

RSE resources list – Special Educational Needs and Disability



Produced for 'Countdown to Statutory RSE' conference
29 March 2019

About this list

This resource list has been updated for the *Countdown to Statutory RSE – getting relationships and sex education right for disabled children and those with SEN* conference, held on 29th March 2019. The list aims to provide easy reference to a wide range of available resources and teaching materials for relationships and sex education (RSE) suitable for use with disabled children and those with special educational needs (SEN). A suggested age-range is given for each resource; however the needs of children and young people varies so this should be used as a guide only.

The list includes materials produced by Sex Education Forum partner 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 RSE.

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 children and young people's lives?
- Does the resource portray positive images of a range of children and 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 children and young people?
- Have resources been evaluated by children and young people and feedback acted upon?
- Have parents and carers been consulted about resources?
- Are teachers, educators and support staff 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?

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Teaching Resources and Lesson Plans

Title	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	http://www.sexualhealthsheffield.nhs.uk/product/values-pyramid-cd/
Love Life <i>NSPCC (2019)</i>	Films and supporting resources aimed at young people aged 11 to 25 to help them learn strategies for staying safe as they grow up and gain independence.	Secondary	Film and online	Free	https://learning.nspcc.org.uk/research-resources/schools/love-life/
Anatomically Correct Male and Female Cloth Models <i>BodySense (2005)</i> <i>Fraser, J.</i>	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	www.bodysense.org.uk
Periods: A Practical Guide <i>Me-and-Us (2008)</i> <i>Mai Rees, Charlotte Carter and Lindsay Myers</i>	Book with accompanying CD to teach girls and young women with learning disabilities about menstruation.	10+	Book, booklet and CD	£12.00	www.bodysense.org.uk

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<p>I Change My Pad <i>Me-and-Us (2008)</i> Mai Rees, Charlotte Carter and Lindsay Myers</p>	<p>Booklet designed to give girls and young women with learning disabilities a reminder of when and how to change a pad. This booklet complements <i>Periods—a Practical Guide</i> and is designed to be taken away by the student and kept in her purse or bag for reference.</p>	<p>10+</p>	<p>Purse Book</p>	<p>£2.50 (pack of 5)</p>	<p>www.bodysense.org.uk</p>
<p>Picture Yourself 1 <i>Me-and-Us (2006)</i> Ann Craft and Hilary Dixon</p>	<p>CD with four sets of line drawings designed to aid social and sex education for people with learning disabilities.</p>	<p>11+</p>	<p>CD</p>	<p>£15</p>	<p>www.bodysense.org.uk</p>
<p>Picture Yourself 2 <i>Me-and-Us (2004)</i> Hilary Dixon</p>	<p>CD with four sets of line drawings designed to aid social and sex education for people with learning disabilities.</p>	<p>11+</p>	<p>CD</p>	<p>£20</p>	<p>www.bodysense.org.uk</p>
<p>Wendy Female Genitalia and Reproductive Organs <i>BodySense (2005)</i></p>	<p>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.</p>	<p>Primary, secondary and above</p>	<p>Model (available in 3 skin colours)</p>	<p>£425.00</p>	<p>www.bodysense.org.uk</p>
<p>You, Your Body, Growing Up, Relationships and Sex, <i>Life Support Productions (2019)</i></p>	<p>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.</p>	<p>Primary and secondary</p>	<p>Online Resource</p>	<p>£79.99</p>	<p>https://www.lifesupportproductions.co.uk/sen.html</p>

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<p>All About Us <i>FPA (2009)</i></p>	<p>All About Us aims to help the personal development and knowledge of people with learning disabilities around sex, sexuality and relationships.</p>	<p>14+</p>	<p>DVD</p>	<p>£14.99</p>	<p>https://www.fpa.org.uk/product/all-about-us-dvd-rom#product-content</p>
<p>Exploring sexual and social understanding <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>http://www.bild.org.uk/our-services/books/practical-support-for-better-lives/exploring-sexual-and-social-understanding/</p>
<p>My Personal Space Bear <i>FPA (2019)</i></p>	<p>'My Personal Space Bear', is an easy-to-use lesson and activity plan for discussing personal space, boundaries and consent with young people with learning disabilities.</p>	<p>Primary +</p>	<p>Lesson Plan</p>	<p>£2.99</p>	<p>https://www.fpa.org.uk/product/barry-my-personal-space-bear</p>
<p>Making sense of sex: a forthright guide to puberty, sex and relationships for people with Asperger's Syndrome <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 & emotional aspects of puberty, sex & 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>https://www.jkp.com/uk/making-sense-of-sex.html</p>

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<p>Puberty and sexuality for children and young people with a learning disability <i>NHS Leeds (2009)</i> <i>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 & young people with learning disabilities aged 9-18 years</p>	<p>Teaching pack</p>	<p>Free</p>	<p>https://rsehub.org.uk/resources/puberty-sexuality-for-children-young-people-with-a-disability/?</p>
<p>Condom Cards <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>www.bodysense.org.uk</p>
<p>Safe: personal safety skills for deaf children <i>NSPCC (2009)</i></p>	<p>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.</p>	<p>7+</p>	<p>DVD-rom</p>	<p>£80.00</p>	<p>http://actiondeafness.org.uk/product/safe-personal-safety-skills-for-deaf-children/</p>
<p>Songs for your body <i>Me-and-Us (2010)</i></p>	<p>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.</p>	<p>Primary and secondary</p>	<p>CD and teaching pack</p>	<p>£7.50</p>	<p>www.bodysense.org.uk</p>

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<p>Safe sex and contraception Sex and Masturbation Sexual abuse Friendships and relationships Lesbian, gay, bisexual and trans <i>CHANGE (2010)</i></p>	<p>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.</p>	<p>Young people and adults with learning disabilities</p>	<p>Booklets. Individual pictures can also be purchased to use to create your own accessible information</p>	<p>£32 for pack of 5 booklet s. £6.99 for individual booklet s</p>	<p>www.changepeople.co.uk</p>
<p>Books Beyond Words <i>Royal College of Psychiatrists and St Georges Hospital Medical School (Various) Hollins, S. and others</i></p>	<p>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.</p>	<p>7+</p>	<p>Books</p>	<p>£36.00 (for 4-book set)</p>	<p>https://booksbeyondwords.co.uk/book-sets/relationships-mini-set</p>
<p>BSL- Signs for sexual health <i>Deafax (2006 (book) and 2007 (DVD))</i></p>	<p>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.</p>	<p>7+</p>	<p>Flip book and DVD</p>	<p>£40 for flip-book, £15 for DVD</p>	<p>http://actiondeafness.org.uk/online-shop/</p>
<p>Sexuality and Relationships <i>Mencap</i></p>	<p>Easy read version of Mencap’s vision statement on sexuality and relationships.</p>		<p>PDF</p>	<p>Free</p>	<p>https://www.mencap.org.uk/about-us/what-we-</p>

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					think/relationships-and-sex-what-we-think
Makaton Sex Education Signs and Symbols <i>Makaton</i>	Booklets with Makaton signs and symbols for various sex and sex education terms.		Books	£0 - £26.99	https://www.makaton.org/shop/shopping/brows_eStore/Sex-Education
Speak out, stay safe <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	https://learning.nspcc.org.uk/services/speak-out-stay-safe/
Transgender, an easy read guide <i>CHANGE</i>	Easy read guide about what it means to be transgender and how to access support.		PDF	Free	http://cmg.co.uk/wp-content/uploads/2019/02/Transgender-easy-read-guide-For-Web.pdf
The confidence factor <i>Image in Action (2010) 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	£29	http://www.imageinaction.org/resources.php
STAR SEN toolkit <i>Childnet (2014)</i>	Practical advice and teaching activities to help educators explore online safety with young people with autism spectrum disorders in Key Stage 3 and 4.	11-16 years	Teaching Pack	Free	https://www.childnet.com/resources/2014-star-toolkit

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Curriculum Planning Help and Advice

<p>Curriculum Design Tool for RSE <i>Sex Education Forum (2018)</i></p>	<p>This tool has been created to support educators in designing developmental, spiral and comprehensive programmes of relationships and sex education (RSE) which start early in primary school and continue throughout secondary education and beyond.</p>	<p>3-18 years</p>	<p>PDF</p>	<p>Free</p>	<p>http://www.sexeducationforum.org.uk/resources/advice-guidance/curriculum-design-tool-0</p>
<p>Chance to Choose <i>Me-and-Us (2005)</i> <i>Dixon, H</i></p>	<p>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.</p>	<p>7+</p>	<p>CD</p>	<p>£7.50</p>	<p>www.bodysense.org.uk</p>
<p>Going Further: Getting Started <i>Image in Action (2010)</i></p>	<p>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 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.</p>	<p>16+</p>		<p>Free</p>	<p>http://www.imageinaction.org/resources.php</p>
<p>Let's plan it <i>Image in Action (2005)</i> <i>Lorna Scott and Sarah Duignan</i></p>	<p>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</p>	<p>11-25</p>	<p>Planning Guide</p>	<p>£32 (= P&P)</p>	<p>http://www.imageinaction.org/resources.php</p>

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	activities. Includes work on relationships, sexual activity, contraception and sexual health.				
Let's do it <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)	http://www.imageinaction.org/resources.php
Going Further: SRE course <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.	16+		Free	http://www.imageinaction.org/resources.php
Sexual Knowledge and Behaviour <i>Me-and- Us (2010)</i> Jane Fraser	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	£20	www.bodysense.org.uk/
SHARE Special: an SRE curriculum for young people with special needs <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	http://www.sexualhealthsheffield.nhs.uk/product/share-special-manual/

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<p>Talking about sex, sexuality and relationships Open University (2016)</p>	<p>Guidance and standards for those working with young people with life-limiting or life-threatening conditions.</p>		<p>PDF</p>	<p>Free</p>	<p>http://www.open.ac.uk/health-and-social-care/research/sexuality-alliance/</p>
<p>Sexuality and Severe Autism: A Practical Guide for Parents, Caregivers and Health Educators <i>Kate E Reynolds</i> (2013)</p>	<p>This practical handbook guides you through the process of teaching about sex and sexuality, answering all of the most crucial questions, including: Why is it necessary to teach this subject to my severely autistic child? When is the right time to start talking about these issues? How detailed and explicit should I be? What methods are most appropriate?</p>	<p>11+</p>	<p>Book</p>	<p>£15.19</p>	<p>https://www.amazon.co.uk/gp/product/B00FDXD5O2/ref=dbs_a_def_rwt_hsch_vapi_tkin_p1_i1</p>

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Reading List – includes books suitable for children, parents and professionals

<p>Final Report: Talking about sex and relationships: The views of young people with learning disabilities. <i>Garbutt, Ruth et al (2010)</i></p>	<p>The final report of the sexuality project by CHANGE 2007-10, from the University of Leeds</p>		<p>PDF</p>	<p>Free</p>	<p>http://eprints.hud.ac.uk/id/eprint/23513/</p>
<p>Talk about Sex and Relationships 1 <i>Alex Kelly and Emily Dennis (2017)</i></p>	<p>Comprehensive toolkit for all therapists, educators and support staff who deliver relationship education to people with special needs. Book 1 focuses on relationships.</p>		<p>Book</p>	<p>£32.99</p>	<p>https://www.amazon.co.uk/Talkabout-Sex-Relationships-Programme-Relationship/dp/1911186205/</p>
<p>Talk about Sex and Relationships 2 <i>Alex Kelly and Emily Dennis (2018)</i></p>	<p>Comprehensive toolkit for all therapists, educators and support staff who deliver relationship education to people with special needs. Book 2 focuses on sex.</p>		<p>Book</p>	<p>£39.99</p>	<p>https://www.amazon.co.uk/Talkabout-Sex-Relationships-Education-Programme/dp/1911186213/y</p>
<p>Sexuality and Learning Disability – supporting continuing professional development <i>FPA</i></p>	<p>Based on the 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.</p>	<p>Secondary and above</p>	<p>Book</p>	<p>£9.99</p>	<p>https://www.fpa.org.uk/product/sexuality-and-learning-disability-guide-supporting-continuing-professional-development</p>

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What’s Happening to Ellie? <i>Reynolds, K E (2015)</i>	A book about puberty for girls and young women with autism and related conditions.		Book	£8.99	https://www.jkp.com/uk/what-s-happening-to-ellie-2.html
Things Ellie Likes <i>Reynolds, K E (2015)</i>	A book about sexuality and masturbation for girls and young women with autism and related conditions.		Book	£8.99	https://www.jkp.com/uk/things-ellie-likes-2.html
What’s Happening to Tom? <i>Reynolds, K E (2014)</i>	A book about puberty for boys and young men with autism and related conditions.		Book	£8.99	https://www.jkp.com/uk/what-s-happening-to-tom-2.html
Things Tom Likes <i>Reynolds, K E (2014)</i>	A book about sexuality and masturbation for boys and young men with autism and related conditions.		Book	£8.99	https://www.jkp.com/uk/things-tom-likes-2.html
Teaching Children with Down Syndrome About Their Bodies, Boundaries and Sexuality <i>Terri Couwenhoven (2007)</i>	A guide for parents and professionals.		Book	£23.00	https://www.amazon.co.uk/Teaching-Children-Syndrome-Boundaries-Sexuality/dp/189062733X
Sexuality and Learning Disabilities 2nd Edition <i>Dr Claire Bates (2018)</i>	Handbook to guide anyone working with people with learning disabilities.		Book	£24.95	https://www.pavpub.com/learning-disability/sexual-health/sexuality-and-learning-disabilities-2nd-edition
Making Sense of Sex <i>Sarah Attwood (2008)</i>	A guide to puberty, sex and relationships for people with autism.		Book or eBook	£12.99	https://www.jkp.com/uk/making-sense-of-sex-2.html