

# Resource list – Getting It Right Conference, January 2018

## Special Educational Needs and Disability



### About this list

This resource has been pulled together specifically for the *Statutory Relationships and Sex Education – getting it right for disabled children and those with SEN* conference, held on 16 January 2018. The list aims to provide easy reference to a wide range of available resources and teaching materials for sex and relationships education (SRE) suitable for use with young people with a disability and SEN. A suggested age-range is given for each resource; however the maturity of young people varies so this should be used as a guide only.

The list includes materials produced by Sex Education Forum member organisations and other organisations both not-for-profit and commercial. It is not a comprehensive list but we have prioritised resources that are up-to-date and available.

The Sex Education Forum advises professionals to make their own choices about which resources to use. We do not endorse the resources on this list. The questions in the box below can help you to choose and use a resource that will contribute to good quality sex and relationships education.

### Structure of List

We have organised the resources into categories which mirror those found in our Curriculum Design Tool – which is available for free on our website

(<http://www.sexeducationforum.org.uk/resources/curriculum-design.aspx>)

#### Choosing a resource

- Is the resource consistent with the values set out in the school or college RSE policy?
- Is it factually correct and up-to-date?
- Does it encourage active and participatory learning?
- Is the resource contemporary in terms of the realities of young people's lives?
- Does the resource portray positive images of a range of young people?
- Does the resource show positive role models for young men and young women – and avoid stereotypes relating to gender and sexual orientation?
- Is the resource inclusive on the basis of home and family circumstances, gender, sexual orientation, race, faith, culture and disability?
- Is it appropriate for the age, ability and maturity of the young people?
- Have resources been evaluated by young people and feedback acted upon?
- Have parents and carers been consulted about resources?
- Are teachers / tutors confident about using the resource?

#### Using a resource

- Will the resource be used in its entirety or will it be more appropriate to adapt it or select from it?
- Does use of the resource fit into a planned and developmental programme of RSE?
- Is there a range of types of resource being used across the RSE programme including a variety of formats such as video, audio, visual, games, and models?

# Resource list – Getting It Right Conference, January 2018

## Special Educational Needs and Disability



### Relationships

	Resource Description	Suitable For	Format	Cost	Available From
Values Pyramid <i>Me-and-Us (2006)</i>	Board game activity that encourages exploration of values-based issues across three themes: sex and relationships, drugs and faith, culture and ethnicity	Primary and Secondary	CD	£10.00	<a href="http://www.sexualhealthsheffield.nhs.uk/product/values-pyramid-cd/">http://www.sexualhealthsheffield.nhs.uk/product/values-pyramid-cd/</a>

### My Body

<b>Anatomically Correct Male and Female Cloth Models</b> <i>BodySense (2005)</i> Fraser, J.	Although originally developed for use with pupils with learning disabilities in educational settings, these realistic models can also be used as teaching aids for a wider range of children and young people in both formal and informal settings.	All ages	Cloth Models	£400 upwards	<a href="http://www.bodysense.org.uk">www.bodysense.org.uk</a>
<b>Periods: A Practical Guide</b> <i>Me-and-Us (2008)</i> Mai Rees, Charlotte Carter and Lindsay Myers	Book with accompanying CD to teach girls and young women with learning disabilities about menstruation.	10+	Book, booklet and CD	£12.00	<a href="http://www.bodysense.org.uk/">http://www.bodysense.org.uk/</a>
<b>I Change My Pad</b> <i>Me-and-Us (2008)</i> Mai Rees, Charlotte Carter and Lindsay Myers	Booklet designed to give girls and young women with learning disabilities a reminder of when and how to change a pad. This booklet complements Periods—a Practical Guide and is designed to be taken away by the student and kept in her purse or bag for reference.	10+	Purse Book	£2.50 (pack of 5)	<a href="http://www.bodysense.org.uk/">http://www.bodysense.org.uk/</a>
<b>Picture Yourself 1</b>	CD with four sets of line drawings designed to aid social and sex education for people with learning disabilities.	11+	CD	£15	<a href="http://www.bodysense.org.uk/">http://www.bodysense.org.uk/</a>

## Resource list – Getting It Right Conference, January 2018

### Special Educational Needs and Disability



<i>Me-and-Us (2006) Ann Craft and Hilary Dixon</i>					
<b>Picture Yourself 2</b> <i>Me-and-Us (2004) Hilary Dixon</i>	CD with four sets of line drawings designed to aid social and sex education for people with learning disabilities.	11+	CD	£20	
<b>Wendy Female Genitalia and Reproductive Organs</b> <i>BodySense (N/A)</i>	Three dimensional model of the female genitalia and lower abdomen. Made of latex with a removable front panel covering the anatomically correct, 3D, internal reproductive organs in their correct location.	Primary, secondary and above	Model (available in 3 skin colours)	£425.00	
<b>Jason's private world</b> <i>Life Support Productions (1996 (released as DVD 2007))</i>	A male orientated Sex Education DVD with special value to those with learning disabilities. Suitable for: Primary and secondary	Primary and secondary	DVD	£24.99	<a href="http://www.fpa.org.uk">www.fpa.org.uk</a>
<b>Kylie's Private World</b> <i>Life Support Productions (1996 (released as DVD 2007))</i>	A female orientated Sex Education DVD with special value to those with learning disabilities.	Primary and secondary	DVD	£24.99	<a href="http://www.fpa.org.uk">www.fpa.org.uk</a>
<b>You, your body and sex</b> <i>Life Support Productions (2007)</i>	A comprehensive Sex Education guide for people with learning disabilities/special needs. Based on Jason's Private World and Kylie's Private World with additional material	Primary and secondary	Online Resource	£4.99-39.99	<a href="https://www.lifesupportproductions.co.uk/online-resources.html">https://www.lifesupportproductions.co.uk/online-resources.html</a>

# Resource list – Getting It Right Conference, January 2018

## Special Educational Needs and Disability



### Feelings and Attitudes

<p><b>Exploring sexual and social understanding</b> <i>British Institute for Learning Disability (2007) Dodd, K., Jones, K., Liddiard, H and Stroud, J. (eds)</i></p>	<p>This illustrated pack has been developed to provide a flexible visual resource that can be used to assess sexual knowledge and capacity to consent of people with learning disabilities.</p>	<p>Secondary and above</p>	<p>CD-ROM</p>	<p>£30</p>	<p><a href="http://www.bild.org.uk/our-services/books/practical-support-for-better-lives/exploring-sexual-and-social-understanding/">http://www.bild.org.uk/our-services/books/practical-support-for-better-lives/exploring-sexual-and-social-understanding/</a></p>
<p><b>Making sense of sex: a forthright guide to puberty, sex and relationships for people with Asperger's Syndrome</b> <i>Jessica Kingsley (2008) Sarah Attwood</i></p>	<p>Provides a clear and concise guide for young people with Asperger's syndrome on the physical, social &amp; emotional aspects of puberty, sex &amp; relationships. Describes developments in both the male and female body, and explains how to maintain hygiene and personal care. Examines emotional changes, including moods and sexual feelings, and provides comprehensive information on sex, sexual health and reproduction. Also looks at the nature of friendship and how it changes from childhood to adulthood, and its importance as a basis for sexual encounters.</p>	<p>Primary and secondary</p>	<p>Book</p>	<p>£12.99</p>	<p><a href="https://www.jkp.com/uk/making-sense-of-sex.html">https://www.jkp.com/uk/making-sense-of-sex.html</a></p>

### Life Cycles

<p><b>Talking together... about contraception</b> <i>FPA (2010) Scott, L &amp; Kerr-Edwards, L</i></p>	<p>This two-book pack supports young people with learning disabilities who wish to access contraception. Book one contains a guide to the methods of contraception available. Book two has been written for young people and has clear pictures, easy-to-read stories and picture posters.</p>	<p>Young people with learning difficulties, aged 13 and older</p>	<p>Pack</p>	<p>£13.99</p>	<p><a href="http://www.fpa.org.uk/Shop/">http://www.fpa.org.uk/Shop/</a></p>
--	--	---	-------------	---------------	--

## Resource list – Getting It Right Conference, January 2018

### Special Educational Needs and Disability



<p><b>Talking together... about growing up : A workbook for parents of children with learning disabilities</b>  <i>FPA (2010) Scott, L &amp; Kerr-Edwards, L</i></p>	<p>Practical activity-based workbook for use in home and school settings. Fully illustrated exercises related to everyday life. Provides advice on how to adapt the tasks to different levels of ability and in different family settings, and information on public and private behaviour; menstruation and masturbation; feelings and looking ahead to relationships. There is also clear advice on assertiveness training and keeping safe.</p>	<p>Children and young people with learning difficulties - all ages</p>	<p>Workbook</p>	<p>£12.99</p>	<p><a href="http://www.fpa.org.uk/Shop/">http://www.fpa.org.uk/Shop/</a></p>
<p><b>Talking together...and sex and relationships. A practical resource for schools and parents working with young people with learning disabilities</b>  <i>FPA (2010) Scott, L &amp; Kerr-Edwards, L</i></p>	<p>Uses illustrated stories and activities for use in the classroom to explore a range of situations that young people with learning disabilities face as they grow up. Also has pages for parents/carers so that home and school can work in partnership.</p>	<p>Young people with learning disabilities aged 13 and above</p>		<p>£14.99</p>	<p><a href="http://www.fpa.org.uk/Shop/">http://www.fpa.org.uk/Shop/</a></p>
<p><b>Puberty and sexuality for children and young people with a learning disability</b>  <i>NHS Leeds (2009) Children's Learning Disability Nursing Team (Leeds)</i></p>	<p>Comprehensive teaching pack designed for use with children and young people with severe learning disabilities. The pack uses a range of visual and tactile resources including dance and movement, anatomically correct dolls, role play and experiential learning, and can be used with both individuals and groups of children.</p>	<p>Children &amp; young people with learning disabilities aged 9-18 years</p>	<p>Teaching pack</p>	<p>Free</p>	<p><a href="http://www.rsehub.org.uk/resources/puberty-sexuality-for-children-young-people-with-a-disability/">http://www.rsehub.org.uk/resources/puberty-sexuality-for-children-young-people-with-a-disability/</a></p>
<p><b>Condom Cards</b>  <i>Me-and-Us (2008)</i></p>	<p>Eleven line drawings on laminated cards showing how to use a condom, together with a guidance card. For use by educators of people with learning disabilities or limited reading skills.</p>	<p>14+</p>	<p>Set of 12 Cards</p>	<p>£3.50</p>	<p><a href="http://www.bodysense.org.uk/">http://www.bodysense.org.uk/</a></p>

## Resource list – Getting It Right Conference, January 2018

### Special Educational Needs and Disability



<b>Safe: personal safety skills for deaf children</b> <i>NSPCC (2009)</i>	Safe is intended to support the school curriculum, such as PSHE and SEAL programmes. Young deaf actors present the topics, which are supported with role plays (short films), storyboards, interactive animations and games. Covers feelings, relationships, bullying, SRE and other aspects of personal safety.	7+	DVD-rom	£80.00	<a href="http://actiondeafness.org.uk/product/safe-personal-safety-skills-for-deaf-children/">http://actiondeafness.org.uk/product/safe-personal-safety-skills-for-deaf-children/</a>
<b>Songs for your body</b> <i>Me-and-Us (2010), Humphreys. E</i>	A CD of twelve songs designed to help a person with a learning disability learn about personal, social and sexual health, together with a book of guidance and activities for the educator to use.	Primary and secondary	CD		<a href="http://www.bodysense.org.uk/">http://www.bodysense.org.uk/</a>
<b>Safe sex and contraception</b> <b>Sex and Masturbation</b> <b>Sexual abuse</b> <b>Friendships and relationships</b> <b>Lesbian, gay, bisexual and trans</b> <i>CHANGE (2010)</i>	The booklets use easy words and pictures to encourage understanding around sexuality, and awareness of safe sex and personal safety. They can be used to support open discussion about all aspects of sex and relationships.	Young people and adults with learning disabilities	Booklets. Individual pictures can also be purchased to use to create your own accessible information	£32 for pack of 5 booklets . £6.99 for individual booklets	<a href="http://www.changepeople.co.uk">www.changepeople.co.uk</a>

### People who can Help me

<b>BSL- Signs for sexual health</b> <i>Deafax (2006 (book) and 2007 (DVD))</i>	These complementary resources aim to support health care professionals, teachers and others to communicate more effectively with young deaf people and help foster better understanding of sexual health issues.	7+	Flip book and DVD	£40 for flip-book, £15 for DVD	<a href="http://actiondeafness.org.uk/online-shop/">http://actiondeafness.org.uk/online-shop/</a>
---	--	----	-------------------	--------------------------------	---

## Resource list – Getting It Right Conference, January 2018

### Special Educational Needs and Disability



<b>Books Beyond Words</b> <i>Royal College of Psychiatrists and St Georges Hospital Medical School (Various) Hollins, S. and others</i>	Series of picture books for adults and adolescents who cannot read or who have difficulty reading. Titles cover a wide range of subjects, including falling in love, personal hygiene and health, and sexual abuse.	7+	Books	£36.00 (for 4-book set)	<a href="https://booksbeyondwords.co.uk/book-sets/relationships-mini-set">https://booksbeyondwords.co.uk/book-sets/relationships-mini-set</a>
<b>Speak out, stay safe</b> <i>NSPCC</i>	Programme from the NSPCC designed to give primary school children the knowledge and understanding to speak out if they are suffering from abuse or neglect	primary school children	Visit / Assembly	Free	<a href="https://www.nspcc.org.uk/services-and-resources/">https://www.nspcc.org.uk/services-and-resources/</a>
<b>The confidence factor</b> <i>Image in Action (2010)</i> <i>Sarah Duignan</i>	A creative, practical resource for use with young people with special educational needs such as moderate learning disabilities or autism spectrum disorders to help them navigate their world of social relationships and peer interaction. Fun and creative ways to develop social and communication skills through group work and to learn about growing up, assertion, friendship, relationships and sexual health.	11-16 years	Teaching Pack	£25	<a href="http://www.imageinaction.org">www.imageinaction.org</a>

### Curriculum Planning Help

<b>Chance to Choose</b> <i>Me-and-Us (2005)</i> <i>Dixon, H</i>	Resource for educators working with people with learning disabilities. It consists of 73 activities which could create an SRE curriculum from ages 7–11, through ages 11–14 to 14–16 to young adults.	7+	CD	£7.50	<a href="http://www.bodysense.org.uk/">http://www.bodysense.org.uk/</a>
<b>Going Further: Getting Started</b> <i>Image in Action (2010)</i>	Going Further has been published by Image in Action with funding from the Department of Health and will be useful for staff working with learners with moderate learning disabilities	16+		Free	<a href="http://www.imageinaction.org">www.imageinaction.org</a>

## Resource list – Getting It Right Conference, January 2018

### Special Educational Needs and Disability



	or autistic spectrum disorders. With adaptation, some of the activities can be used with learners with severe learning disabilities. This gives staff a framework of why SRE is needed for learners in FE colleges, how to set up and evaluate a programme, useful resources and organisations.				
<b>Let's plan it</b> <i>Image in Action (2005)</i> Lorna Scott and Sarah Duignan	A detailed planning guide to creating programmes of SRE for young people aged 11-25 with learning disabilities. It is a companion resource to Let's Do It and contains curriculum maps, schemes of work, assessment formats, 9 full SRE programmes, weekly session plans and 26 new activities. Includes work on relationships, sexual activity, contraception and sexual health	11-25	Planning Guide	£32 (= P&P)	<a href="http://www.imageinaction.org/resources.php">http://www.imageinaction.org/resources.php</a>
<b>Let's do it</b> <i>Image in Action (2007 (5th edition))</i> Rebecca Johns, Lorna Scott & Janet Bliss	Includes 80 creative activities for SRE for young people with learning disabilities, using group work, games, drama and visual images and props. The resource employs a range of methods suitable for 11- to 25-year-olds, with examples of how to adapt the activities for different groups' needs, abilities and ages.	11-25	Teaching Pack	+28 (+P&P)	<a href="http://www.imageinaction.org/resources.php">http://www.imageinaction.org/resources.php</a>
<b>Going Further: SRE course</b> <i>Image in Action (2010)</i>	Going Further has been published by Image in Action with funding from the Department of Health and will be useful for staff working with learners with moderate learning disabilities or autistic spectrum disorders. With adaptation, some of the activities can be used with learners with severe learning disabilities. This is a course of 12 sessions with methods, activities and picture resources covering a range of topics: <ul style="list-style-type: none"> <li>• Relationships I; Friendships</li> <li>• Relationships II; Attraction and trust</li> <li>• Relationships III; Dating</li> <li>• Qualities of a relationship: respect, choice and assertion</li> <li>• Development of a loving relationship</li> <li>• Intimate relationships; consent and keeping safe</li> </ul>	16+		Free	<a href="http://www.imageinaction.org/resources.php">http://www.imageinaction.org/resources.php</a>

## Resource list – Getting It Right Conference, January 2018

### Special Educational Needs and Disability



	<ul style="list-style-type: none"> <li>• Making choices about sex; resisting pressure</li> <li>• Condoms to prevent unplanned pregnancy and sexually transmitted infections</li> <li>• Accepting difference and addressing homosexual discrimination</li> <li>• Sexualisation , manipulation and pornography</li> </ul>				
<b>Sexual Knowledge and Behaviour</b> <i>Me-and- Us (2010)</i> <i>Jane Fraser</i>	Assessment tool designed to help teachers find out what a young person with learning difficulties requires from a programme of SRE, through use of a comprehensive questionnaire.	Young people with learning disabilities - all ages	Book and CD	£15	<a href="http://www.bodysense.org.uk/">http://www.bodysense.org.uk/</a>
<b>Sexuality and Learning Disability – supporting continuing professional development</b> <i>FPA</i>	Based on fpa’s highly successful learning disability courses, this book features a range of creative approaches to working with people with learning disabilities. Topics covered include: current law and policy; developing awareness and understanding; and skills and teaching. Also features examples of work that can be carried out with people with learning disabilities, and useful resources. Suitable for: Secondary and above	Secondary and above	Book	£4.99	<a href="https://www.fpa.org.uk/product/sexuality-and-learning-disability-guide-supporting-continuing-professional-development">https://www.fpa.org.uk/product/sexuality-and-learning-disability-guide-supporting-continuing-professional-development</a>
<b>SHARE Special: an SRE curriculum for young people with special needs</b> <i>Me-and-Us (2008)</i>	Curriculum materials on SRE for young people with moderate or severe learning difficulties and/or autistic spectrum disorder (ASD) in educational settings.	11+	Ring Binder	£20	<a href="http://www.sexualhealthsheffield.nhs.uk/product/share-special-manual/">http://www.sexualhealthsheffield.nhs.uk/product/share-special-manual/</a>