sexual language  
sexually explicit material

### criteria review

#### inclusiveness

Practitioner: 'Stick drawings and symbols, abstract.'

#### accessibility

Practitioner: 'Designed as an aid to accessibility.'

#### usability

Practitioner: 'Easy to use.'

### format:

CD-ROM and/or booklet or website  
download  
CD-ROM: Microsoft® Windows  
Booklet:  
A4  
297 x 210 mm  
69 pages  
line illustrations  
1 colour  
Website  
Adobe® PDF

### availability

#### to buy

#### NSPCC Publications Unit

Weston House, 42 Curtain Road  
London EC2A 3NH

t 020 7825 7422

f 020 7825 2763

e [publications@nspcc.org.uk](mailto:publications@nspcc.org.uk)

[www.nspcc.org.uk/inform/howitis/](http://www.nspcc.org.uk/inform/howitis/)

price: £8.00 for booklet and CD-ROM

#### free

CD-ROM alone can be requested from NSPCC free of charge, subject to availability. Available to download for free from the NSPCC website.

# Hug me touch me

Author: Hollins S, Roth T  
Illustrator: Webb B  
Year: 1994  
Publisher: Gaskell / Royal College of Psychiatrists  
ISBN: 1874439052

**Review source:** Multi-Disciplinary Review Group (MDRG); Support Organisation; A Scottish Practitioner's Experience

## issues raised include:

appropriate behaviour  
friendships  
relationships  
touch

## titles in this series include:

*Bob tells all*  
*Falling in love*  
*George gets smart*  
*Hug me touch me*  
*Jenny speaks out*  
*Keeping healthy down below*  
*Looking after my balls*  
*Looking after my breasts*  
*Making friends*  
*Susan's growing up*

## format:

A5  
145 x 210 mm  
72 pages  
illustrations  
full colour  
paperback  
book

## Illustrated book

'Story about a woman who learns about appropriate touch and making friends, it covers the same themes as *Making friends*.' (Practitioner)

Part of the *Books beyond words* series aimed at people with learning disabilities – see *Books beyond words* for further comments on the whole series.

## criteria review

### inclusiveness

Support Org: 'This whole series of books uses different sexes/cultures, etc.'

### accessibility

Support Org: 'Can get the point without reading skills.'

### usability

Support Org: 'Very easy to use.'



## things to commend

'Looks at appropriate/inappropriate touch, and discussing these issues with a worker, to enable the young person to establish friendships.' (MDRG)

'Clear pictures. Story is very easy to follow.' (Support Org)

## notes of caution

Nothing noted.

## availability

### to buy

Book Sales

**The Royal College of Psychiatrists**

17 Belgrave Square, London SW1X 8PG

t 020 7235 2351 ext. 146

(9.30am to 2.00pm)

f 020 7245 1231

e [ljordan@rcpsych.ac.uk](mailto:ljordan@rcpsych.ac.uk)

[www.rcpsych.ac.uk/publications/bbw/index.htm](http://www.rcpsych.ac.uk/publications/bbw/index.htm)

price: £10.00 each (including p&p)

### to loan

**NHS Health Scotland Library** page 14

# I have the right to know: How to run a course on sexuality and personal relationships for people with learning disabilities

Author: Atkinson D, Gingell A, Martin J  
Year: 1997  
Publisher: BILD  
ISBN: 18737915593

**Review source:** Various Scottish Practitioners'Experiences; ENABLE

## things to commend

'Good clear pictures. Example of a policy statement. Lessons include hygiene, body parts, puberty, contraception, appropriate/inappropriate touching, sex and relationships including gay relationships.' (Practitioner)

'Excellent, pity it's out of print.' (Practitioner)

## notes of caution

'The law session is out of date, and not specific to Scottish law.' (Practitioner)

## Teaching pack

'Aimed at staff working with people with learning disabilities. [Includes] fifteen half-day sessions for up to ten participants.' (Practitioner)

'A teaching pack which provides a framework for running a course on sexuality and personal relationships for people with learning difficulties. It includes activity sheets and card packs.' (ENABLE)

## criteria review

### inclusiveness

**Practitioner:** 'Very inclusive. Includes same-sex relationships, different ethnic groups. Good pictures.'

**Practitioner:** 'Inclusive of LGBT, including images.'

### accessibility

**Practitioner:** 'Very clear and easy to follow.'

### usability

**Practitioner:** 'It has a useful session plan for practitioners.'

**Practitioner:** 'Has a divider tab for each session so quick to dip in and out of.'

## issues raised include:

abortion / termination of pregnancy  
anatomy of sexual organs  
assertiveness  
bisexuality  
body changes  
contraception  
gender differences  
homosexuality  
masturbation  
personal hygiene and grooming  
policy issues  
pregnancy and parenthood  
relationships  
reproductive health  
rights and responsibilities  
self-esteem  
sexual behaviour  
sexual language  
STIs – symptoms and consequences

## format:

A4  
297 x 210 mm  
54 pages  
illustrations  
full colour  
ring-bound  
photocopiable  
pack

## availability

out of print

to loan

ENABLE page 14

# I want to be a good parent: The BILD parenting series



Author: McGaw S  
Year: 1994 (reprinted 1998)  
Publisher: BILD  
ISBN: Whole Series – 1873791313  
ISBN: Book 1 – 1873791364  
ISBN: Book 2 – 1873791410  
ISBN: Book 3 – 1873791461  
ISBN: Book 4 – 1873791518  
ISBN: Book 5 – 1873791569

**Review source:** Various Scottish Practitioners'Experiences;Publisher;  
Multi-Disciplinary Review Group (MDRG)

## issues raised include:

parenthood

## series information:

*Book 1:*  
*What's it like to  
be a parent?*  
(16 pages)

*Book 2:*  
*Children need  
healthy food*  
(10 pages)

*Book 3:*  
*Children need  
to be clean,  
healthy and  
warm* (9 pages)

*Book 4:*  
*Children need  
to be safe*  
(11 pages)

*Book 5:*  
*Children need  
love* (7 pages)

## format:

A4  
297 x 210 mm  
7-16 pages  
illustrations  
2 colour  
(Book 1 is  
full colour)  
ring-bound

'Five illustrated booklets suitable for use with people with learning disabilities considering becoming parents or working with children.' (MDRG)

'Gives practical and easy to follow advice for parents with learning disabilities.' (Publisher)

Topics include: caring for children - safety, health issues and child development.

## criteria review

### inclusiveness

Practitioner: 'Images are very inclusive.'  
Practitioner: 'Different ethnic groups shown; includes dads, but no images of physically disabled people.'

### accessibility

Practitioner: 'Very clear, lots of pictures, easy to follow'

### usability

Practitioner: 'Very easy to use.'



## things to commend

'[A] resource dedicated to people with learning disabilities being parents. Lots of pictures – clearly illustrated set of five booklets that highlight what's involved and the reality of becoming a parent.' (MDRG)



## notes of caution

Nothing noted.



## availability

### to buy

#### BookSource

32 Finlas Street, Cowlairst Estate  
Glasgow G22 5DU

t 0870 240 2182

f 0141 557 0189

[www.bild.org.uk/publications/book\\_pages/  
life\\_stages.htm](http://www.bild.org.uk/publications/book_pages/life_stages.htm)

price: £45.00 the set

£10.00 each plus p&p

10% discount for BILD members.

# It's my life

Author: Meinertzhagen K, Kennard M, Hall L  
Date: 2000  
Publisher: SIGNALONG Group  
ISBN: 902317114

**Review source:** Support Organisation; A Scottish Practitioner's Experience

## things to commend

'Contains sexuality vocabulary in context of personal development – physiological, emotional and social. Signs clearly described and drawn – very usable.' (Support Org)

'Really good quick reference index.' (Practitioner)

## notes of caution

'Not intended for use by people with learning disabilities on their own.' (Support Org)

## Book (signing manual)

Aimed at 'professionals and carers working or living with people with verbal communication difficulties.' (Support Org)

'Using pictures it shows you how to sign a wide vocabulary of terms.' (Practitioner)

Topics include: body awareness; emotional development; sexual awareness; social development; coping with bereavement; coping with abuse and crime.

## criteria review

### inclusiveness

**Practitioner:** 'Images show diversity of gender and ethnicity.'

### accessibility

**Practitioner:** 'Easy to find what you need.'

### usability

**Practitioner:** 'Easy to use.'

## issues raised include:

anal sex  
anatomy of sexual organs  
bisexuality  
bullying  
circumcision  
communication skills  
confidentiality  
contraception  
emotions / feelings  
gender issues  
heterosexuality  
homosexuality  
masturbation  
medical examinations  
menstruation  
options if pregnant  
oral sex  
pregnancy  
puberty  
relationships  
sexual abuse or coercion  
sexual language  
STIs – symptoms and consequences  
transgender issues

## format:

A4  
297 x 210 mm  
136 pages  
line illustrations  
1 colour  
spiral-bound

## availability

### to buy

**The SIGNALONG Group**  
Stratford House, Waterside Court  
Neptune Close, Rochester  
Kent ME2 4NZ  
t 0870 774 3752  
f 0870 774 3758  
e mkennard@signalong.org.uk  
www.signalong.org.uk/pubs.htm

price: £30.00 plus p&p  
£120.00 offer if bought along with  
*SIGNALONG sexual awareness resource pack.*



# It's only natural:

For parents, carers and others involved in the lives of young people with learning disabilities – a resource which looks at issues of sexuality and sexual health

Author: Queens Road Sexual Health Team

Year: 1996

Producer: Barnardos

ISBN: none

**Review source:** Multi-Disciplinary Review Group (MDRG); Various Scottish Practitioners'Experiences

## issues raised include:

confidentiality  
parents  
relationships  
rights and responsibilities  
self-esteem  
sex and relationships education  
SRE programme development  
STIs – symptoms and consequences

**format:**  
video plus discussion booklet  
video: 30 minutes  
sound  
colour

'Video and book are useful as a reference for staff. Practitioners can use it with parents.' (MDRG)

'It covers sex education and provision to young people (teenagers) with learning disabilities, and is a useful tool for workers doing sexual health work with young people with learning disabilities and their parents.' (Practitioner)

## criteria review

### inclusiveness

**MDRG:** 'Portrayed by real young people with learning disabilities.'  
**Practitioner:** 'Covers culture and beliefs.'  
**Practitioner:** 'A lot of gender stereotyping.'

### accessibility

Nothing noted.

### usability

**Practitioner:** 'The booklet that goes along with the video is very useful and sets out how to use the pack and [suggests] key discussion topics for each section.'

## things to commend

'Covers doing sex education with people with learning disabilities and parental consultation. Features young people with learning disabilities.'  
(MDRG)

'It may be slightly dated but ... the key issues are still relevant and addressed in a clear and sensitive way. It addresses: content/curriculum of sex education programmes; permission to do sex education; letting go (by parents/carers); appropriate relationships; vulnerability; STIs including HIV/AIDS; self-esteem; rights and responsibilities; confidentiality.'  
(Practitioner)

## notes of caution

'Quite lengthy and would need to be used carefully as covering controversial areas.'  
(MDRG)

'A bit dated - actors playing the part of college tutors are extremely patronising.'  
(Practitioner)

## availability

### to buy

**Barnardos Sexual Health Team**  
Queen's Road Disability Services  
Queen's Road, Bradford BD8 7BS  
t 01274 481 183  
f 01274 543 763  
e queensroad@barnardos.org.uk

**price:** Limited copies available for £5.00

**note:** the producers want to make clear that only residual stock is still available as the resource is dated.



# Jason's private world

Author: Life Support Productions  
Year: 2001  
Publisher: Life Support Productions  
ISBN: none

**Review source:** ENABLE; Support Organisation; Various Scottish Practitioners' Experiences

## things to commend

'It can be watched with a carer or parent who can help answer questions.' (ENABLE)

'Can be used selectively as part of a more complete SRE programme.' (Practitioner)

## notes of caution

'Be aware that there is quite a lot of visual detail (which could be confusing). Too "wordy".' (Support Org)

'The depictions seem to me to be rather much on the infantile side of things, while the very adult language used does not match, involving proper names without introduction.' (Practitioner)

'Shows sexual intercourse without any warmth between the characters.' (MDRG)

'Very clinical, all about penetrative sex, doesn't mention anything about female sexual pleasure. This may reinforce the pattern of women with learning disabilities generally having painful, unpleasant sex.' (Practitioner)

'Deals with consent issues in a tokenistic way and emphasizes "stranger-danger", as opposed to the reality of abusive situations.' (Practitioner)

## Video

'A video about the body and sex for males [with learning disabilities].' (ENABLE)

For use in schools, further education colleges, intended for males with learning disabilities.

This is the companion video to *Kylie's private world* (which is intended for females) and the *You, your body and sex* DVD which features content from both *Jason* and *Kylie* videos.

## criteria review

### inclusiveness

**Practitioner:** '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.'

**Practitioner:** 'Very heterosexist.'

**Support Org:** 'Reasonably inclusive.'

**Practitioner:** 'Characters include different ethnic groups.'

### accessibility

**Support Org:** 'OK for people who could cope with the level of language.'

**Practitioner:** 'Strangely large heads on cartoon characters, difficult to relate to.'

### usability

**Practitioner:** 'No guidance on how to use the resource, no lesson plans or guidance on how to discuss topics.'

**Support Org:** 'Would need more thorough explanation from professionals. The videos come with booklets. Can chose which aspects to concentrate on.'

## issues raised include:

- attitudes / attitudinal change
- body changes
- choices (making informed)
- condoms
- consent
- masturbation
- personal hygiene and grooming
- public / private relationships
- safer sex
- self-examination (testicles)
- sexual health services

## titles in this series include:

- Jason's private world*
- Kylie's private world*
- You, your body and sex*

## format:

- video plus booklet
- video: 20 minutes
- sound
- animated colour

## availability

### to buy

**Life Support Productions**

PO Box 2127, London NW1 6RZ

t/f 020 7723 7520

e sales@lifesupportproductions.co.uk

www.lifesupportproductions.co.uk

price: £39.00 plus VAT

### to loan

ENABLE page 14

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# Jenny speaks out

Author: Hollins S, Sinason V  
Illustrator: Webb B  
Year: 1992  
Publisher: Gaskell / Royal College of Psychiatrists  
ISBN: 1874439001

**Review source:** Multi-Disciplinary Review Group (MDRG); Support Organisation; A Scottish Practitioner's Experience

## issues raised include:

communication skills  
sexual abuse or coercion

## titles in this series include:

*Bob tells all*  
*Falling in love*  
*George gets smart*  
*Hug me*  
*touch me*  
*Jenny speaks out*  
*Keeping healthy down below*  
*Looking after my balls*  
*Looking after my breasts*  
*Making friends*  
*Susan's growing up*

## format:

A5  
145 x 210 mm  
59 pages  
illustrations  
full colour  
paperback  
book

## Book

'To enable a person with learning disabilities to open up about their experience of sexual abuse. Story of a woman who was abused who tells her story with support from a carer.' (Practitioner)

Covers the same ground as *Bob tells all*, but from the point of view of a woman.

Part of the *Books beyond words* series aimed at people with learning disabilities – see *Books beyond words* for further comments on the whole series.

## criteria review

### inclusiveness

Practitioner: 'Ethnic diversity included.'

### accessibility

Practitioner: 'Simple and clear.'

### usability

Practitioner: 'Easy to use.'



## things to commend

'Covers sexual abuse issues for use with girls and young women. Clear pictures.' (MDRG)

'Clear pictures. Story makes sense without words.' (Support Org)

## notes of caution

'Colours are stark so some may not like this. But an art therapist illustrated it and it uses colour as an aid to communication.' (Practitioner)

## availability

### to buy

Book Sales

**The Royal College of Psychiatrists**

17 Belgrave Square, London SW1X 8PG

t 020 7235 2351 ext. 146

(9.30am to 2.00pm)

f 020 7245 1231

e ljordan@rcpsych.ac.uk

[www.rcpsych.ac.uk/publications/bbw/index.htm](http://www.rcpsych.ac.uk/publications/bbw/index.htm)

price: £10.00 each (including p&p)

**note:** a new edition is due for publication in April 2005. ISBN details and reviews given here are for the 1992 edition.

### to loan

**NHS Health Scotland Library** page 14

# Just say know!

## Understanding and reducing the risk of sexual victimisation of people with developmental disabilities

Author: Hingsburger D  
Year: 1995  
Publisher: Diverse City Press  
ISBN: 1896230008

**Review source:** A Scottish Practitioner's Experience; Publisher

### things to commend

'Hingsburger illustrates his book with stories making this a page-turner, and a moving read.

It makes important points on the politics of disability. Each chapter gives suggestions on how we, as practitioners, can help bring about change.' (Practitioner)

### notes of caution

'No index. It is written as a set of reflections so it's not so easy to quickly find specifics or dip in and out of.' (Practitioner)

Contains some sexual descriptions.

### Paperback book

'Aimed at professionals who work with people with learning disabilities.

Topics include: attitudes and values; protection and its dangers; gender and power; indices of sexual abuse; "*Ring of Safety*".' (Publisher)

### criteria review

#### inclusiveness

**Practitioner:** 'Very inclusive on disability, also on body size.'

#### accessibility

**Practitioner:** 'Clear and easy to read. But does require high literacy.'

#### usability

**Practitioner:** 'Very readable, especially given the topics. More of a leisurely read than a reference book.'

### issues raised include:

attitudes / attitudinal change  
disability politics / rights / issues  
gender issues  
learning disabilities  
parents  
power issues in relationships  
rights and responsibilities  
self-esteem  
sex and relationships education  
sexual abuse or coercion  
staff values

### format:

A5  
145 x 210 mm  
98 pages  
no illustrations  
1 colour  
paperback book

### availability

#### to buy

#### **Inclusive Solutions**

49 Northcliffe Avenue  
Nottingham NG3 6DA

t 0115 955 6045

f 0115 956 7305

e [inclusive.solutions@ntlworld.com](mailto:inclusive.solutions@ntlworld.com)

[www.inclusive-solutions.com/](http://www.inclusive-solutions.com/)

[bookdetails.asp?ID=43](http://bookdetails.asp?ID=43)

price: £8.90 plus p&p

# Keeping healthy down below

Author: Hollins S, Downer J  
Illustrator: Webb B  
Year: 2000  
Publisher: Gaskell / Royal College of Psychiatrists  
ISBN: 1901242544

**Review source:** Multi-Disciplinary Review Group (MDRG); A Scottish Practitioner's Experience; Publisher

## issues raised include:

cervical screening  
choices (making informed)  
medical examinations  
menstruation  
sexual health services  
smear tests

## titles in this series include:

*Bob tells all*  
*Falling in love*  
*George gets smart*  
*Hug me touch me*  
*Jenny speaks out*  
*Keeping healthy down below*  
*Looking after my balls*  
*Looking after my breasts*  
*Making friends*  
*Susan's growing up*

## format:

A5  
145 x 210 mm  
53 pages  
illustrations  
full colour  
spiral-bound  
sections marked by divider tabs

## Illustrated book

'Covers all the steps from invite for smear test to actual test and results.' (Practitioner)

Part of the *Books beyond words* series aimed at people with learning disabilities – see *Books beyond words* for further comments on the whole series.

## criteria review

### inclusiveness

**Practitioner:** 'Includes ethnic minorities, old and young people, religious groups.'

### accessibility

**Editor:** See *Books beyond words* for further comments on the whole series.

### usability

**Practitioner:** 'The use of the divider sections makes it easy to get directly to the section needed.'



## things to commend

'Covers smear tests and what to expect – clear step-by-step guide.'

Very thorough, lots of sections covering the process in-depth, goes through every step of the visit.' (MDRG)

'Feelings, consent and health education are addressed.' (Publisher)

## notes of caution

'Includes images to illustrate the female body.' (Practitioner)

## availability

### to buy

Book Sales

**The Royal College of Psychiatrists**

17 Belgrave Square, London SW1X 8PG

t 020 7235 2351 ext. 146

(9.30am to 2.00pm)

f 020 7245 1231

e [ljordan@rcpsych.ac.uk](mailto:ljordan@rcpsych.ac.uk)

[www.rcpsych.ac.uk/publications/bbw/index.htm](http://www.rcpsych.ac.uk/publications/bbw/index.htm)

price: £10.00 each (including p&p)

### to loan

**NHS Health Scotland Library** page 14



# Keeping yourself healthy

## [various titles]

Author: FAIR / NHS Health Scotland  
Illustrator: Mudie P  
Year: see individual titles  
Publisher: NHS Health Scotland  
ISBN: see individual titles

**Review source:** Multi-Disciplinary Review Group (MDRG); Various Scottish Practitioners'Experiences; Support Organisation

### things to commend

'Clear, easy-to-follow.' (MDRG)

'Breast examination and testicular examination leaflets could be used in conjunction with breast and testes models.' (MDRG)

'Inexpensive, valuable resource for professionals, parents, carers as well as people with learning disabilities. The low price means that they can be given out as a reminder to take away.'  
(Practitioner)

### notes of caution

See individual titles.

### Series of leaflets

Aimed at people with learning disabilities covering health-related topics such as personal hygiene and self-examination.

### criteria review

#### inclusiveness

Practitioner: 'Inclusive images.'

#### accessibility

Practitioner: 'Clear.'  
Support Org: 'Great pictures. Clear simple language. Our group really like these booklets.'

#### usability

Practitioner: 'Usable and cheap.'  
Support Org: 'Good, useful tools which hold people's attention.'

### issues raised include:

see individual titles

### titles in this series include:

*A guide to examining your breasts*

*A guide to examining your testicles*

*A guide to having a period*

*A man's guide to keeping clean*

*Shaving card*

*A woman's guide to keeping clean*

### also available in CD-ROM:

*A multimedia guide to examining your breasts*

*A multimedia guide to examining your testicles*

### format:

see individual titles

### availability

#### to buy

##### NHS Health Scotland

Woodburn House, Canaan Lane  
Edinburgh EH10 4SG

t 0131 536 5500

f 0131 536 5501

[www.hebs.com/services/pubs/index.htm](http://www.hebs.com/services/pubs/index.htm)

price: £0.30 each leaflet  
£2.00 each for CD-ROM  
(prices may vary)

#### to loan

see individual titles

#### free

The Health Promotion department at your local NHS Board may provide a limited number of copies for free.

# Kylie's private world

Author: Life Support Productions  
Year: 2001  
Publisher: Life Support Productions  
ISBN: none

**Review source:** Various Scottish Practitioners' Experiences; ENABLE; Multi-Disciplinary Review Group (MDRG); Support Organisation

## issues raised include:

attitudes / attitudinal change  
body changes  
choices (making informed)  
condoms  
consent  
menstruation  
personal hygiene and grooming  
public / private relationships  
safer sex  
self-examination (breasts)  
sexual health services

## titles in this series include:

*Jason's private world*  
*Kylie's private world*  
*You, your body and sex*

## format:

video plus booklet  
video:  
25 minutes  
sound  
animated  
colour

## Video

Intended for use in schools, further education colleges, about the body and sex for females with learning disabilities.

*Jason's private world* is the companion video for males; while the *You, your body and sex* DVD is for both men and women with learning disabilities and features content from both *Jason* and *Kylie* videos.

## criteria review

### inclusiveness

- Practitioner:** '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.'
- Practitioner:** 'Very heterosexist.'
- Support Org:** 'Reasonably inclusive.'
- Practitioner:** 'Characters include different ethnic groups.'

### accessibility

- Practitioner:** 'Strangely large heads on cartoon characters, difficult to relate to.'
- Support Org:** 'OK for people who could cope with the level of language.'

### usability

- Practitioner:** 'No guidance on how to use the resource, no lesson plans or guidance on how to discuss topics.'
- Support Org:** 'Would need more thorough explanation from professionals. The videos come with booklets. Can chose which aspects to concentrate on.'



## things to commend

'It can be watched with a carer or parent who can help answer questions.' (ENABLE)

'Can be used selectively as part of a more complete SRE programme.' (Practitioner)

## notes of caution

'Be aware that there is quite a lot of visual detail (which could be confusing). Too "wordy".' (Support Org)

'The depictions seem to me to be rather much on the infantile side of things, while the very adult language used does not match, involving proper names without introduction.' (Practitioner)

'Shows sexual intercourse without any warmth between the characters.' (MDRG)

'Very clinical, all about penetrative sex, doesn't mention anything about female sexual pleasure. This may reinforce the pattern of women with learning disabilities generally having painful, unpleasant sex.' (Practitioner)

'Deals with consent issues in a tokenistic way, but emphasizes "stranger-danger", as opposed to the reality of abusive situations.' (Practitioner)

## availability

### to buy

#### Life Support Productions

PO Box 2127, London NW1 6RZ  
t/f 020 7723 7520

e sales@lifesupportproductions.co.uk  
www.lifesupportproductions.co.uk

price: £39.00 plus VAT

### to loan

ENABLE page 14

NHS Health Scotland Library page 14

# Let's do it:

## Creative activities for sex education for young people with learning disabilities

### things to commend

'Really fun creative ideas for groups, good ideas for those with more severe learning disabilities. Drama-based activities.' (Practitioner)

'Contains fun exercises and games.'

Good guidance on setting up ground rules.

Flags up ways of dealing with potential problems/difficulties.' (MDRG)

'Good fun and pupils are able to understand most of the meanings within the activity.' (Teacher)

### notes of caution

'It is based on the English SRE curriculum so may not always be appropriate for Scotland.' (Practitioner)

'Sometimes difficult to get hold of recommended resources.' (Teacher)

Author: Johns R, Scott L, Bliss J  
 Year: 2002 (3rd edition)  
 Publisher: Image in Action  
 ISBN: none

**Review source:** Various Scottish Practitioners' Experiences; A Scottish Teacher's Experience; Multi-Disciplinary Review Group (MDRG)

### Book

Aimed at 'young people and adults with learning disabilities. Mainstream primary teachers also use it.' (Practitioner)

'Aimed at professionals delivering SRE to any student with learning disabilities, including slightly more severe disabilities.' (Practitioner)

Topics include: group building; body parts; gender; public & private; feelings; relationships; life cycles; developing skills, plus a resources and organisations index.

Note: *Let's do it* is a companion resource to *On the agenda*, which will be replaced by *Let's plan it*, due to be published in May 2005.

### issues raised include:

- anatomy of sexual organs
- assertiveness
- body changes
- body image
- condoms
- emotions / feelings
- gender differences
- group work
- HIV infection / AIDs
- masturbation
- public / private relationships
- self-esteem
- sexual arousal
- sexual health services
- sexual intercourse / penetration

### format:

- A4
- 297 x 210 mm
- 169 pages
- no illustrations
- 1 colour
- wire-bound

### criteria review

#### inclusiveness

- Practitioner:** 'Positive approaches to diversity.'
- Practitioner:** 'Open enough to put in stuff about same-sex relationships, exercises are very gender neutral so couples could be same or mixed sex. Gender is more basic, about letting people know that they are male or female, rather than exploring issues.'
- Teacher:** 'Very flexible, therefore allows the teacher to make it very inclusive.'

#### accessibility

- Teacher:** 'Good for pupils with complex learning disabilities.'

#### usability

- MDRG:** 'Clear, easy to follow – can dip in and out. Gives examples of lesson plans.'
- Teacher:** 'Lesson plans are very easy to follow.'

### availability

**to buy**  
**Image in Action** (Resources)  
 Chinnor Road, Bledlow Ridge  
 High Wycombe HP14 4AJ  
 t/f 01494 481 632  
 e iia@nascr.net

price: £20.00 including p&p

**to loan**  
**NHS Health Scotland Library** page 14



# Let's talk about puberty:

## A booklet about growing up for young people who have a learning disability

Author: Marsden L  
Illustrator: Mudie P  
Year: 2004  
Publisher: Down's Syndrome Scotland  
ISBN: none

**Review source:** Author; ENABLE; Various Scottish Practitioners' Experiences

### issues raised include:

body changes  
body images  
choices (making informed)  
emotions / feelings  
masturbation  
menstruation  
mood swings  
personal hygiene and grooming  
puberty  
self-esteem  
sexual arousal

### format:

leaflet or website  
download  
leaflet:  
A4  
297 x 210 mm  
13 pages  
line illustrations  
full colour  
stapled  
website:  
Adobe® PDF

### Booklet

Developed after work with a focus group of young people with Down's Syndrome aged 16-23.

'Intended for parents/carers to use with young people with learning disabilities; it describes the changes that happen to your body as you grow up ... helping parents/carers to address the issues around growing up with their child.' (Author)

Topics include: 'what is puberty?; body changes for male and female; mood swings; self-image; independence; sexual feelings and fancying people.' (Practitioner)

### criteria review

#### inclusiveness

**Practitioner:** 'Doesn't cover LGBT but uses good positive language about sexuality.'  
**Practitioner:** 'Images are all of white and able-bodied people.'

#### accessibility

**Practitioner:** 'Very accessible read. Excellent pictures and straightforward language. Colourful.'

#### usability

**Practitioner:** 'Easy to use. Clear headings.'



### things to commend

'A colourful illustrated booklet explaining the problems of puberty to young people with a learning disability.' (ENABLE)

'Good for parents as well as young people, so that they can get their heads round it first.' (Practitioner)

'Good price.' (Practitioner)

### notes of caution

Nothing noted.

### availability

#### to buy

#### Down's Syndrome Scotland

158 –160 Balgreen Road

Edinburgh EH11 3AU

t 0131 313 4225

f 0131 313 4285

e info@dsscotland.org.uk

price: £1.50 each

Reductions available for bulk orders.

#### to loan

**ENABLE** page 14

#### free

Available to download free from:

[www.dsscotland.org.uk/publications/learning-disability](http://www.dsscotland.org.uk/publications/learning-disability)

# Living safer sexual lives: A training and resource pack for people with learning disabilities and those who support them

Author: Frawley P, Johnson K, Hillier L, Harrison L  
Year: 2000  
Publisher: Pavilion Publishing  
ISBN: 1841961159

**Review source:** Multi-Disciplinary Review Group (MDRG); Publisher; A Scottish Practitioner's Experience

## things to commend

'It is wonderful! ... All the material is based around stories from people with learning disabilities themselves and includes: gay relationships, marriage, abuse, having boyfriends, wanting babies, etc. Really absorbing stories. And I think that it does what is most important in all of this work: it puts people with learning disabilities at the centre of the work and training through using their voices and stories. It comes with a video of some of the stories, performed by actors with a learning disability.'

The pack gives resources and session plans for three sessions. These can be run for people with learning disabilities, parents and carers or professionals. Lots of background material and hand-outs, OHPs.' (Practitioner)

## notes of caution

'Very expensive.'

Lots in it so needs time put aside to familiarise self with it.

This was made by professionals from Australia and New Zealand so some of the resources listed are more appropriate to that setting. Lots of policy examples from Australia, etc.' (Practitioner)

## availability

### to buy

#### Pavilion Publishing

The Ironworks, Cheapside  
Brighton, East Sussex BN1 4GD

t 0870 161 3505

f 0870 161 3506

e info@pavpub.com

www.pavpub.com

price: £195.00 plus VAT

## Training and resource pack with video

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.'

(Publisher)

'Designed for use with people aged 14 or above with severe learning disabilities.' (MDRG)

'A pack to support professionals facilitating courses for other professionals, parents, families and also people with learning disabilities themselves.' (Practitioner)

## criteria review

### inclusiveness

**Practitioner:** 'Covers a whole range of issues including gay relationships. The big theme is the right to be sexual. [This is a] very useful resource to clarify this issue with parents and teachers.'

Includes different gender, ethnicities, ages, religions. Lots of different voices of people with learning disability – really challenges the view that they can be lumped into one category.'

### accessibility

**Practitioner:** 'The background music in the video may make it harder to hear the words. Well divided into sections for easy use.'

### usability

**Practitioner:** 'Really requires that practitioners are experienced facilitators.'

## issues raised include:

attitudes / attitudinal change  
emotions / feelings  
friendships  
gay men  
heterosexuality  
homosexuality  
learning disabilities  
lesbians  
love  
media  
men who have sex with men  
parenthood  
parents  
policy issues  
power issues in relationships  
relationships  
rights and responsibilities  
same-sex partnerships  
self-esteem  
sexual abuse or coercion  
sexuality  
staff values

## format:

video and pack  
pack:  
297 x 210 mm  
253 pages  
illustrations  
1 colour  
ring-bound  
four divider tabs  
video:  
30 minutes  
sound  
colour

# Living your life:

## The sex education and personal development resource for special educational needs

Editor: Craft A, re-edited by Bustard S  
Year: 2003 (revised edition)  
Publisher: Brook Publications  
ISBN: none

**Review source:** Publisher; Head Teacher, Shepherd School; Various Scottish Practitioners'Experiences

### issues raised include:

anal sex  
assertiveness  
autism  
contraception  
friendships  
gender issues  
heterosexuality  
homosexuality  
media  
oral sex  
peer influences  
power issues in relationships  
SRE  
programme development  
STIs – symptoms and consequences

### format:

resource plus worksheets  
resource:  
A4  
297 x 210 mm  
260 pages  
2 colour  
spiral-bound  
worksheets:  
A4  
297 x 210 mm  
68 pages  
spiral-bound  
photocopiable

'A sexuality and relationships education resource aimed at students with special educational needs and/or learning difficulties aged 13 and above.'

(Head Teacher, Shepherd School)

'Helps teachers design, deliver and evaluate a programme of SRE, used in schools and further education, extending across the spectrum of special needs.' (Practitioner)

Topics include: group building; the physical self; emotions; relationships; sexual expression; choices and consequences; personal health and safety.

### criteria review

#### inclusiveness

Practitioner: 'Very disability aware.'

Practitioner: 'Includes a range of images of physical disability.'

#### accessibility

Practitioner: 'Worksheets with clear and simple images.'

#### usability

Practitioner: 'Easy to use, and to navigate. Good to pick out specific topics, or to follow from start to finish.'



### things to commend

'Material with specific advice for teachers of students with autistic spectrum disorders. Very disability aware.' (Practitioner)

'Extremely thorough, well planned resource. Covers a large range of topics. Gives advice, extra pointers, for example for autistic spectrum. Very flexible, offering a variety of suggestions for teaching activities for each module.'

The photocopiable worksheets may be particularly helpful in explaining physical development, masturbation, and wet dreams.' (Practitioner)

'Each unit makes reference to students [with autistic spectrum disorder] and suggestions are made about strategies which might be particularly helpful for them. Information on their needs is also provided in a separate appendix.' (Head Teacher, Shepherd School)

### notes of caution

Includes images of masturbation.

### availability

#### to buy

##### Brook Publications

PO Box 1239, Coventry CV2 2NT

t 0870 750 3082

f 0870 750 3083

e brook@adc-uk.com

www.brook.org.uk

price: £50.00

#### to loan

NHS Health Scotland Library page 14



# Looking after my balls

Author: Hollins S, Wilson J

Illustrator: Webb B

Year: 2004

Publisher: Gaskell / Royal College of Psychiatrists

ISBN: 1904671055

**Review source:** Publisher; A Scottish Practitioner's Experience

## things to commend

'There are pages at the back which you are allowed to photocopy and use as a leaflet. Extra guidance notes and further information and resources are helpful.' (Practitioner)

## notes of caution

Includes images of the penis and testicles.

## Illustrated book

'This book shows young men with learning disabilities how to check their testicles, to look for anything that may be wrong and to seek help if they are worried. It contains details of physical examination and early investigation.' (Publisher)

Topics include: when to check; self examination; going for a medical examination; getting results; going to hospital.

Part of the *Books beyond words* series aimed at people with learning disabilities – see *Books beyond words* for further comments on the whole series.

## criteria review

### inclusiveness

**Practitioner:** 'Ethnicity, disability diversity in images.'

### accessibility

**Practitioner:** 'Simple and clear.'

### usability

**Practitioner:** 'Easy to use.'

## issues raised include:

medical examinations  
self-examination (testicles)  
sexual health services  
testicular cancer

## titles in this series include:

*Bob tells all*  
*Falling in love*  
*George gets smart*  
*Hug me touch me*  
*Jenny speaks out*  
*Keeping healthy down below*  
*Looking after my balls*  
*Looking after my breasts*  
*Making friends*  
*Susan's growing up*

## format:

A5  
145 x 210 mm  
80 pages  
illustrations  
full colour  
paperback  
book

## availability

### to buy

Book Sales

**The Royal College of Psychiatrists**

17 Belgrave Square, London SW1X 8PG

t 020 7235 2351 ext. 146

(9.30am to 2.00pm)

f 020 7245 1231

e ljordan@rcpsych.ac.uk

[www.rcpsych.ac.uk/publications/bbw/index.htm](http://www.rcpsych.ac.uk/publications/bbw/index.htm)

price: £10.00 each (including p&p)

# Looking after my breasts

Author: Hollins S, Perez W

Illustrator: Webb B

Year: 2000

Publisher: Gaskell / Royal College of Psychiatrists

ISBN: 1901242536

**Review source:** A Scottish Practitioner's Experience; Publisher

## issues raised include:

breast awareness and screening  
mammograms  
self-examination (breasts)

## titles in this series include:

*Bob tells all*  
*Falling in love*  
*George gets smart*  
*Hug me*  
*touch me*  
*Jenny speaks out*  
*Keeping healthy down below*  
*Looking after my balls*  
*Looking after my breasts*  
*Making friends*  
*Susan's growing up*

## format:

A5  
145 x 210 mm  
52 pages  
illustrations  
full colour  
ring-bound  
sections marked by divider tabs

## Illustrated book

'A book which describes through pictures every stage of breast screening: the invite, having a mammogram, and getting the result. For women with a learning disability.' (Practitioner)

Part of the *Books beyond words* series aimed at people with learning disabilities – see *Books beyond words* for further comments on the whole series.

## criteria review

### inclusiveness

Practitioner: 'Very inclusive – ethnicity, size, disability, age, religion.'

### accessibility

Practitioner: 'Simple and clear.'

### usability

Practitioner: 'Easy to use.'



## things to commend

'Feelings, consent and health education are addressed.' (Publisher)

'Good supporting text for professionals.' (Practitioner)

## notes of caution

Includes drawings of breasts, etc

## availability

### to buy

Book Sales

**The Royal College of Psychiatrists**

17 Belgrave Square, London SW1X 8PG

t 020 7235 2351 ext. 146

(9.30am to 2.00pm)

f 020 7245 1231

e [ljordan@rcpsych.ac.uk](mailto:ljordan@rcpsych.ac.uk)

[www.rcpsych.ac.uk/publications/bbw/index.htm](http://www.rcpsych.ac.uk/publications/bbw/index.htm)

price: £10.00 each (including p&p)

### to loan

**NHS Health Scotland Library** page 14



# Making choices, keeping safe

## Interagency Guideline for Lothian Issue 1, April 2004

### things to commend

'The policy and guidelines cover a very wide range of issues: from supporting people to forming relationships; what to include in a sex and relationships education programme; through to dealing with more sensitive issues such as masturbation and sexually transmitted infection.

*Making choices, keeping safe* is an important contribution to recognising that adolescents and adults with learning disabilities have sexual rights and needs, while at the same time making sure those who may be vulnerable to abuse are protected. This need was highlighted in *The same as you* national review of services.' (Author)

Author: NHS Lothian  
Year: 2004  
Publisher: NHS Lothian  
ISBN: none

**Review source:** Author; Various Scottish Practitioners' Experiences

'*Making choices, keeping safe* is an inter-agency document outlining policy and practice guidelines on relationships and sexual wellbeing when working with people with learning disabilities in Lothian.' (Practitioner)

Aimed at: 'staff working with people with learning disabilities.' (Practitioner)

### issues raised include:

- abortion / termination of pregnancy
- bisexuality
- choices (making informed)
- condoms
- consent
- contraception
- emergency contraception
- gay men
- heterosexuality
- HIV infection / AIDS
- homosexuality
- intimate care
- lesbians
- masturbation
- parenthood
- preventing pregnancy
- privacy
- same-sex partnerships
- sex and the law
- sexual health services
- sexually explicit material

### notes of caution

'Some minor information needs to be updated because the law has changed even in the year it's been out. NHS changes mean names have changed too. The contact section is very locally specific to Lothian.

Only available in online format.' (Practitioner)

### criteria review

#### inclusiveness

Nothing noted.

#### accessibility

**Practitioner:** 'The online version is easy to access.'

**Practitioner:** 'Has a section to use with people with learning disabilities – accessible and illustrated.'

#### usability

**Practitioner:** 'Easy to use, with divided sections. Most of the information is transferable to areas outside Lothian'

### format:

- website
- download: Microsoft® Word Adobe® PDF

### availability

#### free

Available to download free from:  
[www.mcks.scot.nhs.uk/](http://www.mcks.scot.nhs.uk/)

# Making friends

Author: Hollins S, Roth T  
Illustrator: Webb B  
Year: 1995  
Publisher: Gaskell / Royal College of Psychiatrists  
ISBN: 1874439109

**Review source:** A Scottish Practitioner's Experience

## issues raised include:

appropriate behaviour  
emotions / feelings  
friendships  
touch

## titles in this series include:

*Bob tells all*  
*Falling in love*  
*George gets smart*  
*Hug me touch me*  
*Jenny speaks out*  
*Keeping healthy down below*  
*Looking after my balls*  
*Looking after my breasts*  
*Making friends*  
*Susan's growing up*

## format:

A5  
145 x 210 mm  
68 pages  
illustrations  
full colour  
paperback  
book

Illustrated book telling story in pictures

'Covering the same themes as *Hug me touch me*, this is a story about a man who learns about appropriate touch and how to make friends.'

(Practitioner)

Part of the *Books beyond words* series aimed at people with learning disabilities – see *Books beyond words* for further comments on the whole series.

## criteria review

### inclusiveness

Practitioner: 'Age and ethnic diversity portrayed.'

### accessibility

Practitioner: 'Easy to use with people with no literacy.'

### usability

Practitioner: 'Easy to use – text to accompany pictures at the back.'



## things to commend

'Simple, clear story with lots of opportunity to prompt discussion around appropriate behaviour and touch.' (Practitioner)

## notes of caution

Nothing noted.

## availability

### to buy

Book Sales

**The Royal College of Psychiatrists**

17 Belgrave Square, London SW1X 8PG

t 020 7235 2351 ext. 146

(9.30am to 2.00pm)

f 020 7245 1231

e [ljordan@rcpsych.ac.uk](mailto:ljordan@rcpsych.ac.uk)

[www.rcpsych.ac.uk/publications/bbw/index.htm](http://www.rcpsych.ac.uk/publications/bbw/index.htm)

price: £10.00 each (including p&p)

### to loan

**NHS Health Scotland Library** page 14

# Male and female cloth models (Desmond and Daisy)

## things to commend

'It can be a good thing that the faces are not realistic, so it is very clear that they are not real people. Blank expressions mean that they can also be useful for therapeutic work around issues of sexual abuse.' (Practitioner)

## notes of caution

'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.' (Practitioner)

'It was felt that the models were not that realistic and may be difficult to relate to.' (MDRG)

'The vagina and anus are just drawn on, not real holes.' (Practitioner)

'Preparation is the key to using these models. Each session must be planned thoroughly in advance.' (Practitioner)

Producer: Fraser J  
Year: 2004 (updated version)  
ISBN: none

**Review source:** Various Scottish Practitioners'Experiences;  
Multi-Disciplinary Review Group (MDRG)

'Male and female cloth models, half-life size, with removable clothes. The genitals of both models are visually accurate, complete with pubic hair.

Suitable for use with all age ranges, particularly adults with learning difficulties and people with sensory handicaps or poor verbal communication for whom English is a second language in the setting of a very structured SRE framework.'  
(Practitioner)

Note: Bodysense also produce *Anatomically correct 3D model of the female reproductive organs.*

### issues raised include:

appropriate behaviour  
gender differences  
sex and relationships education  
sexual abuse or coercion  
sexual behaviour  
sexual touching touch

## criteria review

### inclusiveness

Practitioner: "'Universal" skin colour.'

### accessibility

Nothing noted.

### usability

Practitioner: 'Comes with an introduction and background notes, a detailed section on communication, plus overview of the ways the models could be used with various groups.'

### format:

half-life size  
anatomically correct male and female cloth models with removable clothes and shoes plus notes for users

## availability

### to buy

#### **Bodysense**

c/o The Revd. Jane Fraser

Sunnybank House

Holly Green, Upton on Severn

Worcester WR8 0PG

t/f 01684 594 715

e [clothmodels@revjane.demon.co.uk](mailto:clothmodels@revjane.demon.co.uk)

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

price: £400.00 (including VAT and p&p)  
for a pair of models plus notes for users.

note: Delivery time is six weeks while the models are made to order.



# A man's guide to keeping clean

Author: FAIR / NHS Health Scotland  
Illustrator: Mudie P  
Year: 2003  
Publisher: NHS Health Scotland  
ISBN: 1902030931

**Review source:** Various Scottish Practitioners'Experiences

## issues raised include:

anatomy of sexual organs  
body image  
intimate care  
personal hygiene and grooming

## titles in this series include:

*A guide to examining your breasts*  
*A guide to examining your testicles*  
*A guide to having a period*  
*A man's guide to keeping clean*  
*Shaving card*  
*A woman's guide to keeping clean*

## also available in CD-ROM:

*A multimedia guide to examining your breasts*  
*A multimedia guide to examining your testicles*

## format:

A5  
145 x 210 mm  
12 pages  
illustrations  
full colour  
stapled leaflet

## Leaflet

Aimed at people with learning disabilities.

Contains 'tips on personal hygiene for men. How and why to keep clean and healthy, how often.'  
(Practitioner)

Part of the *Keeping yourself healthy* series.

## criteria review

### inclusiveness

**Practitioner:** 'Keeping clean leaflets include non-white people and wheelchair users. Ethnic, age and disability diversity in images.'

### accessibility

**Practitioner:** 'Simple and clear.'  
**Support Org:** 'Great pictures. Clear simple language. Our group really like these booklets.'

### usability

**Practitioner:** 'Easy to use.'  
**Practitioner:** 'Usable and cheap.'  
**Support Org:** 'Good, useful tools which hold people's attention.'



## things to commend

'Clear and easy to understand guide for men on keeping clean.' (Practitioner)

'Inexpensive, valuable resource for: professionals, parents, carers; as well as people with learning disabilities. The low price means that they can be given out as a reminder to take away.'  
(Practitioner)

## notes of caution

'Some reading skills needed to understand this – some may need support.' (Practitioner)

## availability

### to buy

#### NHS Health Scotland

Woodburn House, Canaan Lane  
Edinburgh EH10 4SG

t 0131 536 5500

f 0131 536 5501

[www.hebs.com/services/pubs/index.htm](http://www.hebs.com/services/pubs/index.htm)

price: £0.30 each (prices may vary)

### to loan

**NHS Health Scotland Library** page 14

### free

The Health Promotion department at your local NHS Board may provide a limited number of copies for free.



# Me and us website

[www.me-and-us.com/index.html](http://www.me-and-us.com/index.html)

## things to commend

'Comprehensive, easy-to-navigate site with very helpful information. Relevant to Scotland or England.' (Practitioner)

## notes of caution

Nothing noted.

Author: Me-And-Us Publications  
Year: 2005  
ISBN: none

**Review source:** Various Scottish Practitioners'Experiences

### Website

'Useful for anyone working on sex and relationships education.' (Practitioner)

'Website offers information on classroom resources, courses for teachers and legal guidance for sex education.' (Practitioner)

Topics include: publications; activities and guidance; courses; classroom equipment.

### issues raised include:

SRE resources  
sex and relationships education  
sex and the law

### format:

multimedia  
website

### criteria review

#### inclusiveness

---

Nothing noted.

#### accessibility

---

Nothing noted.

#### usability

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Practitioner: 'Easy to use.'

## availability

free

[www.me-and-us.com/index.html](http://www.me-and-us.com/index.html)

# A multimedia guide to examining your breasts

Author: FAIR / NHS Health Scotland

Illustrator: Mudie P

Year: 2003

Publisher: NHS Health Scotland

ISBN: none

**Review source:** A Scottish Practitioner's Experience

## issues raised include:

breast awareness and screening  
choices (making informed)  
medical examinations  
self-examination (breasts)

## CD-ROM titles in this series include:

*A multimedia guide to examining your breasts*

*A multimedia guide to examining your testicles*

## also available as leaflets:

*A guide to examining your breasts*

*A guide to examining your testicles*

*A guide to having a period*

*A man's guide to keeping clean*

*Shaving card*

*A woman's guide to keeping clean*

## format:

CD-ROM plus leaflet

CD-ROM: Microsoft® Windows

leaflet:  
A5  
145 x 210 mm  
12 pages  
illustrations full colour  
stapled leaflet

## CD-ROM

'Interactive CD that talks the user through the stages of checking breasts. Uses sound, pictures and animation, with quiz format in part.' (Practitioner)

Part of the *Keeping yourself healthy* series, this is the content of the *A guide to examining your breasts* leaflet in CD-ROM format.

## criteria review

### inclusiveness

Practitioner: 'Inclusive images.'

### accessibility

Practitioner: 'Simple and clear.'

### usability

Practitioner: 'Easy to use.'



## things to commend

'Useful for those who don't read.'

Includes some information on healthy lifestyle and choosing a bra.'

(Practitioner)



## notes of caution

'CD-ROM includes drawings of naked breasts.' (Practitioner)



## availability

### to buy

#### NHS Health Scotland

Woodburn House, Canaan Lane

Edinburgh EH10 4SG

t 0131 536 5500

f 0131 536 5501

[www.hebs.com/services/pubs/index.htm](http://www.hebs.com/services/pubs/index.htm)

price: £2.00

### free

The Health Promotion department at your local NHS Board may provide a limited number of copies for free.



# A multimedia guide to examining your testicles

## things to commend

'Useful for those who don't read.'

Includes some information on healthy lifestyle.' (Practitioner)

## notes of caution

'CD-ROM includes drawings of naked male genitals.' (Practitioner)

Author: FAIR / NHS Health Scotland

Illustrator: Mudie P

Year: 2003

Publisher: NHS Health Scotland

ISBN: none

**Review source:** A Scottish Practitioner's Experience

## CD-ROM

'Interactive CD that talks the user through the stages of checking testicles. Uses sound, pictures, animation, and the pack includes the leaflet.'

(Practitioner)

Part of the *Keeping yourself healthy* series, this is the content of the *A guide to examining your testicles* leaflet in CD-ROM format.

## issues raised include:

choices (making informed)  
self-examination (testicles)  
sexual health services  
testicular cancer  
testicular examination

## criteria review

### inclusiveness

Practitioner: 'Diverse images (ethnicity, disability).'

### accessibility

Practitioner: 'Simple and clear.'

### usability

Practitioner: 'Easy to use.'

## CD-ROM titles in this series include:

*A multimedia guide to examining your breasts*

*A multimedia guide to examining your testicles*

## also available as leaflets:

*A guide to examining your breasts*

*A guide to examining your testicles*

*A guide to having a period*

*A man's guide to keeping clean*

*Shaving card*

*A woman's guide to keeping clean*

## format:

CD-ROM plus leaflet

CD-ROM: Microsoft® Windows

leaflet:  
A5  
145 x 210 mm  
16 pages  
illustrations  
full colour  
stapled leaflet

## availability

### to buy

#### NHS Health Scotland

Woodburn House, Canaan Lane

Edinburgh EH10 4SG

t 0131 536 5500

f 0131 536 5501

[www.hebs.com/services/pubs/index.htm](http://www.hebs.com/services/pubs/index.htm)

price: £2.00

### free

The Health Promotion department at your local NHS Board may provide a limited number of copies for free.

# Now they are growing up...

(what young people need to know)

Author: Shepherd School  
Year: 1999  
Publisher: Shepherd School  
ISBN: none

**Review source:** Various Scottish Practitioners' Experiences

## issues raised include:

avoiding risky situations

HIV infection / AIDS

masturbation

personal hygiene and grooming

relationships

sexuality

## titles in this series include:

*HIV & AIDS*

*Loss*

*Masturbation: Female\**

*Masturbation: Male\**

*Menstruation\**

*A planned independent life and sexuality*

*Protecting your child\**

## format:

A5

145 x 210 mm

up to 10 pages

line illustrations

1 colour

photocopied

stapled booklet

A series of information booklets for parents, companions to the *Feeling grown up* series.

Aimed at parents of young people with learning disabilities.

Topics include independence, loss and bereavement.

## criteria review

### inclusiveness

Practitioner: 'Diversity in ethnicity and disability images.'

### accessibility

Practitioner: 'Very clear and easy to understand.'

### usability

Practitioner: 'Caution because of specificity of resource [to the Shepherd School]!'



## things to commend

'These booklets are very clear and have a very simple pared down message for parents of young people with learning disabilities who may have learning disabilities themselves.'

(Practitioner)



## notes of caution

'A word of caution: the booklets have been designed specifically for Shepherd School and thus a lot of specific references are made. For instance, invitations to contact the school to discuss specific issues with the teacher may not be appropriate. References in *Protecting your child* are specific to Shepherd School Child Protection issues.'



## availability

### to buy

#### Shepherd School

Harvey Road, Nottingham NG8 3BB

t 0115 9153265

e shepherd\_school@hotmail.com

www.shep-net.com

price: £2.00 each plus p&p

**note:** allow plenty of time to order, as this is a school!

Titles indicated by \* are also available in Urdu and Punjabi.



# On the agenda:

## Sex education for young people with learning difficulties

### things to commend

'Drama and active learning techniques.'  
(Practitioner)

'A useful tool as an introductory point for doing sexual health work with people with learning disabilities.'

Good drama based exercises.

Contains good examples of term plans and some age guidance.' (MDRG)

'Good drama exercises.' (Teacher)

'Offers sound advice on developing school policy, working with parents and carers.' (Practitioner)

### notes of caution

'In parts it's quite dated (1994).'

'Slightly dated.' (Teacher)

'Based on the English [education] system, therefore some aspects may not be relevant to Scotland.' (MDRG)

Author: Scott L  
Year: 1994  
Publisher: Image in Action  
ISBN: none

**Review source:** Various Scottish Practitioners'Experiences;A Scottish Teacher's Experience; Multi-Disciplinary Review Group (MDRG)

'Practical guide to policy-making, planning and working with young people with learning disabilities in schools and colleges.' (Practitioner)

'For use by workers in engaging with schools – getting parents/schools on board. Some exercises could be used with people with severe disabilities.' (MDRG)

Topics include: rationale behind methods of creative group-work and drama; policy, provision and personnel – the role of school management; planning the programme – planning and teaching sex education; identifying needs, planning a curriculum, planning a session; choosing and using resources; strategies for reflection and monitoring.

Companion to *Let's do it* (see note).

### issues raised include:

group work  
school policy  
sex and relationships education  
SRE programme development

### format:

A4  
297 x 210 mm  
188 pages  
illustrations or photographs  
spiral-bound

### availability

#### to buy

Although now out of print, limited copies are still available from:

**Image in Action** (Resources)  
Chinnor Road, Bledlow Ridge  
High Wycombe HP14 4AJ  
t/f 01494 481 632  
e iia@nascr.net

price: £20.00 plus p&p

**note:** As a replacement, Image in Action will publish a new book called *Let's plan it* in May 2005. It will have sessions and programmes using their methods for a range of different groups of adults and young people with learning disabilities.

#### to loan

NHS Health Scotland Library page 14

### criteria review

#### inclusiveness

Teacher: 'Wide range of ideas available.'

#### accessibility

Teacher: 'By the use of drama subjects are easier to access.'

#### usability

Practitioner: 'Useful introduction includes how to work with schools and with teachers.'

Teacher: 'Contains clear instructions.'

# Picture yourself

Author: Dixon H, Craft A  
Illustrator: Gifford D  
Year: 2004  
Publisher: Me-and-Us Publications  
ISBN: none

**Review source:** Various Scottish Practitioners'Experiences;  
Multi-Disciplinary Review Group (MDRG)

## issues raised include:

anatomy of sexual organs  
appropriate behaviour  
body changes  
friendships  
gay men  
gender issues  
homosexuality  
lesbians  
masturbation  
menstruation  
personal hygiene and grooming  
relationships  
safer sex  
sex and relationships education  
sexual abuse or coercion  
sexual health  
sexuality

## format:

CD-ROM or website download

CD-ROM:  
Microsoft®  
Windows  
Mac®

Website:  
Adobe® PDF  
HTML (web)

CD-ROM containing four sets of 48 drawings and photographs per set with teachers' notes.

'Teaching resource specifically designed to be used with people with learning disabilities.'

(Practitioner)

'For people with learning disabilities of any age.'

(MDRG)

Topics include: growing up; male and female bodies; public and private places; appropriate behaviour; making relationships; becoming sexual; using a condom; using a public toilet; masturbation.

## criteria review

### inclusiveness

**Practitioner:** 'Doesn't include pictures of a range of ethnicities.'

**Practitioner:** 'Some attempt at a range of ethnic diversity but skin tone is always white.'

### accessibility

Nothing noted.

### usability

**Practitioner:** 'Supplied on CD-ROM - print what you want as you need it.'



## things to commend

'Cards can be useful – can be used selectively for different areas of sexual health work.' (MDRG)

'Visual aids – illustrations, line drawings, photographs.' (Practitioner)

'Definitely covers changing bodies, appropriate places, public/private.' (Practitioner)

'Notes for educators explain how to use it – recommends use alongside *Living your life* or *Chance to choose*.' (Practitioner)



## notes of caution

'Needs to be used by workers who are experienced. Not stand-alone – use with other materials.' (MDRG)

'Careful pre-planning required – to select most appropriate pictures for each situation, [as] students may find some pictures too disturbing/uncomfortable.' (Practitioner)

'Pictures of same-sex relationships or oral or anal sex would also be useful.' (Practitioner)

Includes images of genitalia and sexual acts.



## availability

### to buy

#### Me-and-Us Publications

1 Garsdale Road, Sedbergh LA10 5JN

t 01539 622 310

f 01539 621 501

e admin@me-and-us.co.uk

[www.me-and-us.com/py1.html](http://www.me-and-us.com/py1.html)

price: £50.00 plus VAT

# Reach Out report:

## Looking at personal relationships, sexuality and needs of African and Asian descent learning disabled women

### things to commend

'Report based on a two-year project 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.' (Publisher)

Author: Alam A, Aziz R  
Year: 2000  
Publisher: fpa  
ISBN: 1899194134

**Review source:** Publisher; Various Scottish Practitioners'Experiences

### notes of caution

Nothing noted.

Report on the *Reach Out* project.

Aimed at staff who work with people with learning disabilities.

Includes a description of the project; how the work was carried out with African and Asian women; project findings; recommendations.

#### criteria review

##### inclusiveness

Nothing noted.

##### accessibility

Nothing noted.

##### usability

**Practitioner:** 'Good for practitioners who are about to do work with young people of African or Asian descent to read beforehand.'

#### issues raised include:

emotions / feelings  
ethnicity / culture  
parenthood  
power issues in relationships  
relationships  
sexual abuse or coercion  
sexual health services

#### format:

A4  
297 x 210 mm  
42 pages  
illustrations  
1 colour  
spiral-bound

### availability

#### to buy

##### fpa direct

Corporate Services Dept  
2-12 Pentonville Road, London N1 9FP  
t 0845 122 8600  
f 020 7837 3042  
e fpadirect@fpa.org.uk  
[www.fpa.org.uk/about/pubs/index/htm](http://www.fpa.org.uk/about/pubs/index/htm)

price: £5.00



# Reach Out training pack: Personal relationships, sexuality and needs of African and Asian descent learning disabled people

Author: Aziz R  
Year: 2000  
Publisher: fpa  
ISBN: 1899194142

**Review source:** Publisher; Various Scottish Practitioners' Experiences

## issues raised include:

anatomy of  
sexual organs  
assertiveness  
body image  
emotions /  
feelings  
ethnicity /  
culture  
femidoms  
gender issues  
relationships  
self-esteem  
sex and  
relationships  
education  
sex and religion  
sexual abuse or  
coercion

## format:

A4  
297 x 210 mm  
64 pages  
illustrations  
1 colour  
spiral-bound

## Training Pack

Aimed at professionals and carers to use with adults with learning disabilities.

Topics include: preparation and planning; exercises; feelings; self-image; body awareness; race; gender and learning disabilities; friendships, relationships and sex; abuse; sex and religion.

## criteria review

### inclusiveness

**Practitioner:** 'Looks at race/gender dynamics of groups, looks at LGBT issues. The focus is on doing work with cultural and ethnic groups.'

### accessibility

**Practitioner:** 'Worksheets increase accessibility.'

### usability

**Practitioner:** 'Explains every exercise in depth and sets out clearly the aims and objectives, applicability; gives preparatory notes, how long it will take, etc.'



## things to commend

'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.' (Publisher)

'Covers topics in depth.' (Practitioner)



## notes of caution

'Exercises may take two hours – they need this amount of time.'

Quite dense – a lot to read.' (Practitioner)



## availability

### to buy

#### fpa direct

Corporate Services Dept  
2-12 Pentonville Road, London N1 9FP  
t 0845 122 8600  
f 020 7837 3042  
e fpadirect@fpa.org.uk  
[www.fpa.org.uk/about/pubs/index/htm](http://www.fpa.org.uk/about/pubs/index/htm)

price: £12.99

# Sex

Author: BILD  
 Year: 1998  
 Publisher: BILD  
 ISBN: 187379147X

**Review source:** Various Scottish Practitioners'Experiences;ENABLE; Multi-Disciplinary Review Group (MDRG); Support Organisation

## things to commend

'Good clear pictures, on puberty, hygiene, safe sex.' (Practitioner)

'An accessible, illustrated guide to all matters relating to sex.' (ENABLE)

'Good for young people but includes references to adults and older people and staff working with them.' (MDRG)

'Clear, concise and down to earth.' (Support Org)

'Good that the series puts sexual health in the context of other health topics.' (Practitioner)

## notes of caution

'Contact details are out of date.'

Information about rape relates to English law.' (Practitioner)

'Book which gives information on the body changes that happen during puberty and which discusses sex and the feelings associated with it.' (ENABLE)

Aimed at 'young people and adults with learning difficulties and staff who work with people with learning disabilities.' (Practitioner)

Topics include: body change; sexual arousal; sexual intercourse; self examination; smear tests; personal hygiene; oral sex; condoms; sexual coercion; STIs and HIV.

One book of the *Your good health* series.

## criteria review

### inclusiveness

**Practitioner:** 'Good: covers ethnicity, same-sex relationships and also deals with female pleasure.'

**Practitioner:** 'Mentions sex between same-sex couples but the text about the mechanics of sex is all about hetero-sex. There is no mention of condom use between same-sex couples, or of female condoms.'

**Practitioner:** 'Includes images of disabled people. On the whole it describes heterosexual relationships, but same-sex are mentioned.'

### accessibility

**Practitioner:** 'Accessible, clear illustrations.'

**Practitioner:** 'Very basic and accessible.'

**Support Org:** 'Some of my group were able to read this on their own.'

### usability

**Practitioner:** 'Very simple, very usable with people with learning disabilities.'

**Support Org:** 'Easy to use.'

### issues raised include:

body changes  
 breast awareness and screening  
 heterosexuality  
 masturbation  
 oral sex  
 personal hygiene and grooming  
 self-examination (breasts)  
 sexual abuse or coercion  
 sexual arousal  
 sexual intercourse / penetration  
 STIs – symptoms and consequences  
 smear tests  
 testicular examination

### series information:

BILD also produce another publication in the same series which is called *Pregnancy and childbirth*.

### format:

A4  
 297 x 210 mm  
 23 pages  
 illustrations  
 1 colour  
 book

## availability

### to buy

#### BookSource

32 Finlas Street, Cowlairs Estate  
 Glasgow G22 5DU  
 t 08702 402 182  
 f 0141 557 0189  
[www.bild.org.uk/publications/book\\_pages/health.htm](http://www.bild.org.uk/publications/book_pages/health.htm)

price: £8.50

### to loan

ENABLE page 14

NHS Health Scotland Library page 14

# Sex and staff training: Sexuality, sexual abuse and safer sex

Author: McCarthy M, Thompson D  
Year: 1994  
Publisher: Pavilion Publishing  
ISBN: 1871080347

**Review source:** Publisher; Multi-Disciplinary Review Group (MDRG);  
Various Scottish Practitioners' Experiences

## issues raised include:

appropriate  
behaviour  
attitudes /  
attitudinal  
change  
confidentiality  
gay men  
HIV infection /  
AIDS  
homosexuality  
masturbation  
relationships  
rights and  
responsibilities  
sex and  
relationships  
education  
sexual abuse or  
coercion  
sexual health  
sexual language  
staff values

## format:

A4  
297 x 210 mm  
141 pages  
no illustrations  
1 colour  
ring-bound

## Training pack

Aimed at 'staff who work with people with learning disabilities to raise awareness of sexuality and learning disability and to address concerns of staff. [Includes] sections on sexuality, sexual abuse and safer sex.' (Publisher)

'For workers training staff on how to do sex education with people with learning disabilities.' (MDRG)

'Topics include: values; exercises; dealing with masturbation; finding the right words; sexual abuse; HIV and safer sex; sharing experiences; challenging beliefs and assumptions.' (MDRG)

## criteria review

### inclusiveness

**Practitioner:** 'Looks at same-sex relationships, doesn't mention cultural issues.'

### accessibility

**Practitioner:** 'Easy to navigate and select exercises as needed.'

### usability

**MDRG:** 'Hand-outs can be photocopied. Contains suggested programmes – a two-day course and a one-day course.'

**Practitioner:** 'Usable, easy to dip in and out of for professionals to use to train other staff.'



## things to commend

'Excellent resource, clearly laid out, easy to use. Covers all the big issues for most practitioners with exercises that really get staff talking and exploring. Prepares staff for individual work, or group work, or just builds confidence in responding to these issues day to day.' (Practitioner)



## notes of caution

'Better with two facilitators.' (MDRG)



## availability

### to buy

#### Pavilion Publishing

The Ironworks, Cheapside  
Brighton BN1 4GD  
t 0870 161 3505  
f 0870 161 3506  
e info@pavpub.com  
www.pavpub.com

price: £65.00

### to loan

**ENABLE** page 14

# Sex and the 3R's – rights, responsibilities and risks: A sex education package for working with people with learning difficulties

Author: McCarthy M, Thompson D  
 Year: 1998 (revised edition)  
 Publisher: Pavilion Publishing  
 ISBN: 1900600722

**Review source:** Various Scottish Practitioners' Experiences; Support Organisation

Aimed at 'professionals delivering sex and relationship education in groups or with individuals (older children and adults with a learning disability). Could be used in groups or one-to-one sex education.' (Practitioner)

Topics include: trainer's guidance; staff support and safeguards; teaching safer sex; abuse; menstruation; HIV testing; STIs and contraception.

**issues raised include:**

- anal sex
- contraception
- gender differences
- heterosexuality
- homosexuality
- masturbation
- menstruation
- oral sex
- pregnancy
- saying no
- sexual abuse or coercion
- STIs – symptoms and consequences
- touch

**format:**

- A4
- 297 x 210 mm
- 142 pages
- 65 illustrations
- colour
- ring-bound
- folder

 things to commend

'Clear pictures of a range of situations and types of sex including same-sex relationships; unwanted sexual attention; and inappropriate behaviour.' (Practitioner)

'Line drawings.' (Practitioner)

'Has lots of pictures of difficult situations which are not available in a lot of resources.' (Practitioner)

'Flexibility – can be used to assess/deliver course or for specific areas, for example, masturbation.' (Practitioner)

 notes of caution

'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.' (Practitioner)

'Any trainer using this resource has to really look at and know the resource very well before using it.' (Practitioner)

'Sexual images of bodies and acts. The line drawings in this pack are detailed and sexual and the need for this material is explained.' (Practitioner)

**criteria review**

**inclusiveness**

- Practitioner:** 'No sexuality bias.'
- Practitioner:** 'Pictures of different ethnicities, disabilities, same-sex relationships.'

**accessibility**

- Practitioner:** 'Quite usable for people with learning disabilities.'
- Practitioner:** 'May be aimed more at adults with learning disabilities rather than adolescents.'
- Practitioner:** 'Good resource for practitioners working with adolescents/adults.'

**usability**

- Practitioner:** 'Very usable for professionals, it includes stuff on one-to-one work which is very useful. Gives lots of advice and support for professionals.'
- Support Org:** 'I used this as a community nurse for a health promotion project and found it useful.'
- Practitioner:** 'Good clear guidance on use.'

   availability

**to buy**

**Pavilion Publishing**

The Ironworks, Cheapside  
 Brighton BN1 4GD  
 t 0870 161 3505  
 f 0870 161 3506  
 e info@pavpub.com  
 www.pavpub.com

price: £85.00

**to loan**

**ENABLE** page 14

**NHS Health Scotland Library** page 14

# Sex education for visually impaired children with additional disabilities

Author: RNIB E + E  
Year: 1996  
Publisher: RNIB  
ISBN: 1858780918

**Review source:** RNIB; Various Scottish Practitioners'Experiences

## issues raised include:

policy issues  
school policy  
sex and relationships education  
SRE programme development

## format:

A4  
297 x 210 mm  
48 pages  
1 colour  
paperback book  
Alternative formats available:  
Braille/cassette

'A guide to developing school policies and programmes for blind and partially sighted children with a range of physical, communication and learning disabilities.' (RNIB)

Topics include: why you need a sex and relationships education policy; developing a sex and relationships education policy; developing a sex and relationships education programme.

Note: RNIB also publish *Sex education & sexuality for very special people: a sensory approach* by F Longhorn, 1996, ISBN: 1900231204

## criteria review

### inclusiveness

**Practitioner:** 'Aims to cover all types of visual and other impairment. Source given for information on religious and ethnic issues.'

**Practitioner:** 'Briefly mentions same-sex relationships.'

### accessibility

**Practitioner:** 'Detailed guidelines clearly expressed and presented.'

### usability

**Practitioner:** 'Thorough guide on policy and context of sex education for school managers/school boards.'



## things to commend

'Detailed, widely sourced manual for formulating school policy.' (Practitioner)

'Methodical how-to-do-it resource (for creating school policy and programme).' (Practitioner)

## notes of caution

'Does give information on Scottish educational law, but this is a little out of date. Some contact information is also out of date.' (Practitioner)

## availability

### to buy

#### RNIB Customer Services

PO Box 173, Peterborough PE2 6WS

t 0845 702 3153

e [cservices@rnib.org.uk](mailto:cservices@rnib.org.uk)

<http://onlineshop.rnib.org.uk/>

price: £12.50


### to loan

NHS Health Scotland Library page 14

# Sex, laws and red tape: Scots law, personal relationships and people with learning difficulties

 things to commend

'Explains the law in a straightforward way.' (Support Org)

 notes of caution

'Will need to be updated once the Mental Health (Care & Treatment) (Scotland) Act 2003 comes into force (due to be enacted April 2005).' (Support Org)

Author: McKay C  
Year: 1991 (revised 1996)  
Publisher: ENABLE  
ISBN: 1874004048 (1996 edition)

**Review source:** Support Organisation; A Scottish Practitioner's Experience

## Booklet

'Aimed at carers and staff supporting people with learning disabilities.' (Support Org)

Note: all reviews included here are of the edition revised in 1996. ENABLE warn that, as a result of changes in the law, this is now out of date and unavailable as of April 2005. A new revised edition will be published in June or July 2005.

## criteria review

### inclusiveness

Nothing noted.

### accessibility

**Practitioner:** 'Covers the law in a simple, clear and accessible way.'

### usability

**Practitioner:** 'One of the best, cheapest resources around and very accessible for practitioners (anyone who works with [people with] learning disabilities).'

## issues raised include:

abortion / termination of pregnancy  
anal sex  
confidentiality  
contraception  
homosexuality  
learning disabilities  
masturbation  
medical examinations  
options if pregnant  
parenthood  
parents  
pregnancy  
preventing pregnancy  
relationships  
rights and responsibilities  
same-sex partnerships  
sex and relationships education  
sex and the law  
sexual abuse or coercion  
sexual health  
sexuality

## format:

A5  
145 x 210 mm  
56 pages  
no illustrations  
1 colour  
booklet

  availability

## to buy

### ENABLE

6th Floor, 7 Buchanan Street  
Glasgow G1 3HL  
t 0141 226 4541  
f 0141 204 4398  
e enable@enable.org.uk

**price:** 1996 edition now unavailable. (New price unavailable at time of going to print).

**note:** an updated edition of *Sex, laws and red tape* is currently being researched and will be published in June or July 2005.

## to loan

NHS Health Scotland Library page 14

# Sexual health education and children and young people with learning disabilities:

## A practical way of working for professionals, parents and carers

Author: Adcock K, Stanley G  
Year: 1996  
Publisher: BILD / Barnados  
ISBN: 1873791380

**Review source:** Publisher; Various Scottish Practitioners' Experiences; RNIB

### issues raised include:

group work  
sex and relationships education

### format:

A4  
297 x 210 mm  
62 pages  
illustrations  
1 colour  
book

### Book/training manual

Aimed at 'professionals training groups of people with learning disabilities or staff who work with learning disabilities.' (Practitioner)

Topics include: notes for workshop trainers/facilitators; teaching plans for each session; hand-outs; OHP templates; guide to other resources. Uses group work and creative work methods.

### criteria review

#### inclusiveness

**Practitioner:** 'Does mention cultural/religious issues. No mention of LGBT issues.'

#### accessibility

**Practitioner:** 'Accessible, useful exercises.'

#### usability

**RNIB:** 'Requires two facilitators with experience.'



### things to commend

'[Includes] teaching plans, handouts, role play scenarios. It introduces basic concepts and good practice around personal relationships, sexual health, sexuality and staying safe.' (Publisher)

'Good ideas for training, examples of group work process (eg ice breakers; setting ground rules; pictorial timetables). Useful code to tell which exercises are for young people, facilitators and participants.'

Once trained, professionals will have great ideas on using pictures and creative activities to communicate with young people with learning disabilities.' (Practitioner)



### notes of caution

'Resources are out of date.' (Practitioner)

'Only two of the exercises are for young people with learning disabilities – better suited to [use with] professionals and parents/carers.'

Doesn't offer a content guide for a sex education programme – would need to use this resource alongside other resources.' (Practitioner)



### availability

out of print

to loan

NHS Health Scotland Library page 14

# Sexual health resources for young people who are blind or partially sighted

## things to commend

‘Comprehensive guide to resources. Tells you clearly about each resource; what’s covered; strengths; who could use it; etc.

Could be used as a general resource for a wider audience too (not just those who are blind).

Really useful introductory notes on how to use this [resource] and what to consider when doing this work with those with visual impairments.’

(Practitioner)

## notes of caution

Nothing noted.

Author: Sex Education Forum  
Year: 2000  
Publisher: RNIB  
ISBN: 185878381X

**Review source:** A Scottish Practitioner’s Experience

## Resource book

Aimed at ‘educators working with blind and partially sighted children and young people in the area of sex and relationship education. It includes resources which are suitable for use with people with learning disabilities.

Topics include: sex education – background information; sources of further information; help-lines; format and audience index; resources; developing a sex education policy; distributors.’ (Practitioner)

## issues raised include:

SRE resources  
sex and relationships education

## format:

A4  
297 x 210 mm  
108 pages  
clear print  
paperback  
book

## criteria review

### inclusiveness

---

Nothing noted.

### accessibility

---

Nothing noted.

### usability

---

Nothing noted.

## availability

### to buy

#### **RNIB Customer Services**

PO Box 173, Peterborough PE2 6WS

t 0845 702 3153

e [cservices@rnib.org.uk](mailto:cservices@rnib.org.uk)

<http://onlineshop.rnib.org.uk/>

price: £8.00



# Sexuality and learning disability:

## A resource for staff

Author: Fanstone C, Katrak Z  
Year: 2003  
Publisher: fpa  
ISBN: 1899194584

**Review source:** Publisher; Multi-Disciplinary Review Group (MDRG); Various Scottish Practitioners'Experiences

### issues raised include:

parents  
rights and responsibilities  
sex and relationships education  
SRE programme development  
sexual language

### format:

A5  
145 x 210 mm  
67 pages  
illustrations  
1 colour  
book

### Book

Aimed at 'staff who work with people with learning disabilities.' (MDRG)

'Good general reading for staff around practice and policy.' (Practitioner)

Topics include: reasons why this work is important; useful tips for everyday work; working with parents, families and carers; information awareness and the skills needed to develop the worker as a resource.

### criteria review

#### inclusiveness

**Practitioner:** 'This book is inclusive and quite comprehensive for staff, especially covering staff concerns about the law, working with parents and carers and dealing with specific issues that come up in residential or day care environment.'

#### accessibility

**Practitioner:** 'Quite a heavy read but useful if you are new to the field of learning disabilities.'

#### usability

**Practitioner:** 'It gives tips throughout about everyday practice and a good list of contacts and websites with free downloads on the subject.'



### things to commend

'Very much aimed at staff, it flags up potential issues and dilemmas that are common to staff who work with people with learning disabilities. [Gives] ideas and examples of developing policy and skills teaching.' (MDRG)

'Wonderful.' (Practitioner)

'Good examples of how to develop a policy and about skills development.' (Practitioner)

### notes of caution

'Sections on the law are specific to England and do not mention that the law is different in Scotland.' (Practitioner)

### availability

#### to buy

##### fpa direct

Corporate Services Dept  
2-12 Pentonville Road, London N1 9FP  
t 0845 122 8600  
f 020 7837 3042  
e fpadirect@fpa.org.uk  
[www.fpa.org.uk/pubs/index.htm](http://www.fpa.org.uk/pubs/index.htm)

price: £9.99

#### to loan

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## things to commend

'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 and respond to abuse and enables them to develop lifelong relationships.' (Practitioner)

## notes of caution

'Fairly dense book requiring high literacy skills.' (Practitioner)

# Sexuality: your sons and daughters with intellectual difficulties

Author: Melberg Schwier K, Hingsburger D

Year: 2000

Publisher: Jessica Kingsley

ISBN: 1853028967

**Review source:** Various Scottish Practitioners' Experiences; Support Organisation

## Book

Designed for parents of people with learning disabilities.

Topics include: self love; self-esteem; boundaries; sex education; gender differences; STIs; abuse and exploitation; marriage; law; pregnancy; parenting a child with learning disabilities.

### criteria review

#### inclusiveness

**Practitioner:** 'Pictures in the book don't represent different cultural or ethnic diversities. LGBT is limited to comments on homosexuality from the male perspective.'

#### accessibility

**Support Org:** '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.'

**Practitioner:** 'Targeted at parents.'

#### usability

**Practitioner:** 'Gives examples, advice and space to use as a personal workbook also.'

#### issues raised include:

assertiveness  
communication skills  
emotions / feelings  
friendships  
HIV infection / AIDS  
heterosexuality  
homosexuality  
masturbation  
media  
moral issues  
puberty  
rights and responsibilities

#### format:

non-standard  
175 x 255 mm  
223 pages  
photographs  
1 colour  
paperback  
book

## availability

### to buy

#### Word Power

43 West Nicholson Street

Edinburgh EH8 9DB

t 0131 662 9112

[www.word-power.co.uk/catalogue/1853028967](http://www.word-power.co.uk/catalogue/1853028967)

price: £14.95

### to loan

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# Shaving card

Author: FAIR / NHS Health Scotland  
Illustrator: Mudie P  
Year: 2003  
Publisher: NHS Health Scotland

**Review source:** A Scottish Practitioner's Experience



## things to commend

'Very clear guide with great illustrations showing how to shave.' (Practitioner)

## notes of caution

'Some literacy skills needed – so may need support.' (Practitioner)

### issues raised include:

personal hygiene and grooming

### titles in this series include:

*A guide to examining your breasts*

*A guide to examining your testicles*

*A guide to having a period*

*A man's guide to keeping clean*

*Shaving card*

*A woman's guide to keeping clean*

### also available in CD-ROM:

*A multimedia guide to examining your breasts*

*A multimedia guide to examining your testicles*

### format:

A4  
297 x 210 mm  
2 sides  
illustrations  
full colour  
laminated card

## Laminated card

'Aimed at men with learning disabilities giving a step-by-step guide to wet and dry shaving for men.' (Practitioner)

Part of the *Keeping yourself healthy* series aimed at people with learning disabilities.

### criteria review

#### inclusiveness

Nothing noted.

#### accessibility

Nothing noted.

#### usability

Nothing noted.

## availability

### to buy

#### NHS Health Scotland

Woodburn House, Canaan Lane  
Edinburgh EH10 4SG

t 0131 536 5500

f 0131 536 5501

[www.hebs.com/services/pubs/index.htm](http://www.hebs.com/services/pubs/index.htm)

price: £0.30 each (prices may vary)

### to loan

NHS Health Scotland Library page 14

### free

The Health Promotion department at your local NHS Board may provide a limited number of copies for free.

# SIGNALONG sexual awareness resource pack

## things to commend

‘Pictures of sexual activities and bodies. Photocopiable.’ (Support Org)

‘Great for people who are using SIGNALONG symbols.’ (Support Org)

## notes of caution

‘Limited guidance on use – intended for experienced professionals.’ (Support Org)

‘The Part 2 book that I had, did not have symbols listed, especially female ones.’ (Practitioner)

Contains sexual images.

Author: Meinertzhagen K

Year: 2001

Publisher: The SIGNALONG Group

ISBN: Complete Resource Pack – 1902317130

ISBN: Sexual Awareness Symbol Match Part 1 – 1902317149

ISBN: Sexual Awareness Symbol Match Part 2 – 1902317157

**Review source:** Various Support Organisations; A Scottish Practitioner’s Experience

‘Loose leaf pack with books of graphic symbols.’ (Support Org)

Aimed at ‘people responsible for sexuality and relationship issues, [to use] with adolescents and adults with learning difficulties.’ (Support Org)

*Part 1 Symbol Match* includes symbols for sexual feelings and activities; the sexual body; gender identity; expectations; sex aids.

*Part 2 Symbol Match* includes symbols for birth; birth control; sexual health.

### issues raised include:

abortion / termination of pregnancy  
abstinence  
appropriate behaviour  
contraception  
heterosexuality  
masturbation  
menstruation  
puberty  
sex aids / sex toys  
transgender issues

## criteria review

### inclusiveness

**Practitioner:** ‘[People of different] ethnic groups, sizes, ages and disabled people included. No same-sex relationships.’

### format:

3 x A5  
145 x 210 mm  
spiral-bound  
books

*Guidance notes:*  
21 pages

Symbols are in *Part 1 Symbol Match* and *Part 2 Symbol Match* books.

### accessibility

**Practitioner:** ‘Easy to navigate.’

### usability

**Support Org:** ‘It has guidance notes and symbol matches. Very good to illustrate points.’

35 x A4 cards  
297 x 210 mm  
laminated  
black and white  
line drawings  
loose

## availability

### to buy

#### The SIGNALONG Group

Stratford House, Waterside Court

Neptune Close, Rochester

Kent ME2 4NZ

t 0870 774 3752

f 0870 774 3758

e mkennard@signalong.org.uk

www.signalong.org.uk/pubs.htm

price: £100.00 Complete resource pack

£19.00 *Part 1 Symbol Match*

£13.50 *Part 2 Symbol Match*

£28.00 *Part 1 & Part 2* together

£120.00 offer if bought with *It’s my life*

# Some of your bits ain't nice

Author: Health Education Council  
Year: 1985  
Producer: Health Education Council  
ISBN: none

**Review source:** Multi-Disciplinary Review Group (MDRG); A Scottish Teacher's Experience; Various Scottish Practitioners' Experiences

## issues raised include:

personal hygiene and grooming

## format:

video  
10 minutes  
sound  
cartoon  
colour

## Video

'Cartoon about personal hygiene aimed at teenagers.' (Practitioner)

### criteria review

#### inclusiveness

Teacher: 'Every section of society can relate to it.'  
Practitioner: 'No disabled people are shown. The two main characters are white, heterosexual.'

#### accessibility

Teacher: 'Simple and easy to understand.'

#### usability

Teacher: 'Very good. Self explanatory.'



## things to commend

'Good fun – people can relate to it – easy to follow – animated characters going through step-by-step guide to personal hygiene.' (MDRG)

'It is dated from some time in the 80s but still relevant. It's a cartoon relating to personal hygiene so the issues aren't out of date and the characters don't look dated.' (Practitioner)

## notes of caution

Nothing noted.

## availability

### to buy

#### Concord Video and Film Council

22 Hines Road, Ipswich

Suffolk IP3 9BG

t 01473 726 012

[www.concordvideo.co.uk](http://www.concordvideo.co.uk)

price: £25.00 plus p&p

### to hire

Also available to hire from the same suppliers.

# Susan's growing up

Author: Hollins S, Sinason V

Illustrator: Brighton C

Year: 2001

Publisher: Gaskell / Royal College of Psychiatrists

ISBN: 1910124251X

**Review source:** Multi-Disciplinary Review Group (MDRG); Support Organisation; A Scottish Practitioner's Experience

## things to commend

'For girls to learn about menstruation and being prepared to start their periods.' (MDRG)

'Clear pictures.' (Support Org)

## notes of caution

Nothing noted.

## Illustrated book

'Describes the story of a girl getting her first period and managing using sanitary protection, changing sheets, personal hygiene and celebrating being a woman.' (Practitioner)

Part of the *Books beyond words* series aimed at people with learning disabilities – see *Books beyond words* for further comments on the whole series.

## criteria review

### inclusiveness

Practitioner: '[Shows] ethnic diversity, diversity of body-size.'

### accessibility

Practitioner: 'No reading skills needed.'

### usability

Practitioner: 'Simple and easy to use.'

## issues raised include:

menstruation  
personal hygiene and grooming

## titles in this series include:

*Bob tells all*  
*Falling in love*  
*George gets smart*  
*Hug me touch me*  
*Jenny speaks out*  
*Keeping healthy down below*  
*Looking after my balls*  
*Looking after my breasts*  
*Making friends*  
*Susan's growing up*

## format:

A5  
145 x 210 mm  
47 pages  
illustrations  
full colour  
paperback  
book

## availability

### to buy

Book Sales

**The Royal College of Psychiatrists**

17 Belgrave Square, London SW1X 8PG

t 020 7235 2351 ext. 146

(9.30am to 2.00pm)

f 020 7245 1231

e ljordan@rcpsych.ac.uk

[www.rcpsych.ac.uk/publications/bbw/index.htm](http://www.rcpsych.ac.uk/publications/bbw/index.htm)

price: £10.00 each (including p&p)

# Talking together... about growing up

Author: Scott L, Kerr-Edwards L  
Year: 1999  
Publisher: fpa  
ISBN: 1899194967

**Info source:** Publisher; ENABLE; Multi-Disciplinary Review Group (MDRG); A Scottish Teacher's Experience; A Scottish Practitioner's Experience

## issues raised include:

appropriate behaviour  
body changes  
body image  
choices (making informed)  
emotions / feelings  
masturbation  
menstruation  
public / private relationships  
sex and relationships education  
sexual language

## format:

A4  
297 x 210 mm  
82 pages  
illustrations  
1 colour  
spiral-bound

'A workbook, full of activities and exercises, which aims to help parents of children with a learning disability to teach their children about growing up.'  
(ENABLE)

'For use with young people with learning disabilities; aimed at parents, carers, teachers, social work staff, etc.'

It can be used in school or home settings to support school sex education.' (Publisher)

Topics include: life cycle; body parts; public and private; keeping safe; feelings; growing up; looking ahead.

## criteria review

### inclusiveness

**Practitioner:** 'Different ethnic groups included. No physical disabilities.'

### accessibility

**Practitioner:** 'Parent will need literacy skills. Nicely designed for parents to use together with children.'

**Teacher:** 'Information and activities are easy to follow.'

### usability

**MDRG:** 'Fully illustrated and contains teacher's notes and a resource list.'

**Teacher:** 'Excellent for use with both teachers and parents.'



## things to commend

'Practical and activity-based, for parents, and can be used by workers to address growing up, sex and relationships.' (MDRG)

## notes of caution

Nothing noted.

## availability

### to buy

#### fpa direct

Corporate Services Dept  
2-12 Pentonville Road, London N1 9FP  
t 0845 122 8600  
f 020 7837 3042  
e fpadirect@fpa.org.uk  
[www.fpa.org.uk/about/pubs/index.htm](http://www.fpa.org.uk/about/pubs/index.htm)

price: £12.99

### to loan

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# Talking together... about sex and relationships

## things to commend

'[Covers] transition from school; learning to keep safe in independent situations; understanding sexuality and sexual behaviour; sexual choices and sexual health; future possibilities into adulthood.' (Publisher)

## notes of caution

'Mentions homophobia but no characters are gay, and there is nothing about anal sex.' (Practitioner)

Author: Kerr-Edwards L, Scott L  
Year: 2003  
Publisher: fpa  
ISBN: 1899194576

**Review source:** Publisher; Various Scottish Practitioners' Experiences

## Book/training pack

For use with schools, parents, carers, social work staff, etc; aimed at young people aged thirteen and above, with a wide range of learning disability.

Topics include: preparing for adulthood; learning to keep safe; keeping healthy; relationships; all about sex; sexual choices and sexual health; what does the future hold?; resource and contact lists.

## criteria review

### inclusiveness

**Practitioner:** 'Images include a range of ethnicities, age ranges, wheelchair users, etc.'

**Practitioner:** 'LGBT, cultural and ethnic diversity represented but in slightly tokenistic way. Not main characters, the focus is on heterosexual relationships.'

### accessibility

**Practitioner:** 'Simple, clear, easy-to-understand language.'

### usability

**Practitioner:** 'Clear and easy to navigate and dip in and out of.'

## issues raised include:

abortion / termination of pregnancy  
assertiveness  
avoiding risky situations  
body changes  
condoms  
HIV infection / AIDs  
personal hygiene and grooming  
pregnancy  
preventing pregnancy  
relationships  
sex and relationships education  
sexual health  
sexual health services  
STIs – symptoms and consequences

## format:

A4  
297 x 210 mm  
120 pages  
illustrations  
1 colour  
spiral-bound

## availability

### to buy

#### fpa direct

Corporate Services Dept  
2-12 Pentonville Road, London N1 9FP  
t 0845 122 8600  
f 020 7837 3042  
e fpadirect@fpa.org.uk  
[www.fpa.org.uk/about/pubs/index.htm](http://www.fpa.org.uk/about/pubs/index.htm)

price: £14.99

### to loan

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# Thinking about sex? How to use condoms

Author: Caledonia Youth  
Illustrator: Mudie P  
Year: 1999 (reprinted 2003)  
Publisher: Caledonia Youth  
ISBN: none

**Review source:** Multi-Disciplinary Review Group (MDRG); A Scottish Practitioner's Experience; Publisher

## issues raised include:

anatomy of sexual organs  
condoms  
heterosexuality  
preventing pregnancy  
safer sex

## format:

A5  
145 x 210 mm  
9 pages  
illustrations  
full colour  
glossy  
stapled leaflet

Leaflet

Aimed at people with learning or literacy difficulties.

## criteria review

### inclusiveness

Practitioner: 'Doesn't represent diversity – doesn't mention female condoms, physical disability or LGBT.'

### accessibility

Practitioner: 'Very easy to understand.'

### usability

Practitioner: 'Very usable.'



## things to commend

'Clear, contains pictures, easy to follow text guide to using condoms.' (MDRG)

'Discusses pregnancy, infections and correct usage of condoms.'

Uses illustrations and easy-to-follow information in non-judgemental manner.

Encourages access to services.

Can be issued to client(s) or discussed together with professional or carer.

Provides detailed information.' (Publisher)

## notes of caution

'Portrayal of sex only shows missionary position – would need to explain that other ways are possible too.'  
(Practitioner)

## availability

free

**Caledonia Youth**

5 Castle Terrace, Edinburgh EH1 2DP  
t 0131 229 3596

For your local Caledonia Youth branch visit:  
[www.caledoniayouth.org](http://www.caledoniayouth.org)



# A visit to Caledonia Youth

## things to commend

'Good clear guide with pictures taking you step by step through a visit to Caledonia Youth.' (MDRG)

'Discusses pregnancy, infections and access to services.'

Provides detailed information.

Can be used to discuss access to services in general as well as visiting Caledonia Youth services.

Encourages discussion with partner.

Can be issued to client(s) or discussed together with professional or carer.' (Publisher)

## notes of caution

Nothing noted.

Author: Caledonia Youth  
Illustrator: Mudie P  
Year: 1999 (reprinted 2002)  
Publisher: Caledonia Youth  
ISBN: none

**Review source:** Multi-Disciplinary Review Group (MDRG); Publisher; A Scottish Teacher's Experience; A Scottish Practitioner's Experience

## Leaflet

Aimed at 'people with learning or literacy disabilities.' (Publisher)

'Leaflet designed for people with learning disabilities explaining about obtaining contraception from Caledonia Youth.' (MDRG)

## criteria review

### inclusiveness

**Practitioner:** 'No mention of LGBT issues or physical disabilities.'

**Practitioner:** 'Illustrates a white heterosexual couple only.'

### accessibility

**Practitioner:** 'Uses illustrations and easy-to-follow information in a non-judgemental manner.'

**Teacher:** 'Good illustrations.'

### usability

**Practitioner:** 'Easy to use.'

## issues raised include:

choices (making informed)  
condoms  
confidentiality  
contraception  
heterosexuality  
sexual health services  
STIs – symptoms and consequences

## format:

A5  
145 x 210 mm  
17 pages  
illustrations  
full colour  
glossy  
stapled leaflet

## availability

**free**

**Caledonia Youth**

5 Castle Terrace, Edinburgh EH1 2DP

t 0131 229 3596

For your local Caledonia Youth branch visit: [www.caledoniayouth.org](http://www.caledoniayouth.org)

# A woman's guide to keeping clean

Author: FAIR / NHS Health Scotland  
Illustrator: Mudie P  
Year: 2003  
Publisher: NHS Health Scotland  
ISBN: 1902030923

**Review source:** Various Scottish Practitioners' Experiences; Support Organisation

## issues raised include:

body image  
intimate care  
personal hygiene and grooming

## titles in this series include:

*A guide to examining your breasts*  
*A guide to examining your testicles*  
*A guide to having a period*  
*A man's guide to keeping clean*  
*Shaving card*  
*A woman's guide to keeping clean*

## also available in CD-ROM:

*A multimedia guide to examining your breasts*  
*A multimedia guide to examining your testicles*

## format:

A5  
145 x 210 mm  
12 pages  
illustrations  
full colour  
stapled leaflet

## Leaflet

Aimed at people with learning disabilities.

'Covers the why, how and when of keeping clean.'  
(Practitioner)

Part of the *Keeping yourself healthy* series.

## criteria review

### inclusiveness

**Practitioner:** 'Keeping clean leaflets include non-white people and wheelchair users. Diversity in images re: ethnicity, disability, age.'

### accessibility

**Practitioner:** 'Simple and clear.'  
**Support Org:** 'Great pictures. Clear simple language. Our group really like these booklets.'

### usability

**Practitioner:** 'Usable and cheap.'  
**Support Org:** 'Good, useful tools which hold people's attention.'



## things to commend

'Good clear guide to personal hygiene for women.' (Practitioner)

'Inexpensive, valuable resource for professionals, parents, carers as well as people with learning disabilities. The low price means that they can be given out as a reminder to take away.'  
(Practitioner)

## notes of caution

'Doesn't mention specifically re: washing genitals that woman should use plain water and not soap; or a mild soap, with a thorough rinse, in case of irritation.'  
(Practitioner)

## availability

### to buy

#### NHS Health Scotland

Woodburn House, Canaan Lane  
Edinburgh EH10 4SG

t 0131 536 5500

f 0131 536 5501

[www.hebs.com/services/pubs/index.htm](http://www.hebs.com/services/pubs/index.htm)

price: £0.30 each (prices may vary)

### to loan

**NHS Health Scotland Library** page 14

### free

The Health Promotion department at your local NHS Board may provide a limited number of copies for free.

 things to commend

'Lots of case studies to give real-life examples behind the theories. These give examples of how to understand what a person is experiencing and what their behaviour is trying to tell us, how to get over communication barriers and build relationships with people. Simply explains the theory and summarises each section.' (Practitioner)

 notes of caution

'It reads like a collection of essays – quite theoretical.

Doesn't have a quick reference guide.' (Practitioner)

# You don't know what it's like:

## Finding ways of building relationships with people with severe learning disabilities, autistic spectrum disorder and other impairments

Author: Caldwell P, Houghton M  
Year: 2004  
Publisher: Pavilion Publishing  
ISBN: 1841960233

**Review source:** Publisher; A Scottish Practitioner's Experience

### Book

Aimed at parents, carers and staff working with people with severe and profound learning disabilities.

'Of particular interest to all those working with people with autistic spectrum disorder and behavioural challenges.' (Publisher)

### issues raised include:

autism  
emotions / feelings  
learning disabilities  
relationships

### format:

A4  
297 x 210 mm  
117 pages  
illustrations  
1 colour  
book

### criteria review

#### inclusiveness

**Practitioner:** 'Very inclusive of severe learning disabilities, autistic spectrum disorder, etc.'

#### accessibility

**Practitioner:** 'High literacy skills needed.'

#### usability

**Practitioner:** 'No index, but contents break down into topics.'

 availability

### to buy

#### Pavilion Publishing

The Ironworks, Cheapside  
Brighton, East Sussex BN1 4GD

t 0870 161 3505

f 0870 161 3506

e info@pavpub.com

www.pavpub.com

price: £25.00

# You, your body and sex

Author: Life Support Productions  
Year: 2003  
Publisher: Life Support Productions  
ISBN: none

**Review source:** Various Scottish Practitioners'Experiences;Support Organisation; ENABLE

## issues raised include:

body changes  
choices (making informed)  
condoms  
heterosexuality  
masturbation  
personal hygiene and grooming  
relationships  
safer sex

## titles in this series include:

*Jason's private world*  
*Kylie's private world*  
*You, your body and sex*

## format:

Multimedia  
DVD video

## DVD

For both men and women with learning difficulties, which combines content from the *Kylie's private world* and *Jason's private world* videos.

Topics include: growing up; periods; masturbation; keeping clean; relationships; love and affection; consent; safer sex; condoms; saying no; sex and people's attitudes.

## criteria review

### inclusiveness

- Practitioner:** '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.'
- Practitioner:** 'Very heterosexist.'
- Support Org:** 'Reasonably inclusive.'
- Practitioner:** 'Characters include different ethnic groups.'

### accessibility

- Support Org:** 'OK for people who could cope with the level of language.'
- Practitioner:** 'Strangely large heads on cartoon characters, difficult to relate to.'

### usability

- Practitioner:** 'The DVD is divided into seven different parts, which can be accessed in any order and thus provides flexibility and repetitive use for consolidation. Works better as DVD format than the two separate videos, since it doesn't give the impression of being a continuous story.'



## things to commend

'Can chose which aspects to concentrate on.' (Support Org)

'It can be watched with a carer or parent who can help answer questions.' (ENABLE)



## notes of caution

'Be aware that there is quite a lot of visual detail (which could be confusing). Too "wordy".' (Support Org)

'The depictions seem to me to be rather much on the infantile side of things, while the very adult language used does not match, involving proper names without introduction.' (Practitioner)

'Shows sexual intercourse without any warmth between the characters.' (MDRG)

'Very clinical, all about penetrative sex, doesn't mention anything about female sexual pleasure. This may reinforce the pattern of women with learning disabilities generally having painful, unpleasant sex.' (Practitioner)

'Deals with consent issues in a tokenistic way, but emphasizes "stranger-danger", as opposed to the reality of abusive situations.' (Practitioner)



## availability

### to buy

#### Life Support Productions

PO Box 2127, London NW1 6RZ

t/f 020 7723 7520

e sales@lifesupportproductions.co.uk

www.lifesupportproductions.co.uk

price: £59.58 plus VAT



# Feedback form

## your details and general comments

Photocopy or use the online format.

For feedback on resources see reverse.

Please send completed forms to:

SHW Learning Network  
Lower Ground Floor  
Clifton House, Clifton Place  
Glasgow G3 7LS  
t 0141 300 1050  
t 0141 300 1055

Or you can submit this information by emailing:  
SHWLN@health.scot.nhs.uk

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We are very keen to ensure that we provide practitioners with the support that they need and information that is relevant to them. We therefore are eager to evaluate how this review of resources is used in practice.

Please help us to do this by submitting this form or use the online form on the SHW Learning Network website [www.healthscotland.com/sexualhealth](http://www.healthscotland.com/sexualhealth)

Did you find this Resource Review easy to use? Was it:

Very easy     Easy     OK     Difficult     Very difficult

Has it changed/enhanced your practice?

A lot     A bit     Not at all

In what way:

How did you find out about this Resource Review?

Was sent it     From a colleague     From a seminar/event  
 Online     through the SHWLN     Other

Is there anything that you think could be done to improve future versions of this Resource Review?

Any other comments?

Would you be happy to be contacted at a future date by us to ask you further questions about this Resource Review and how you use it?

Yes     No

Are you currently a member of the SHW Learning Network?

Yes     No

Would you be interested in joining?

Yes     No

(details at [www.healthscotland.com/sexualhealth](http://www.healthscotland.com/sexualhealth))

Name

Job Title/Description

Organisation

Address

Postcode

Phone number

Email address

Type of practitioner/sector:

NHS

- Hospital-based  
 Community-based  
 Other

Local Authority

- Education  
 Sexual health specialist  
 Housing  
 Other

Voluntary Sector

- Social work  
 Learning disability specific  
 Other

Other:

# Feedback form

## further comments on resources

Please photocopy or submit online.  
Submission details overleaf.

Would you like to comment further on resources contained in this Resource Review?

Do you know of any other relevant resources that you would like to tell us about to include in future updates?

Please submit one form per resource (photocopy additional pages as required) or use the online form on the SHW Learning Network website [www.healthscotland.com/sexualhealth](http://www.healthscotland.com/sexualhealth)

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Title

---

Author

---

Publisher

---

Year

---

ISBN (if appropriate)

---

Available from

---

Type of resource

---

Target groups and settings

---

Topics covered

---

Good aspects

---

Caution/things to be aware of

---

Inclusiveness

---

Accessibility

---

Usability

---

Other comments

---

Your name

I have completed the contact details on page 85. (Please ensure these details are submitted with this page).

---



# At-a-glance guide: Resources and issues covered

The at-a-glance guide highlights the issues raised in the resources.

abortion / termination of pregnancy	mood swings
abstinence	moral issues
anal sex	options if pregnant
anatomy of sexual organs	oral sex
appropriate behaviour	other disabilities
assertiveness	parenthood
attitudes / attitudinal change	parents
autism	peer influences
avoiding risky situations	personal hygiene and grooming
bisexuality	policy issues
body changes (developmental life stages)	power issues in relationships
body image	pregnancy
body language	preventing pregnancy
breast awareness and screening	privacy
breast cancer	prostate cancer
bullying	puberty
celibacy	public / private
cervical cancer	relationships
cervical screening	reproductive health
choices (making informed)	resources (SRE)
circumcision	rights and responsibilities
communication skills	safer sex
conception	same-sex partnerships
condoms	saying no
confidentiality	school policy
consent	self-esteem
contraception	self-examination (breasts)
disability politics / rights / issues	self-examination (testicles)
emergency contraception	sex aids / sex toys
emotions / feelings	sex and relationships education
ethnicity and culture	SRE programme development
femdoms	sex and religion
friendships	sex and the law
gay men	sexual abuse or coercion
gender differences	sexual arousal
gender issues	sexual behaviour
group work	sexual health
heterosexuality	sexual health services (where, how to access)
HIV infection / AIDS	sexual intercourse / penetration
homosexuality	sexual language
hormones	sexual touching
human reproduction	sexuality
intimate care	sexually explicit material
learning disabilities	STIs (symptoms and consequences)
lesbians	smear tests
love	staff values
mammograms	testicular cancer
masturbation	testicular examination
media	thrush
men who have sex with men	touch
medical examinations	transgender issues
menstruation	wet dreams





### LGBT

Lesbian, Gay, Bisexual and/or Transgender

### MDRG

Multi-Disciplinary Review Group set up in East Lothian to develop a training toolbox for professionals, it included the health, social work, education and coluntary sectors.









### SHW Learning Network

Sexual Health and Wellbeing Learning Network

### SRE

Sex and Relationships Education







## format

-  book or booklet
-  series
-  leaflet
-  interactive resource
-  DVD / CD-ROM
-  resource pack
-  video
-  PDF / website

## target audience

-  adults with learning disabilities
-  young people / children with learning disabilities
-  parents / carers of people with learning disabilities
-  professionals

## availability


-  available to buy
-  available free
-  available to loan (general)
-  available to loan from NHS Health Scotland (details on page 14)
-  available to loan from ENABLE (details on page 14)
-  available for hire


## note


-  sexual images included

## Example layout of review pages

50

 things to commend

 notes of caution

 availability

## Looking after my balls

Author: Hallis S. Wilson  
Illustrator: Webb B  
Year: 2004  
Publisher: Gaskell / Royal College of Psychiatrists  
ISBN: 1904871095  
Review source: Publisher & Scottish Practitioners Experience

Illustrated book

This book shows young men with learning disabilities how to check their testicles, to look for anything that may be wrong and to seek help if they are worried. It contains details of physical examination and early investigation. (Publisher)

Topics include: when to check; self examination; going for a medical examination; getting results; going to hospital.

Part of the Books beyond words series aimed at people with learning disabilities – see Books beyond words for further comments on the whole series.

issues raised include:  
medical examinations  
self-examination (testicles)  
sexual health services

resources include:  
Hug me  
Touch me  
Jenny speaks out  
Keeping healthy down below  
Looking after my balls  
Looking after my breasts  
Making friends  
Susan's growing up

Format:  
65  
145 x 210 mm  
30 pages  
Illustrations  
Full colour  
paperback  
book

page number

summary of resource in symbols audience, type of resource, availability (full key adjacent)

title

resource details, including ISBN number

information about who supplied the review comments

overview of some of the issues raised

overview information including audience, focus and type of resource

what reviewers liked about the resources

reviewers' comments on: things to be aware of; notes of caution

series information – other titles

reviewers' comments about accessibility, inclusiveness and usability

details of the format

how to obtain the resource and notes about availability, cost, etc

**things to commend**

'There are pages at the back which you are allowed to photocopy and use as a leaflet. Extra guidance notes and further information and resources are helpful.' (Practitioner)

**notes of caution**

Includes images of the penis and testicles.

**criteria review**

**inclusiveness**  
Practitioner: 'Ethnically, disability diversity in images.'

**accessibility**  
Practitioner: 'Simple and clear.'

**usability**  
Practitioner: 'Easy to use.'

**availability**

**to buy**  
Book Sales  
**The Royal College of Psychiatrists**  
17 Belgrave Square, London SW1X 8PG  
t: 020 7235 2051 ext. 146  
(9.00am to 2.00pm)  
f: 020 7245 1231  
e: jordan@rcpsych.ac.uk  
www.rcpsych.ac.uk/publishing/subscribe.htm  
price: £10.00 each (including p&p)



'At last people are beginning to recognise the sexual health needs of people with learning disabilities and respond in ways that are relevant and appropriate to each individual. This publication is invaluable in adding to the information that is available to practitioners involved in direct support.'

Michael Brown, Learning Disability Nurse Consultant  
and Teaching Fellow, NHS Lothian

This document is also available on the Sexual Health and Wellbeing Learning Network website: [www.healthscotland.com/sexualhealth](http://www.healthscotland.com/sexualhealth)

Further copies are available from:

SHW Learning Network

NHS Health Scotland, LGF Clifton House, Clifton Place, Glasgow G3 7LS

Telephone orders and enquiries to: 0141 300 1050, fax to: 0141 300 1055

Email orders and enquiries to: [SHWLN@health.scot.nhs.uk](mailto:SHWLN@health.scot.nhs.uk)

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