The primary list

4You Snappers
FPA (2009)
A folded paper quiz game which can be used on its own or with the FPA 4You booklet.
Suitable for: Key Stage 2
Format: Game
Cost: £5.95 for 50
Available from: www.fpa.org.uk

4You: growing up – what’s it all about?
FPA (2009)
Cartoon booklet with information on puberty and growing up, male and female body changes, periods, wet dreams, feelings, keeping safe, and sources of further information and advice.
Suitable for: 9 years and above
Format: leaflet
Cost: £12.50 for 50 copies
Available from: www.fpa.org.uk/Shop/

A good practice guide to developing SRE in primary schools
Birmingham Health Education Unit (2006)
Provides a step-by-step guide to support schools in developing an SRE policy and scheme of work based on consulting with pupils, parents and staff. This enables the school to have a clear understanding of the needs of the children they are working with and can be used to ensure that the SRE is appropriate and child led.
Suitable for: Primary
Format: Book
Cost: £12.50
Available from: www.birmingham.gov.uk/pshe-publications

Active learning
Active Learning is part of a series of cross-curricular themed activity books for PSHE-related subjects. Each book contains guidance and a range of activities suitable for use in schools and other settings. All the activities encourage active learning and discussion. This book explains what active learning is; gives some methods and ideas for creating a safe environment in which active learning can take place; discusses ways of identifying the needs of young people; talks about the methodologies behind the active learning process; and gives ideas for review and reflection and guidance on how to evaluate and assess PSHE.
Suitable for: 7-16 years
Format: Activity book
Cost: £12
Available from: www.me-and-us.co.uk/psheskills
All about life: sex and relationship education in primary school
Contains SRE lesson plans for the Foundation year to Year 6. Provides an outline of national guidance on SRE and the policy context and legal position regarding teaching SRE. Includes a section on dealing with specific and sensitive issues. Also includes a set of photocopiable work sheets for children to use in their lessons.

Suitable for: Primary
Format: Teaching pack
Cost: £14.99
Available from: [www.amazon.co.uk/All-About-Life-Relationship-Education/dp/1899527222](http://www.amazon.co.uk/All-About-Life-Relationship-Education/dp/1899527222)

All Change Boys! And Girls!
*Centre for HIV & Sexual Health (2004)*
Two booklets for years 5 to 8, one for boys and one for girls, looking at issues around puberty.

Suitable for: 9 to 13 years
Format: Booklets
Cost: £15 per 50
Available from: [www.sexualhealthsheffield.nhs.uk/publications/4-1.php](http://www.sexualhealthsheffield.nhs.uk/publications/4-1.php)

Beliefs, values and attitudes
*Me-and-Us (2009) Myra Anderson and Stephen De Silva*
Beliefs, Values and Attitudes is part of a series of cross-curricular themed activity books for PSHE-related subjects. Each book contains guidance and a range of activities suitable for use in schools and other settings. All the activities encourage active learning and discussion. This book contains 15 lesson activities under the topic headings of:
1. What the words ‘Beliefs, Values and Attitudes’ mean
2. Personal and Social Issues
3. Difference and Diversity

Suitable for: 7-16 years
Format: Activity book
Cost: £12
Available from: [www.me-and-us.co.uk/psheskills](http://www.me-and-us.co.uk/psheskills)

Birth, care and growth
*BBC (2006)*
These three programmes for pupils aged 5-7 go beyond the biology of birth and growth to look at what it means and how it feels to ‘grow up’. They explore the physical changes that accompany birth and growth, along with the caring and nurturing roles of parents and siblings. Programmes on the DVD include Animals, Our Babies and Caring and Growing. The Plus Pack also contains a Teacher’s Activity book and three colourful A2 posters.

Suitable for: 5-7 years
Format: DVD
Cost: £52.19 (+VAT)
Available from: [https://www.bbcactive.com/schoolshop/](https://www.bbcactive.com/schoolshop/)
**Body image**
*Me-and-Us (2007) Lesley de Meza and Liz Swinden*
Body Image is part of a series of cross-curricular themed activity books for PSHE-related subjects. Each book contains guidance and a range of activities suitable for use in schools and other settings. All the activities encourage active learning and discussion. This book contains 18 lesson activities under the topic headings of:
1. Body Image and Self Esteem
2. Me and My Body
3. Body Image and Fashion
4. Body Image and the Media
5. Food, Dieting and the Diet Industry
6. Responsibility, Influence and Action
(three activities per topic)

Suitable for: 7-16 years
Format: Activity book
Cost: £12
Available from: [www.me-and-us.co.uk/psheskills](http://www.me-and-us.co.uk/psheskills)

**Boys and Girls**
*Birmingham Health Education Unit (2006)*
Using clear language and cartoons, this book explains the myths about gender stereotypes and provides an introduction to understanding the differences between boys’ and girls’ bodies. Comes in large and small formats – large book includes teachers notes and national curriculum links.

Suitable for: Early Years & Key Stage 1
Format: Book
Available from: [www.birmingham.gov.uk/pshe-publications](http://www.birmingham.gov.uk/pshe-publications)

**Decision-making and communication**
*Me-and-Us (2008)inary Dixon and Jane Groves*
Decision-Making and Communication is part of a series of cross-curricular themed activity books for PSHE-related subjects. Each book contains guidance and a range of activities suitable for use in schools and other settings. All the activities encourage active learning and discussion. This book contains 16 lesson activities under the topic headings of:
1. Listening Skills
2. Decision-Making
3. Asserting Myself
4. Helping Others

Suitable for: 7-16 years
Format: Activity book
Cost: £12
Available from: [www.me-and-us.co.uk/psheskills](http://www.me-and-us.co.uk/psheskills)

**Effective learning methods: approaches to teaching about sex and relationships within PSHE and Citizenship**
*SEF (2005) Martinez, A*
Covers planning and delivery of SRE in schools.
**Family, friends and relationships**

*Me-and-Us (2007) Myra Anderson and Jean Gawlinski*

Family, Friends and Relationships is part of a series of cross-curricular themed activity books for PSHE-related subjects. Each book contains guidance and a range of activities suitable for use in schools and other settings. All the activities encourage active learning and discussion. This book contains 17 lesson activities under the topic headings of:

1. Relationships
2. Parents, Families and Children
3. Friendships
4. Sexual Relationships

Suitable for: 7-16 years
Format: Activity book
Cost: £12
Available from: [www.me-and-us.co.uk/psheskills](http://www.me-and-us.co.uk/psheskills)

**Growing up 4You mini quiz book**

*FPA (2009)*

A pocket-sized book packed with games to help reinforce learning from the FPA 4You booklet.

Suitable for: Key Stage 2
Format: A4 that folds down to pocket size quiz book
Cost: £5.95 per 50 copies
Available from: [www.fpa.org.uk](http://www.fpa.org.uk)

**Hair in funny places**

*Jonathan Cape (2001) Cole, B*

Picture book dealing with puberty, using humour.

Suitable for: 7-9 years
Format: Book
Cost: £5.99
Available from: [www.randomhouse.co.uk](http://www.randomhouse.co.uk)

**Key aspects of quality SRE in primary schools**

*Birmingham Health Education Unit (2006)*

Provides a reference manual for primary schools and aims to help them develop and improve the delivery of SRE. Contains factual information and activities that can be used with pupils, staff, governors and parents. Considers the legal issues, assessment of SRE teaching, the role of governors and Ofsted requirements.

Suitable for: Primary
Format: Book
Cost: £12.50
Available from: [www.birmingham.gov.uk/pshe-publications](http://www.birmingham.gov.uk/pshe-publications)
Laying the foundations: sex and relationships education in primary schools
This resource will support schools in developing SRE policy and practice and includes sample lesson plans and how to deliver specific topics.

Suitable for: Primary
Format: Teaching pack
Cost: £22.00

Let’s grow with Nisha and Joe
FPA (2009)
In this comic, Nisha, Joe and their dog introduce 6–7 year olds to the concepts of growth and change. It also helps children explore their relationships with friends and family. Includes teachers’ guidance notes.

Suitable for: 6 to 7 years
Format: A4 booklet
Cost: £15 per 50 copies
Available from: www.fpa.org.uk

Let’s talk about sex: growing up, changing bodies, sex and sexual health
Walker Books (2005) Harris, R
This book gives biological and psychological facts about sex, covering puberty, conception, birth control, HIV/AIDS, as well as the body, families and babies, and sexual health. The book is illustrated throughout with accurate cartoons.

Suitable for: 10 years and above
Format: Book
Cost: £9.99
Available from: www.walker.co.uk/Let-s-Talk-About-Sex-9781844281749.aspx

Let’s talk about where babies come from
Walker Books (2004) Harris, R
Covers babies, reproduction, bodies, chromosomes, genes, growing up, love, and health. Information is imparted simply and with humorous commentary from an inquisitive bird and a squeamish bee and full-colour cartoon-strip illustrations.

Suitable for: 7 years and above
Format: Book
Cost: £9.99

Living and growing
Channel 4 (2006)
Three units covering ages 5-7, 7-9 & 9-11. The DVD aims to provide a whole school approach to sex and relationships education. This includes reproduction and sexual health in the context of relationships, personal
self esteem, valuing diversity and choice. It addresses the topics of life cycles, puberty, friendships and sexual relationships, pregnancy and birth.

Suitable for: Primary  
Format: DVD  
Cost: £65.00  
Available from: www.4learningshop.co.uk/C4Shop/

**Looking ahead**  
*Brook (2009)*

A reversible (boys on one side girls on the other), fold out, picture-led design. This leaflet folds out into an A3 poster. It helps children to know what changes to expect physically and emotionally during puberty, both in themselves and the opposite sex.

Suitable for: 9-11 years  
Format: Leaflet that folds out into a poster  
Cost: £17.50 per 50  
Available from: www.brook.org.uk

**Mummy laid an egg!**  
*Red Fox (2000) Cole, B*

Picture book using humour and story to explain how babies are made.

Suitable for: 5-7 years  
Format: Book  
Cost: £5.99  
Available from: www.randomhouse.co.uk/

**Parenthood education guidance for schools**  
*Parenting UK (2002) Parenting Education & Support Forum*

Covers all aspects of parenthood education in schools. Includes sample lesson plans, charts showing how parenthood education fits into Key Stages 1-4 and maps onto the PSHE and Citizenship curriculum, and lists of recommended materials.

Suitable for: All ages  
Format: Guidance document  
Cost: Free to download  
Available from: http://www.parentinguk.org/3/schools-and-PSHE

**Periods: what you need to know**  
*FPA (2008)*

This book uses straightforward text and simple images to answer the most common questions girls have about periods. The audience is young people aged 9 and above. It is for use by teachers and other sexual health professionals.

Suitable for: 9 years and above  
Format: Leaflet  
Cost: £12.50 per 50 copies  
Available from: www.fpa.org.uk
**Personal hygiene and puberty CD**  
*Community Practitioners and Health Visitors Association (2003)*  
A useful resource pack for school nurses and others working with children at Key stage 2.

Suitable for: Key Stage 2  
Format: CD  
Cost: £1.00  
Available from: [http://www.cairnsbookshop.co.uk/index.php?app=gbu0&ns=prodshow&ref=CPHVA-0036](http://www.cairnsbookshop.co.uk/index.php?app=gbu0&ns=prodshow&ref=CPHVA-0036)

**Risk-taking**  
*Me-and-Us (2008) Lesley de Meza and Paul Law*  
Risk-Taking is part of a series of cross-curricular themed activity books for PSHE-related subjects. Each book contains guidance and a range of activities suitable for use in schools and other settings. All the activities encourage active learning and discussion. This book contains 15 lesson activities under the topic headings of:  
1. Exploring Risk  
2. Weighing up Risk  
3. Making my Own Decisions

Suitable for: 7-16 years  
Format: Activity book  
Cost: £12  
Available from: [www.me-and-us.co.uk/psheskills](http://www.me-and-us.co.uk/psheskills)

**Sense: Growing up and keeping safe; Key Stage 1**  
*Sense CDs (2009)*  
Interactive CD Rom developed for teachers and parents to use as a tool in SRE, suitable for key stage 1.

Suitable for: Key Stage 1  
Format: CD-Rom  
Cost: £120 (with school licence - single user licence £11.99)  

**Sense: Growing up and keeping safe; Key Stage 2**  
*Sense CDs (2006)*  
Interactive CD Rom developed for teachers and parents to use as a tool in SRE, suitable for key stage 2.

Suitable for: Key Stage 2  
Format: CD-Rom  
Cost: £120 (with school licence - single user licence £11.99)  

**Sex & relationship education: whiteboard active**  
*BBC (2008)*  
Aimed at 9-11 year olds, this resource uses BBC video along with audio clips, discussion prompts and interactivity, to help children understand the physical and emotional aspects of growing up. Designed for use on an interactive white board the resource is arranged around the following themes: cycle of life; growing up;
Sex and relationships education for ages 7-9: the no nonsense guide to sex education in primary schools
This book contains photocopiable lesson plans and activities as well as support materials for teachers. The support materials provide guidance on developing a school SRE policy as well as suggesting ways of supporting and involving parents. The accompanying CD-ROM allows schools to customise the activities to suit their particular setting.
Suitable for: Primary
Format: Book
Cost: £19.99
Available from: http://www.acblack.com/

Sex and relationships education for ages 9-11: the no nonsense guide to sex education in primary schools
This book contains photocopiable lesson plans and activities as well as support materials for teachers. The support materials provide guidance on developing a school SRE policy as well as suggesting ways of supporting and involving parents. The accompanying CD-ROM allows schools to customise the activities to suit their particular setting.
Suitable for: Primary
Format: Book
Cost: £19.99
Available from: http://www.acblack.com/

Sex and relationship education, healthy lifestyles and financial capability
QCDA (2005)
These materials include a teacher’s handbook and 12 units of work on sex and relationship education, healthy lifestyles and financial capability. The units of work illustrate a range of flexible teaching and learning activities, as well as further on delivering the PSHE curriculum in general. The guidance is not a scheme of work, but it can be used as part of a wider programme of training and support or to enhance a school’s existing scheme of work for PSHE.
Suitable for: Key Stages 1-4
Format: Teaching resource
Cost: £10.00
SRE core curriculum for London
Consistent programme of study from Foundation stage to Key Stage 4. Includes schemes of work, links to lesson plans, suggestions for assessment and monitoring of SRE, case studies and an overview of legislation and guidance.

Suitable for: Key Stages 1-4
Format: Teaching resource
Cost: Free to download
Available from: http://www.younglondonmatters.org/resourcecentre/18/sexandrelationshipseducationre

Teaching SRE with confidence in primary schools
Christopher Winter Project (2009)
Comprehensive and inclusive resource for teachers and others working in a primary school setting. The CD ROM provides a spiral curriculum for sex and relationships education, and schemes of work and lesson plans using a range of teaching approaches and materials.

Suitable for: Primary
Format: CD ROM
Cost: £99 (+VAT)
Available from: www.tcwp.co.uk

The primary school sex education pack: a whole school approach to sex education
Healthwise/HIT (2005) Cohen, J
Comprehensive sex education pack including: staff training workshops; curriculum guidance and planning; pupil activities for KS1 and KS2; guidance on managing pastoral incidents; working with parents and governors workshop materials; and policy guidance.

Suitable for: Primary
Format: Teaching pack
Cost: £65 (discounts on orders of more than four copies)
Available from: www.hit.org.uk

Towards Personal, Social and Health Education - Key Stage 1
Community Practitioners and Health Visitors Association (2003)
This pack for school nurses provides basic user-friendly activities and tips for use in the classroom with activity pages that can be photocopied covering oral and hand hygiene; healthy eating; drugs education, and sex and relationships education.

Suitable for: Key Stage 1
Format: Teaching pack
Cost: £8.00
Available from: http://www.cairnsbookshop.co.uk/index.php?app=qbu0&ns=prodshow&ref=CPHVA-0040

Towards Personal, Social and Health Education - Key Stage 2
Community Practitioners and Health Visitors Association (2003)
The second in the series for school nurses looks at teaching children how to maintain their physical and emotional health, and how this can help prevent unnecessary deaths and illnesses such as those caused by smoking or substance abuse.

Suitable for: Key Stage 2
Format: Teaching pack
Cost: £8.00
Available from: http://www.cairnsbookshop.co.uk/index.php?app=qbu0&ns=prodshow&ref=CPHVA-0039

‘We want to know what’s happening to us…..’ A consideration of the issues and approaches to sex and relationship education and primary schools
Birmingham Health Education Unit (2003)
Draws on teachers experiences in delivering sex and relationships education and includes classroom lessons, evaluations of the lessons and examples of pupil’s work.

Suitable for: All primary stages
Format: Book
Cost: £16.50
Available from: www.birmingham.gov.uk/pshe-publications

What’s inside your tummy, Mummy?
Red Fox (2007) Cocovini, A
This book introduces young children to the concept of where babies come from and how they grow. Large drawings show month by month how big the baby is and how far along a timeline the baby has moved. The final spread uses a giant fold down flap to reveal the fully grown baby ready to be born and greet the world.

Suitable for: Primary
Format: Book
Cost: £6.99
Available from: www.randomhouse.co.uk/

Where willy went
Red Fox (2007) Allan, B
Picture book about Willy, one of 300 million sperm living in Mr Browne, and the race he embarks on.

Suitable for: 5 to 7
Format: Book
Cost: £5.99
Available from: www.randomhouse.co.uk/

Your Mummy ate my football
Birmingham Health Education Unit (2007)
This book explains how babies are made and how they need to be cared for once they are born. Comes in large and small formats – large book includes teachers notes and national curriculum links.

Suitable for: Foundation & Key Stage 1
Format: Book
Cost: £5.99
Available from: www.randomhouse.co.uk/
The secondary list

4Boys, 4Girls: talking with young people about sex and relationships
FPA (2007)
An activity manual designed to accompany the best-selling series of FPA booklets for young people. It uses a variety of learning methods to explore and develop the themes of the booklets.
Suitable for: 12 years and above
Format:
Cost: £14.99
Available from: www.fpa.org.uk/Shop/

4Boys/4Girls Snappers
FPA (2009)
Folded paper quiz games which can be used on alone or with the FPA 4Boys/4Girls booklets.
Suitable for: Key Stages 3-4
Format: Game
Cost: £5.95 for 50
Available from: www.fpa.org.uk

4Boys: a below the belt guide to the male body
FPA (2009)
A full-colour highly illustrated booklet for young men, providing information on testicular self-examination, contraception, sexually transmitted infections and safer sex.
Suitable for: 12 years and above
Format: Booklet
Cost: £12.50 per 50 copies
Available from: www.fpa.org.uk/Shop/

4Girls: a below-the-bra guide to the female body
FPA (2009)
A full-colour highly illustrated booklet, providing information on periods, how pregnancy occurs, contraception, sexually transmitted infections and safer sex.
Suitable for: 12 years and above
Format: Booklet
Cost: £12.50 per 50 copies
Available from: www.fpa.org.uk/Shop/

Abortion education: best practice toolkit
Education for Choice (2008)
This toolkit provides a framework for delivering good quality abortion education in schools and other group work settings. It helps to assess the suitability of outside agencies to provide presentations on abortion in schools.
Suitable for: Key Stages 3-4
Format: Teaching/policy development toolkit
Abortion: just so you know
FPA (2008)
An illustrated booklet for young people with accurate information about abortion. Covers current UK abortion law, attitudes towards abortion, abortion procedures, and sources of further information and advice.

Suitable for: Key Stages 3-4
Format: A6 Booklet
Cost: £12.50 per 50 copies
Available from: www.fpa.org.uk

Abortion: Rights, Responsibilities and Reason cross-curricula resource
Education for Choice (2004)
This cross-curricular resource uses the topic of abortion to explore issues of citizenship, religion, law and ethics, as well as following the decisions that can lead to and result from an unintended pregnancy.

Suitable for: Key Stage 4 and above
Format: Teaching resource
Cost: £20.00
Available from: http://www.efc.org.uk/Forprofessionals/Resources

Active learning
Active Learning is part of a series of cross-curricular themed activity books for PSHE-related subjects. Each book contains guidance and a range of activities suitable for use in schools and other settings. All the activities encourage active learning and discussion. This book explains what active learning is; gives some methods and ideas for creating a safe environment in which active learning can take place; discusses ways of identifying the needs of young people; talks about the methodologies behind the active learning process; and gives ideas for review and reflection and guidance on how to evaluate and assess PSHE.

Suitable for: 7-16 year olds
Format: Activity book
Cost: £12
Available from: http://www.me-and-us.co.uk/psheskills/activelearning.html

An educational guide to porn
Bish Training (2010)
This unique leaflet is the only educational resource for young people around porn in the UK. It puts porn into context, in an even handed and sensitive way, to remind young people that it is entertainment for adults, not a teaching aid for the young. It is honest and frank and uses cheeky humour and graphics and, as with all Bish resources, is eye catching and concise. Suitable for: 14+ year olds

Format: Leaflet
Cost: £11.50 for 10
Apause
Health Behaviour Group (2010) SRE Project
Comprehensive peer education based programme of SRE which emphasises relationships education.
Suitable for: Key Stages 3-4
Format: SRE programme (Hardcopy/CD/Downloads)
Cost: Annual subscription fee. For prices call 01392 829450
Available from: http://www.apause.com/

Are you ready? Young people’s views of sex and relationships
FPA (2007)
Provides information about young people’s views of sex and relationships and other evidence. Free to download from http://www.fpa.org.uk/Shop/Sexualhealthresearch/Areyouready
Suitable for: Secondary
Format:
Cost: £5.00
Available from: www.fpa.org.uk/Shop/

Ask Brook about…
Brook (2009)
This series of 10 pocket sized booklets give clear age appropriate information on: STIs; Contraception; Condoms; Emergency Contraception; Abortion; Chlamydia; Contraception after having a baby; LARC; Sex and alcohol; and Sexuality.
Suitable for: 14+ years
Format: A6 Booklet
Cost: £20 per 50 copies
Available from: www.brook.org.uk

Assessment, evaluation and sex & relationships education: a practical toolkit for education, health and community settings
This toolkit provides practitioners with practical activities for assessing learning and evaluating teaching. It includes: an overview of best practice in SRE; a summary of the theory and practice of assessment and evaluation, and forty activities that can be used with individuals or groups covering a wide range of abilities and ages.
Suitable for: Secondary
Format: Book
Cost: £22.00
Available from: www.ncb.org.uk/resources/publications/

Beliefs, Faiths and Attitudes
Beliefs, Values and Attitudes is part of a series of cross-curricular themed activity books for PSHE-related subjects. Each book contains guidance and a range of activities suitable for use in schools and other settings.
All the activities encourage active learning and discussion. This book contains 15 lesson activities under the topic headings of:
1. What the words 'Beliefs, Values and Attitudes' mean
2. Personal and Social Issues
3. Difference and Diversity

Suitable for: 7-16 year olds
Format: Activity book
Cost: £12
Available from: http://www.me-and-us.co.uk/psheskills/bva.html

**Body Image**
*Me-and-Us (2007) de Meza, Lesley and Swinden, Liz*
Body Image is part of a series of cross-curricular themed activity books for PSHE-related subjects. Each book contains guidance and a range of activities suitable for use in schools and other settings. All the activities encourage active learning and discussion. This book contains 18 lesson activities under the topic headings of:
1. Body Image and Self-Esteem
2. Me and My Body
3. Body Image and Fashion
4. Body Image and the Media
5. Food, Dieting and the Diet Industry
6. Responsibility, Influence and Action
(three activities per topic)

Suitable for: 7-16 year olds
Format: Activity book
Cost: £12
Available from: http://www.me-and-us.co.uk/psheskills/bodyimage.html

**Boys Talk**
*Centre for HIV & Sexual Health (2005)*
Leaflet for young men about sexual health, condom use and safer sex.

Suitable for: Secondary
Format: Leaflet
Cost: £15 per 50
Available from: www.sexualhealthsheffield.nhs.uk/publications/4-1.php

**Bwise2 sexual exploitation**
*Barnardo’s (2010) Kork, Lucy, and King, Siobhan, and Ogilvy-Webb, Katriona, and Barnes, Katherine*
An educational programme for professionals to teach young people about sexual exploitation; grooming; power and control; risk management; equal consensual and respectful relationships and the law. It is based on real-life experiences with activities, handouts, case studies, facilitator notes and the PSHE curriculum for key stages 3 and 4. Includes a CD-ROM of the session resources for printing.

Suitable for: 12-17 year olds
Format: Education pack
Cost: £85
Available from: www.dawsonmarketing.co.uk/barnardoscc
Challenging violence, changing lives
Womankind (2008)
This CD-Rom has tools and activities to support schools in challenging gender stereotypes and stopping violence against women. Year 7 looks at Gender and Identity, Year 8 looks at Gender and Culture, Year 9 looks at building respectful relationships. The 14-19 lessons build on knowledge learned — and address violence against women and campaigning for change. There is also a whole-school section on stopping sexual bullying.

Suitable for: 11 to 19 years
Format: CD Rom
Cost: Free for schools
Available from: www.womankind.org.uk/Education_resources

Choice discussion cards no.5: Sex Education
A brief factsheet on the types of contraception available. With additional myth busting facts about conception, fertility and contraception.

Suitable for: Secondary
Format: Discussion cards
Cost: £20.00
Available from: www.egar.co.uk

Contraception: sex without making babies
Bish Training (2010)
An illustrated guide to the sexual and reproductive female anatomy. Includes actual pictures of women and factual and honest descriptions of the clitoris, G spot and prostate.

Suitable for: 14+ year olds
Format: Leaflet
Cost: £11.50 for 10

Decision-making and communication
Decision-Making and Communication is part of a series of cross-curricular themed activity books for PSHE-related subjects. Each book contains guidance and a range of activities suitable for use in schools and other settings. All the activities encourage active learning and discussion. This book contains 16 lesson activities under the topic headings of:
1. Listening Skills
2. Decision-Making
3. Asserting Myself
4. Helping Others

Suitable for: 7-16 year olds
Format: Activity book
Cost: £12
Available from: http://www.me-and-us.co.uk/psheskills/dmcs.html
**Drunk in charge of a body**  
*Brook (2006)*  
Teaching resource which enables professionals to demonstrate the link between sexual health and the effects of alcohol. For use in schools and youth groups, it prompts active discussion and participatory learning about alcohol and its effect on personal and sexual relationships, and increases awareness of the positive and negative influences of alcohol.

Suitable for: Primary and secondary  
Format: Teaching pack  
Cost: £30.00  
Available from: [www.brook.org.uk/professionals/application/shop/?page=shop.browse&category_id=11](http://www.brook.org.uk/professionals/application/shop/?page=shop.browse&category_id=11)

**Effective learning methods: approaches to teaching about sex and relationships within PSHE and Citizenship**  
*SEF (2005) Martinez, A*  
Covers planning and delivery of SRE in schools.

Suitable for: Primary and secondary  
Format: Factsheet  
Cost: Free (download)  
Available from: [www.ncb.org.uk/sef/resources/planning_and_delivering_sre.aspx](http://www.ncb.org.uk/sef/resources/planning_and_delivering_sre.aspx)

**Everything you need to know about relationships**  
*Terrence Higgins Trust (2010) THT Young Leaders*  
A booklet written by young people aimed at all young people designed to help young people think about relationships and what makes them work.

Suitable for: 13-19 years  
Format: Booklet  
Cost: Free  
Available from: [www.tht.org.uk/publications](http://www.tht.org.uk/publications)

**Family, friends and relationships**  
*Me-and-Us (2007) Anderson, Myra and Gawlinski, Jean*  
Family, Friends and Relationships is part of a series of cross-curricular themed activity books for PSHE-related subjects. Each book contains guidance and a range of activities suitable for use in schools and other settings. All the activities encourage active learning and discussion. This book contains 17 lesson activities under the topic headings of:  
1. Relationships  
2. Parents, Families and Children  
3. Friendships  
4. Sexual Relationships

Suitable for: 7-16 year olds  
Format: Activity book  
Cost: £12  
Available from: [http://www.me-and-us.co.uk/psheskills/FFR.html](http://www.me-and-us.co.uk/psheskills/FFR.html)
**FAQ on abortion**
*EFC (2010)*
A leaflet which answers all the questions we are most often asked about abortion by young people and professionals.

Suitable for: 16+
Format: leaflet
Cost: Free to download
Available from: [www.efc.org.uk/Foryoungpeople](http://www.efc.org.uk/Foryoungpeople)

**Female sexual body parts**
*Bish Training (2010)*
An illustrated guide to the sexual and reproductive female anatomy. Includes actual pictures of women and factual and honest descriptions of the clitoris, G spot and prostate.

Suitable for: 14+ year olds
Format: Leaflet
Cost: £11.50 for 10

**Foundation for a good life**
*Marriage Care*
Relationship education resource. Four modules for KS3, KS4 and 16+, covering 'Making and Sustaining Relationship', 'Sexuality', 'Marriage' and 'Family, Community and Citizenship'.

Suitable for: Key Stage 3 - 4 and above
Format: Teaching resource
Cost: Free to download or available in hard copy (postage costs must be paid).

**Going Further: Getting Started**
*Image in Action (2010)*
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.

Suitable for: 16+ year olds
Format: pdf booklet
Cost: Free
Available from: [http://www.imageinaction.org/res1.htm](http://www.imageinaction.org/res1.htm)
Going Further: Sex and Relationships Education course
Image in Action (2010)
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:
- Relationships I; Friendships
- Relationships II; Attraction and trust
- Relationships III; Dating
- Qualities of a relationship: respect, choice and assertion
- Development of a loving relationship
- Intimate relationships; consent and keeping safe
- Making choices about sex; resisting pressure
- Condoms to prevent unplanned pregnancy and sexually transmitted infections
- Accepting difference and addressing homosexual discrimination
- Sexualisation, manipulation and pornography

Suitable for: 16+ year olds
Format: Teaching pack
Cost: Free to download
Available from: [http://www.imageinaction.org/res1.htm](http://www.imageinaction.org/res1.htm)

HIV & AIDS: Know It All
Terrence Higgins Trust (2009)
An HIV & AIDS information booklet for young black Africans.

Suitable for: 13-19 years
Format: Booklet
Cost: Free
Available from: [www.tht.org.uk/publications](http://www.tht.org.uk/publications)

HIV in schools
National AIDS Trust (2009)
Practical resource for teachers providing suggestions on how to integrate HIV into the national curriculum for different subjects within key stages three and four. It includes lesson plans, ideas for assemblies and HIV fact sheets.

Suitable for: Key stages 3 - 4
Format: Resource pack
Cost: Free to download

How to be an amazing lover without having sex
Bish Training (2010)
Promotes the benefits of non-penetrative sex in an engaging, positive and practical way. It reflects the reality of first time sexual experiences for young people and encourages young people to think about sex as being more than penetration.

Suitable for: 14+ year olds
Format: Leaflet
Cost: £11.50 for 10

**How to have sex**
*Bish Training (2010)*
Explains how to have sex for the first time sex in a matter of fact, practical and appropriate manner without being titillating or encouraging sex. Promotes the importance of enjoying sex within a trusting relationship.

Suitable for: 14+ year olds
Format: Leaflet
Cost: £11.50 for 10

**How to use condoms**
*Bish Training (2010)*
An easy to follow step by step guide with clear illustrations and information about emergency contraception. Now also includes information on condom types and practical tips for using and negotiating using them.

Suitable for: 14+ year olds
Format: Leaflet
Cost: £11.50 for 10

**Interpersonal DVD and Manual**
*Working with Men (2008)*
The DVD contains several short clips, which can be used to stimulate discussion and activities, regarding male/female relationships. The accompanying booklet describes ideas for sessions, with some additional resources.

Suitable for: Key Stage 3 - 4
Format: DVD & manual
Cost: £45.00

**Is everyone doing it? Your guide to contraception**
*FPA (2007)*
A full-colour highly illustrated booklet that deals with peer pressure, the issues involved in starting a sexual relationship, going to a contraception or sexual health clinic, different contraceptive methods and sexually transmitted infections.

Suitable for: 12 years and above
Format: Leaflet
Cost: £12.50 per 50 copies
Available from: www.fpa.org.uk
Is this love?
FPA (2007)
A pocket-sized fold-out leaflet with illustrations and clear text designed to help young people identify, and protect against, abusive behaviour. The leaflet looks at caring behaviour and controlling behaviour, and provides contact details of organisations that can help victims and perpetrators of abuse.

Suitable for: Key Stage 2  
Format: Pocket guide  
Cost: £10 per 50 copies  
Available from: www.fpa.org.uk

Keys to sexual health and relationships for young people aged 11 to 14 years old
Tacade (2009)
This resource provides opportunities to explore the development and maintenance of healthy relationships during this critical period of personal development through ten easy to follow key sessions.

Suitable for: 11 to 14 years  
Format: Teaching pack  
Cost: £24.95  

Let’s talk about sex: growing up, changing bodies, sex and sexual health
Walker Books (2005) Harris, R
This book gives biological and psychological facts about sex, covering puberty, conception, birth control, HIV/AIDS, as well as the body, families and babies, and sexual health. The book is illustrated throughout with accurate cartoons.

Suitable for: 10 years and above  
Format: book  
Cost: £9.99  
Available from: www.walker.co.uk/Let’s-Talk-About-Sex-9781844281749.aspx

Love S.T.I.ngs: a beginner’s guide to sexually transmitted infections
FPA (2009)
Using a comic strip style, this booklet answers young people’s questions about sexually transmitted infections – their symptoms and long-term effects, how they are treated and how they can be avoided. Presents a reassuring picture of sexual health clinics and stresses the importance of being tested.

Suitable for: 12 years and above  
Format: Leaflet  
Cost: £12.50 per 50 copies  
Available from: http://www.fpa.org.uk/Shop/Sexandrelationshipseducationpublicationsandresources/Lovestings

Love sex life
FPA (2006)
Love sex life supports young people who want to explore all aspects of sex and relationships. Topics covered include getting to know your body, negotiating relationships, good communication, contraception, abortion, sexually transmitted infections, staying safe and enjoying sex.
Love sex relationships
FPA (2008)
Clear text and humorous illustrations help young people explore how they feel about their own sexuality, body image and relationships. Features a strong emphasis on self-belief and doing what’s right for you, as well as information on safer sex and contraception.

Suitable for: 12 years and above
Format: Leaflet
Cost: £12.50 per 50 copies
Available from: www.fpa.org.uk

Male sexual body parts
Bish Training (2010)
An illustrated guide to the sexual and reproductive male anatomy. Includes actual pictures of men. Factual and honest descriptions of the penis, frenulum, foreskin care, testicle care and an explanation of ejaculation.

Suitable for: 14+ year olds
Format: Leaflet
Cost: £11.50 for 10

Nobody's choice but mine
Centre for HIV & Sexual Health (2009)
Booklet for young women looking at sex and relationship choices and decisions about whether to have sex, contraception, pregnancy and abortion.

Suitable for: Secondary
Format: Booklet
Cost: £30 per 50
Available from: www.sexualhealthsheffield.nhs.uk/publications/4-1.php

Out In School
A teaching pack providing teachers with ideas on how to talk about sexual orientation and challenge homophobia in school’s. This pack has been written by teachers for teachers.

Suitable for: Key Stage 4
Format: Online Resource Pack
Cost: Free
Available from: http://www.tht.org.uk/informationresources/publications/
Out There
Centre for HIV & Sexual Health
DVD highlighting the positive aspects of lesbian, gay and bisexual lives.

Suitable for:
Format: DVD
Cost: £25.00
Available from: www.sexualhealthsheffield.nhs.uk/publications/4-1.php

Parenthood education guidance for schools
Covers all aspects of parenthood education in schools. Includes sample lesson plans, charts showing how parenthood education fits into Key Stages 1-4 and maps onto the PSHE and Citizenship curriculum, and lists of recommended materials.

Suitable for: All ages
Format: Guidance document
Cost: free to download
Available from: http://www.parentinguk.org/3/schoolsand-PSHE

Personal relationships
Part of a photocopiable PSHE scheme for secondary schools. Covers topics such as: Relationships in class; What makes a good friend and a good friendship; Developing listening skills; What helps relationships to work; Loving and being in love.

Suitable for: 11-16 years
Format: Teaching resource
Cost: £24.99
Available from: http://www.folens.com/titles/578/personal-relationships

Pregnancy: a young person’s guide
FPA (2006)
This comic style booklet covers reproduction, preparing for a pregnancy, the development of the fetus and birth. It also describes the physical and emotional changes of pregnancy and birth, giving young people a realistic view of pregnancy.

Suitable for: 12 years and older
Format: Leaflet
Cost: £12.50 per 50 copies
Available from: www.fpa.org.uk

Protect yourself!
Brook (2004)
This teaching resource consists of eight ready-made teaching packages on contraception and sexually transmitted infections, complete with teachers’ notes, lesson plans, photocopiable handouts and evaluation sheets. Each lesson lasts an hour – or each can be divided into smaller teaching segments.

Suitable for: 14 years and older
Relationships and you
Brook (2005)
This magazine-style publication helps young people understand their feelings, decide if they are ready for a relationship, and if so, what sort of a relationship they want.

Suitable for: 14+ years
Format: 60 page magazine style booklet
Cost: £5 each, £4 each for 20+, £3 each for 100+ and £2 each for 200+
Available from: www.brook.org.uk

Relationship rules
Bish Training (2010)
A fun leaflet to introduce some key relationships skills and ideas to young people. Now with a Doctor Love page where young people can have a go at being a 'sexpert' by answering some common relationship queries.

Suitable for: 14+ year olds
Format: Leaflet
Cost: £11.50 for 10

Risk-Taking
Me-and-Us (2008) de Meza, Lesley and Law, Paul
Risk-Taking is part of a series of cross-curricular themed activity books for PSHE-related subjects. Each book contains guidance and a range of activities suitable for use in schools and other settings. All the activities encourage active learning and discussion. This book contains 15 lesson activities under the topic headings of:
1. Exploring Risk
2. Weighing up Risk
3. Making my Own Decisions

Suitable for: 7-16 year olds
Format: Activity book
Cost: £12
Available from: www.me-and-us.co.uk/psheskills

Safe and Sound
Healthwise/HIT (2004)
Provides a whole-school approach to sex and relationships education. Includes over 130 learning activities, policy guidance, staff training workshops, programme guidance and planning and guidance on supporting young people. A copy of the Contraception Card Game is included.

Suitable for: Key Stage 3 - 4
Format: Teaching resource
Cost: £76
Available from: www.hit.org.uk
Safer sex: interactive learning resource
Uses a range of techniques, including drama and young people talking about their experiences, to raise issues of safer sex and sexual health.

Suitable for: Secondary
Format: DVD
Cost: £39.95
Available from: http://www.contraceptioneducation.co.uk/

Sense: sex and relationships. Key Stage 3 & 4
Sense CDs (2003)
Interactive CD Rom developed for teachers and parents to use as a tool in SRE.

Suitable for: Key Stages 3-4
Format: CD-Rom
Cost: £120 (with school licence - single user licence £11.99)

Sex and relationship education, healthy lifestyles and financial capability
QCDA (2005)
These materials include a teacher’s handbook and 12 units of work on sex and relationship education, healthy lifestyles and financial capability. The units of work illustrate a range of flexible teaching and learning activities, as well as further guidance on delivering the PSHE curriculum in general. The guidance is not a scheme of work, but it can be used as part of a wider programme of training and support or to enhance a school's existing scheme of work for PSHE.

Suitable for: Key Stages 1-4
Format: Teaching resource
Cost: £10.00

Sex and relationships KS3/KS4: contraception
Cable Educational (2009) Osborne, E
Seven lesson plans covering contraception and teenage pregnancy.

Suitable for: Key Stages 3-4
Format: Lesson plans
Cost: £24.20
Available from: http://cableeducational.com/catalog/

Sex and relationships KS3: puberty
Cable Educational (2009) Osborne, E
Seven lessons covering puberty, sexual activity and attitudes to growing up.

Suitable for: Key Stage 3
Format: Lesson plans
Sex and relationships KS3: sexual activity
Cable Educational (2009) Osborne, E
Seven lessons covering sexual activity, love and relationships, STIs and HIV/AIDS.
Suitable for: Key Stage3
Format: Lesson plans
Cost: £24.20
Available from: http://cableeducational.com/catalog/

Sex and the law
Bish Training (2010)
Covers the Sexual Offences Act 2003 and what this means for young people. Also clarifies what consent means in addition to other key laws.
Suitable for: 14+ year olds
Format: Leaflet
Cost: £11.50 for 10

Sex education
Part of a photocopiable PSHE scheme for secondary schools. Covers topics such as: Gender differences; Informed decision making; The terminology used to describe the sexual organs; Dispelling myths about sex; Sexually transmitted infections; Where to go for help and advice.
Suitable for: 11-16 years
Format: Teaching resource
Cost: £24.99

Sex, drugs and alcohol
Tacade (2010 (revised))
Interactive resource for young people aged 14-19 particularly those with low levels of literacy. Can be used in schools, colleges, informal youth settings, with young people in care and those in the criminal justice system.
Suitable for: 14 years and older
Format: Teaching resource
Cost: £48.95
Available from: www.tacade.com

Sex, drugs and alcohol: HIV transmission activity
Tacade (2006 (revised))
Insert for the Sex, Drugs & Alcohol resource (due to sensitive nature of these materials, must be bought in conjunction with Sex, Drugs & Alcohol)
Suitable for: 16 years and older  
Format: Teaching resource  
Cost: £26.95  
Available from: www.tacade.com

**Sex infections**  
*Bish Training (2010)*  
A straight forward and simple guide to STIs. Key messages but without recourse to scare tactics or stigma. Also includes a safer sex activity to give young people an understanding of how to make sex safer and sexier and how trust and boundaries are part of that.

Suitable for: 14+ year olds  
Format: Leaflet  
Cost: £11.50 for 10  

**Sexplanation!**  
*National Youth Agency (2008)*  
Sexplanation! is a 21st century update of the bestselling popular resource The Grapevine Game. Suitable for those working with ages 11 and up the board game format opens up honest discussion around sex and relationships. Sexplanation! is a frank, informative and fun game, developed with the professional support of leading young people’s charity, Brook.

Suitable for: 11 years and above  
Format: Board game  
Cost: £46.00  
Available from: http://www.nya.org.uk/catalogue/youth-work-activities/sexplanation

**Sexual orientation, sexual identities and homophobia in schools**  
*SEF (2005) Martinez, A*  
Supports schools to challenge homophobia and develop PSHE and SRE policy and practice which addresses sexual identities and is relevant to all children and young people.

Suitable for: Primary and secondary  
Format: Factsheet  
Cost: Free (download)  
Available from: www.ncb.org.uk/sef/resources/sex_and_relationships_topics.aspx

**Should I have sex?**  
*Bish Training (2010)*  
This resource explores why some people regret sex, why some don’t and when the right time is. Also with advice on dealing with pressure and planning first time sex.

Suitable for: 14+ year olds  
Format: Leaflet  
Cost: £11.50 for 10  
SRE: are you getting it?
UK Youth Parliament (2007)
Report of a survey of over 21,000 young people, asking about their experiences of and views about sex and relationships education.
Suitable for: 11 to 18
Format: Survey report
Cost: Free download

SRE core curriculum for London
Programme of study from Foundation stage to Key Stage 4. Includes schemes of work, links to lesson plans, suggestions for assessment and monitoring of SRE, case studies and an overview of legislation and guidance.
Suitable for: Key Stages 1-4
Format: Teaching resource
Cost: Free to download
Available from: http://www.younglondonmatters.org/resourcecentre/18/sexandrelationshipseducation

Teaching SRE with confidence in secondary schools
Christopher Winter Project (2009)
Comprehensive and inclusive resource for teachers and others working in a secondary school setting. The CD ROM provides a spiral curriculum for sex and relationships education, and schemes of work and lesson plans using a range of teaching approaches and materials.
Suitable for: Secondary
Format:
Cost: £99 (+VAT)
Available from: www.tcwp.co.uk

The A-Z of Love and Sex
Teachers TV (2008)
Three part series for teenagers covering issues around sex and relationships. One 20 minute film and two 30 minute films all featuring lots of young people talking about their experiences and opinions.
Suitable for: Key Stage 4
Format: Online films
Cost: Free (view online or download)

The complete guide to secondary school sex and relationship education
Birmingham Health Education Unit (2002) Cooper, A
The Sex and Relationship Education book covers all aspects of SRE in secondary schools. There are pupil activities to use as well as background information for the teacher. A detailed scheme of work for all year groups in secondary school is included.
Suitable for: Secondary
Format: Book
Cost: £16.50
Available from: www.birmingham.gov.uk/pshe-publications

The confidence factor
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.

Suitable for: 11-16 year olds
Format: Teaching pack
Cost: £24 plus £5 p+p
Available from: http://www.imageinaction.org/res1.htm

The Extra Large Guide to Sex and Relationships for Young Men
Working with Men (2008) Lloyd, T & Davidson, N
A sexual health guide to help young men stay safe, be responsible, know when they are really ready for it, make choices about what is right for them and enjoy themselves.

Suitable for: Key Stages 3-4
Format: Booklet
Cost: £1.99

The new guide to relationships and sex
Sex Education/PSHE DVD for young people facing transition. Produced using 3D animation throughout, the DVD is presented by two realistic and engaging characters.

Suitable for: Secondary
Format: DVD
Cost: £99.00
Available from: www.lifesupportproductions.co.uk/nse.php

Trust card game
Tender (2005)
Pack of cards that can be used with young people in discussions about relationships. Each card depicts a different character with a different opinion about relationships, equality and respect.

Suitable for: Secondary and above
Format: Card game
Cost: £5.00
Available from: http://www.tender.org.uk/trust/cardgame
**Unexpected**  
*Education for Choice (2010)*  
DVD featuring two films that examine issues around teenage pregnancy, parenthood, and abortion. The films follow two friends as they grapple with unintended pregnancy, each reaching her own, informed choice. Includes teaching notes with lesson plans, worksheets, and activities. Made by a group of young people, the films are a great way to start dialogue and empower young people around preventing pregnancy and making informed decisions when facing pregnancy.

Suitable for: Secondary and above  
Format: DVD and teaching resource  
Cost: £17  
Available from: [www.efc.org.uk/Forprofessionals/Resources](http://www.efc.org.uk/Forprofessionals/Resources)

**Why abortion? Understanding why women choose to have an abortion**  
*FPA (2008)*  
DVD which explores the realities faced by women relating to unplanned pregnancy and considering abortion. Using short drama pieces the viewer is asked to make choices and the DVD explores the options available when facing an unplanned pregnancy, and the factors that influence the decision making process. Includes a guidance manual.

Suitable for: 14 years and above  
Format: DVD & manual  
Cost: £24.99  
Available from: [www.fpa.org.uk](http://www.fpa.org.uk)

**The FE list**

**The A-Z of Love and Sex**  
*Teachers TV (2008)*  
Three part series for teenagers covering issues around sex and relationships. One 20 minute film and two 30 minute films all featuring lots of young people talking about their experiences and opinions.

Suitable for: Key Stage 4  
Format: Online films  
Cost: Free (view online or download)  

**An educational guide to porn**  
*Bish Training (2010)*  
This unique leaflet is the only educational resource for young people around porn in the UK. It puts porn into context, in an even handed and sensitive way, to remind young people that it is entertainment for adults, not a teaching aid for the young. It is honest and frank and uses cheeky humour and graphics and, as with all Bish resources, is eye catching and concise.

Format: Leaflet  
Suitable for: For over 14s  
Challenging violence, changing lives
Womankind (2008)
This CD Rom has tools and activities to support schools in challenging gender stereotypes and stopping violence against women. Year 7 looks at Gender and Identity, Year 8 looks at Gender and Culture, Year 9 looks at building respectful relationships. The 14-19 lessons build on knowledge learned — and address violence against women and campaigning for change. There is also a whole-school section on stopping sexual bullying.
Suitable for: 11 to 19 years
Format: CD Rom
Cost: Free for schools
Available from: www.womankind.org.uk/Education_resources.html

Contraception: sex without making babies
Bish Training (2010)
A brief factsheet on the types of contraception available. With additional myth busting facts about conception, fertility and contraception.
Format: Leaflet
Suitable for: For over 14s

Everything you need to know about relationships
Terrence Higgins Trust (2010) THT Young Leaders
A booklet written by young people aimed at all young people designed to help young people think about relationships and what makes them work.
Suitable for: 13-19 years
Format: Booklet
Cost: free
Available from: www.tht.org.uk/publications

FAQ on Abortion
EFC (2010)
A leaflet which answers all the questions we are most often asked about abortion by young people and professionals.
Suitable for: 16+
Format: Leaflet
Cost: Free to download
Available from: http://www.efc.org.uk/Foryoungpeople/FAQsdownloadablefactsheet

Female sexual body parts
Bish Training (2010)
An illustrated guide to the sexual and reproductive female anatomy. Includes actual pictures of women and factual and honest descriptions of the clitoris, G spot and prostate.
Format: Leaflet
HIV & AIDS: Know It All
Terrence Higgins Trust (2009)
An HIV & AIDS information booklet for young black Africans.

How to be an amazing lover without having sex
Bish Training (2010)
Promotes the benefits of non-penetrative sex in an engaging, positive and practical way. It reflects the reality of first time sexual experiences for young people and encourages young people to think about sex as being more than penetration.

How to Have Sex
Bish Training (2010)
Explains how to have sex for the first time sex in a matter of fact, practical and appropriate manner without being titillating or encouraging sex. Promotes the importance of enjoying sex within a trusting relationship.

How to use condoms
Bish Training (2010)
An easy to follow step by step guide with clear illustrations and information about emergency contraception. Now also includes information on condom types and practical tips for using and negotiating using them.

Love sex life
FPA (2006)
Love sex life supports young people who want to explore all aspects of sex and relationships. Topics covered include getting to know your body, negotiating relationships, good communication, contraception, abortion, sexually transmitted infections, staying safe and enjoying sex.
Cost: £20 per 50 copies
Available from: www.fpa.org.uk

**Male sexual body parts**
*Bish Training* (2010)
An illustrated guide to the sexual and reproductive male anatomy. Includes actual pictures of men. Factual and honest descriptions of the penis, frenulum, foreskin care, testicle care and an explanation of ejaculation.

Format: Leaflet
Suitable for: For over 14s

**NHS Choices - where to get contraception**
*NHS*
5 minute video explaining where young people can confidentially get contraception.

Format: Video
Cost: Free
Available from: [http://www.nhs.uk/Livewell/Contraception/Pages/VideoWheretogetcontraception.aspx](http://www.nhs.uk/Livewell/Contraception/Pages/VideoWheretogetcontraception.aspx)

**Protect yourself!**
*Brook* (2004)
This teaching resource consists of eight ready-made teaching packages on contraception and sexually transmitted infections, complete with teachers’ notes, lesson plans, photocopiable handouts and evaluation sheets. Each lesson lasts an hour – or each can be divided into smaller teaching segments.

Suitable for: 14 years and older
Format: Teaching pack
Cost: £25.00
Available from: [www.brook.org.uk/professionals/application/shop/?page=shop.browse&category_id=11](http://www.brook.org.uk/professionals/application/shop/?page=shop.browse&category_id=11)

**Relationship Rules**
*Bish Training* (2010)
A fun leaflet to introduce some key relationships skills and ideas to young people. Now with a Doctor Love page where young people can have a go at being a ‘sexpert’ by answering some common relationship queries.

Format: Leaflet
Suitable for: For over 14s

**Sex and relationships DVD**
*Channel 4*
This DVD consists of three series for secondary students, starting with 'In My Experience', followed by 'Growing Up Gay' and 'More Than Love'. Video diaries are used to explore adolescent relationships. Includes a video of classroom practice, showing four teachers struggling to teach sex education successfully.

Suitable for: 11-19 years
Format: DVD
Cost: £50+VAT
Available from: http://shop.channel4learning.com/?page=shop&cid=28&pid=1624

**Sex and the Law**
*Bish Training (2010)*
Covers the Sexual Offences Act 2003 and what this means for young people. Also clarifies what consent means in addition to other key laws.

Format: Leaflet
Suitable for: For over 14s

**Sex, drugs and alcohol**
*Tacade (2010 (revised))*
Interactive resource for young people aged 14-19 particularly those with low levels of literacy. Can be used in schools, colleges, informal youth settings, with young people in care and those in the criminal justice system.

Suitable for: 14 years and older
Format: Teaching resource
Cost: £48.95
Available from: www.tacade.com

**Sex, drugs and alcohol: HIV transmission activity**
*Tacade (2006 (revised))*
Insert for the Sex, Drugs & Alcohol resource (due to sensitive nature of these materials, must be bought in conjunction with Sex, Drugs & Alcohol)

Suitable for: 16 years and older
Format: Teaching resource
Cost: £26.95
Available from: www.tacade.com

**Sexual health quizzes**
*Avert*
A set of four interactive quizzes on sex education, pregnancy, condoms and HIV and AIDS. Each quiz is available in three levels of difficulty.

Suitable for: 11-19 years
Format: On-line quiz
Cost: Free on-line
Available from: http://www.avert.org/quizzes.htm

**Sex Infections**
*Bish Training (2010)*
A straight forward and simple guide to STIs. Key messages but without recourse to scare tactics or stigma. Also includes a safer sex activity to give young people an understanding of how to make sex safer and sexier and how trust and boundaries are part of that.
Should I have sex?

Bish Training (2010)
Explores why some people regret sex, why some don’t and when the right time is. Now also with advice on dealing with pressure and planning first time sex.

Format: Leaflet
Suitable for: For over 14s

Teaching SRE with Confidence with post 16s

The Christopher Winter Project (2010) The Christopher Winter Project
This comprehensive and inclusive resource contains:
- Lesson plans incorporating a range of teaching styles and active learning strategies
- Stimulating games, activities and whiteboard materials
- Clear accessible guidance for teachers / staff
- Assessment and evaluation tools

It covers the themes of sexual responsibility, including the connections between young people’s relationships, sexual health and aspirations.

Suitable for: 16-19s
Format: CD
Cost: £99
Available from: www.tcwp.co.uk

Trust card game

Tender (2005)
Pack of cards that can be used with young people in discussions about relationships. Each card depicts a different character with a different opinion about relationships, equality and respect.

Suitable for: Secondary and above
Format: Card game
Cost: £5.00
Available from: http://www.tender.org.uk/trust/cardgame

Underage and pregnant

BBC (2009)
A set of 18 sixty-minute lessons, designed to be used sequentially or as stand-alone sessions. Incorporates footage from the BBC Three series ‘Underage and pregnant’ - these video clips are also available from the BBC web-site. Covers topics such as pregnancy choices, money, preparing for birth and bringing up baby.

Suitable for: Secondary and above (KS3,4+)
Format: Teacher’s pack and youth worker’s pack with DVD
Cost: Free to download
Available from: http://www.bbc.co.uk/schools/teachers/underageandpregnant/packs.shtml
**Unexpected Education for Choice (2010)**

DVD featuring two films that examine issues around teenage pregnancy, parenthood, and abortion. The films follow two friends as they grapple with unintended pregnancy, each reaching her own, informed choice. Includes teaching notes with lesson plans, worksheets, and activities. Made by a group of young people, the films are a great way to start dialogue and empower young people around preventing pregnancy and making informed decisions when facing pregnancy.

Suitable for: Secondary and above  
Format: DVD and teaching resource  
Cost: £17  
Available from: www.efc.org.uk/Forprofessionals/Resources

**Why abortion? Understanding why women choose to have an abortion**  
*FPA (2008)*

DVD which explores the realities faced by women with an unplanned pregnancy and considering abortion. Using short drama pieces the viewer is asked to make choices and the DVD explores the options available when facing an unplanned pregnancy, and the factors that influence the decision making process. Includes a guidance manual.

Suitable for: 14 years and above  
Format: DVD & manual  
Cost: £24.99  
Available from: www.fpa.org.uk

**Youth Health Talk**  
*(First published 2005, last updated 2010)*

Youth Health Talk is a website about young people’s real life experiences of health and lifestyle. It is not about the medical facts, this is about real people and real lives. There are lots of short videos to watch on-line. Topics covered under the sexual health theme include contraception, starting periods, sex education at school, coming out, feelings about STIs and first sexual experience.

Format: Video on-line  
Cost: Free  
Available from: http://www.youthhealthtalk.org/Sexual_Health_of_Young_People/

**Resources for young people aged 16+ with learning disabilities & special needs**

**Condom Cards**  
*Me-and-Us (2008)*

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.

Suitable for: 14 years and above  
Format: Set of 12 Cards
Exploring sexual and social understanding

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.

Suitable for: Secondary and above
Format: Teaching pack
Cost: £25.00
Available from: http://www.bild.org.uk/03books_pca.htm#Exploring_sexual_and_social

Going Further: Getting Started

Image in Action (2010)
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.

Suitable for: 16+
Cost: Free
Available from: www.imageinaction.org

Going Further: SRE course

Image in Action (2010)
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:
• Relationships I; Friendships
• Relationships II; Attraction and trust
• Relationships III; Dating
• Qualities of a relationship: respect, choice and assertion
• Development of a loving relationship
• Intimate relationships; consent and keeping safe
• Making choices about sex; resisting pressure
• Condoms to prevent unplanned pregnancy and sexually transmitted infections
• Accepting difference and addressing homosexual discrimination
• Sexualisation, manipulation and pornography

Suitable for: 16+
Cost: Free
Available from: www.imageinaction.org
**Let’s do it**


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.

Suitable for: 11 to 25 years  
Format: Teaching pack  
Cost: £23 (+ P & P)  
Available from: www.imageinaction.org/res1.htm

**Let’s plan it**

*Image in Action (2005) Lorna Scott and Sarah Duignan*

A detailed planning guide to creating programmes of Sex and Relationship Education for young people aged 11 to 25 with learning disabilities. It is a companion resource to Let’s Do It and contains curriculum maps, schemes of work, assessment formats, nine full SRE programmes, weekly session plans and 26 new activities. Includes work on relationships, sexual activity, contraception and sexual health.

Suitable for: 11 to 25 years  
Format: Planning guide  
Cost: £25 (+ P & P)  
Available from: www.imageinaction.org/res1.htm

**Safe sex and Contraception**  
**Sex and Masturbation**  
**Sexual abuse**  
**Friendships and relationships**  
**Lesbian, gay, bisexual and trans**

*CHANGE (2010)*

This set of five 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. Individual pictures can also be purchased to use to create your own accessible information.

Suitable for: Young people and adults with learning disabilities  
Format: Booklets  
Cost: £32 for pack of 5 booklets. £6.99 for individual booklets  
Available from: http://www.changepeople.co.uk/shop.php

**Talking together... about contraception**

*FPA (2010) Scott, L & Kerr-Edwards, L*

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.

Suitable for: Young people with learning difficulties, aged 13 and older  
Format: pack  
Cost: £13.99
Talking together... about sex and relationships  
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/college can work in partnership.

Suitable for: Young people with learning difficulties, aged 13 and older  
Format: pack  
Cost: £13.99  

The confidence factor  
Image in Action (2010) Sarah Duignan  
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.

Suitable for: 11-16 years  
Format: Teaching pack  
Cost: £25  
Available from: [www.imageinaction.org](http://www.imageinaction.org)

The disability list

Anatomically Correct Male and Female Cloth Models  
BodySense (2005) Fraser, J.  
Although originally developed for use with pupils with learning disabilities in educational settings, these dolls can also be used as teaching aids for a wider range of children and young people in both formal and informal settings.

Suitable for: All ages  
Format: Cloth Models  
Cost: £400 upwards  
Available from: [www.bodysense.org.uk](http://www.bodysense.org.uk)

Books Beyond Words  
Royal College of Psychiatrists and St Georges Hospital Medical School (Various) Hollins, S. and others  
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.

Suitable for: 7 years and above  
Format: Books  
Cost: £10.00  
Available from: [http://www.rcpsych.ac.uk/publications/booksbeyonwords.aspx](http://www.rcpsych.ac.uk/publications/booksbeyonwords.aspx)
**BSL- Signs for sexual health**
*Deafax (2006 (book) and 2007 (DVD))*
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.
Suitable for: 7 years and above
Format: Flip book and DVD
Cost: £25 for flip-book, £35 for DVD, £55 for both
Available from: [http://www.forestbooks.com](http://www.forestbooks.com)

**Chance to Choose**
*Me-and-Us (2005) Dixon, H*
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.
Suitable for: 7 years and above
Format: CD-rom
Cost: £20.00
Available from: [www.me-and-us.co.uk/publications/ctoc.html](http://www.me-and-us.co.uk/publications/ctoc.html)

**Condom Cards**
*Me-and-Us (2008)*
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.
Suitable for: 14 years and above
Format: Set of 12 Cards
Cost: £10.00
Available from: [http://www.me-and-us.co.uk/condomcards](http://www.me-and-us.co.uk/condomcards)

**Exploring sexual and social understanding**
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.
Suitable for: Secondary and above
Format: Teaching pack
Cost: £25.00
Available from: [http://www.bild.org.uk/03books_pca.htm#Exploring sexual and social](http://www.bild.org.uk/03books_pca.htm#Exploring sexual and social)

**Going Further: Getting Started**
*Image in Action (2010)*
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.
Suitable for: 16+
Cost: Free
Available from: [www.imageinaction.org](http://www.imageinaction.org)
**Going Further: SRE course**
*Image in Action (2010)*

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:

- Relationships I; Friendships
- Relationships II; Attraction and trust
- Relationships III; Dating
- Qualities of a relationship: respect, choice and assertion
- Development of a loving relationship
- Intimate relationships; consent and keeping safe
- Making choices about sex; resisting pressure
- Condoms to prevent unplanned pregnancy and sexually transmitted infections
- Accepting difference and addressing homosexual discrimination
- Sexualisation, manipulation and pornography

**Suitable for:** 16+
**Cost:** Free
**Available from:** [www.imageinaction.org](http://www.imageinaction.org)

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**I Change My Pad**
*Me and Us (2008) 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.

**Suitable for:** 10 years and above
**Format:** Purse Book
**Cost:** £2.00
**Available from:** [http://www.me-and-us.co.uk/ppg/ichangemypad.html](http://www.me-and-us.co.uk/ppg/ichangemypad.html)

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**Jason's private world**
*Life Support Productions (1996 (released as DVD 2007))*

A male orientated Sex Education DVD with special value to those with learning disabilities.

**Suitable for:** Primary and secondary
**Format:** DVD
**Cost:** £39.00
**Available from:** [www.lifesupportproductions.co.uk/ys.php](http://www.lifesupportproductions.co.uk/ys.php)

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**Let's do it**

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.

**Suitable for:** 11 to 25 years
**Format:** Teaching pack
**Cost:** £23 (+ P & P)
**Available from:** [www.imageinaction.org/res1.htm](http://www.imageinaction.org/res1.htm)
Let's plan it
Image in Action (2005) 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.
Suitable for: 11 to 25 years
Format: Planning guide
Cost: £25 (+ P & P)
Available from: www.imageinaction.org/res1.htm

Making sense of sex: a forthright guide to puberty, sex and relationships for people with Asperger's Syndrome
Jessica Kingsley (2008) Sarah Attwood
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.
Suitable for: Primary and secondary
Format: Book
Cost: £12.99
Available from: http://www.jkp.com/catalogue/

Periods: A Practical Guide
Book with accompanying CD to teach girls and young women with learning disabilities about menstruation.
Suitable for: 10 and above
Format: Book, booklet and CD
Cost: £20.00
Available from: http://www.me-and-us.co.uk/ppg/

Picture Yourself 1
CD with four sets of line drawings designed to aid social and sex education for people with learning disabilities.
Suitable for: 11 years and above
Format: CD
Cost: £35.00
Available from: http://www.me-and-us.co.uk/sreld/
**Picture Yourself 2**  
CD with four sets of line drawings designed to aid social and sex education for people with learning disabilities.  
Suitable for: 11 years and above  
Format: CD  
Cost: £60.00  
Available from: [http://www.me-and-us.co.uk/srld/](http://www.me-and-us.co.uk/srld/)

**Puberty and sexuality for children and young people with a learning disability**  
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.  
Suitable for: Children & young people with learning disabilities aged 9-18 years  
Format: Teaching pack  
Cost: Free  

**Safe: personal safety skills for deaf children**  
*NSPCC (2009)*  
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.  
Suitable for: 7 years and above  
Format: DVD-rom  
Cost: £90.00  

**Safe sex and contraception**  
**Sex and Masturbation**  
**Sexual abuse**  
**friendships and relationships**  
**Lesbian, gay, bisexual and trans**  
*CHANGE (2010)*  
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.  
Suitable for: Young people and adults with learning disabilities  
Format: Booklets. Individual pictures can also be purchased to use to create your own accessible information  
Cost: £32 for pack of 5 booklets. £6.99 for individual booklets  
Available from: [www.changepeople.co.uk](http://www.changepeople.co.uk)

**Sexual Knowledge and Behaviour**  
*Me-and-Us (2010) Jane Fraser*  
Assessment tool designed help teachers find out what a young person with learning difficulties requires from a programme of SRE, through use of a comprehensive questionnaire.  
Suitable for: Young people with learning disabilities - all ages
Sexuality and learning disability: a resource for staff
FPA (2006)
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
Format: Book
Cost: £9.99
Available from: www.fpa.org.uk

SHARE Special: an SRE curriculum for young people with special needs
Me-and-Us (2008)
Curriculum materials on SRE for young people with moderate or severe learning difficulties and/or autistic spectrum disorder (ASD) in educational settings.
Suitable for: 11 and older
Format: Teaching pack
Cost: £50 (manual only) or £120 (manual plus cds, condom cards & ‘Chance to Choose’.
Available from: www.me-and-us.co.uk/sharespecial/index.html

Songs for your body
Me-and-Us (2010)
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.
Suitable for: Primary and secondary
Format: CD
Cost: £20.00
Available from: www.me-and-us.co.uk/songsforyourbody/index.html

Talking together... about contraception
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.
Suitable for: Young people with learning difficulties, aged 13 and older
Format: Pack
Cost: £13.99
Available from: http://www.fpa.org.uk/Shop/
Talking together... about growing up: A workbook for parents of children with learning disabilities
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.
Suitable for: Children and young people with learning difficulties - all ages
Format: Workbook
Cost: £12.99
Available from: www.fpa.org.uk/Shop/

Talking together... and sex and relationships. A practical resource for schools and parents working with young people with learning disabilities
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.
Suitable for: Young people with learning disabilities aged 13 and above
Format:
Cost: £14.99
Available from: www.fpa.org.uk/shop/

The confidence factor
Image in Action (2010) Sarah Duignan
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.
Suitable for: 11-16 years
Format: Teaching pack
Cost: £25
Available from: www.imageinaction.org

Values Pyramid
Me-and-Us (2006)
Board game activity that encourages exploration of values-based issues across three themes: sex and relationships, drugs and faith, culture and ethnicity.
Suitable for: Primary and secondary
Format: Game
Cost: £40.00
Available from: http://www.me-and-us.co.uk/publications/vp/index.html
Wendy Female Genitalia and Reproductive Organs
BodySense (N/A)
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.
Suitable for: Primary, secondary and above
Format: Model (made to order)
Cost: £375.00
Available from: www.bodysense.org.uk

You, your body and sex
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, the DVD has an easy to use menu system that allows carers and educators to match the needs of viewing groups and individuals. Now with subtitles in large clear text.
Suitable for: Primary and secondary
Format: DVD
Cost: £59.00
Available from: www.lifesupportproductions.co.uk/ys.php

Young disabled people can have sex and relationships
Brook (2004)
These posters and booklet explore themes such as relationships, being gay/lesbian, becoming a parent, contraception, sexually transmitted infections, and access to sexual health services from the point of view of young disabled people.
Suitable for: Secondary and above
Format: Posters & Booklets
Cost: £25.00

The parents & carers list

Babies: all about conception, birth and the first years
Usborne (2004) Meredith, S
Part of the Facts of Life series, this book traces the development of a baby from conception to birth and the first years of life, and the effects of pregnancy on the mother.
Suitable for: 10 years and above
Format: Book
Cost: £5.99
Available from: http://www.usborne.com/

Great answers to difficult questions about sex: what children need to know
Jessica Kingsley (2010) Goldman, L
Book to help parents talk to their children about sex. Covers topics such as how babies are made, relationships, and puberty.
Growing up: all about adolescence, body changes and sex
Usborne (1997) Meredith, S
Part of the Facts of Life series, this book covers puberty, sex, STIs and contraception.
Suitable for: 10 years and above
Format: Book
Cost: £5.99
Available from: http://www.usborne.com/

How did I begin?
Franklin Watts (2004) Manning, M & Granstom, B
Illustrated book explaining how babies are made.
Suitable for: 7 to 11 years
Format: Book
Cost: £5.99
Available from: http://www.franklinwatts.co.uk/CITIZENSHIP-AND-PSHE_Books_26387_Page_1.htm

Lets Talk...about sex and relationships!
Centre for HIV & Sexual Health (2003)
Booklet for parents on talking and listening to children about sex and relationships.
Suitable for: All ages
Format: Booklet
Cost: £30 per 50
Available from: www.sexualhealthsheffield.nhs.uk/publications/4-1.php

Lets Talk...about sex and relationships! Ten top tips for parents and carers
Centre for HIV & Sexual Health (2007)
Postcard for parents with tips from children and young people on talking to them about sex and relationships.
Suitable for: All ages
Format: Postcard
Cost: £15 per 100
Available from: www.sexualhealthsheffield.nhs.uk/publications/4-1.php

Mummy laid an egg!
Picture book using humour and story to explain how babies are made.
Suitable for: 5-7 years
Format: Book
Cost: £5.99
Available from: www.randomhouse.co.uk/
**Sex and relationships**  
*Parentchannel.tv*  
Series of short videos for parents on talking to their children about sex and relationships and how best to provide support.  
Suitable for: All ages  
Format: Online films  
Cost: Free  
Available from: [http://www.parentchannel.tv/sexandrelationships](http://www.parentchannel.tv/sexandrelationships)

**Sex, puberty and all that stuff: a guide to growing up**  
*Franklin Watts (2005) Bailey, J*  
A comprehensive and inclusive guide that is packed with useful information, presented in a way that teenagers will find user-friendly and appealing.  
Suitable for: 12 to 16 years  
Format: Book  
Cost: £8.99  
Available from: [http://www.franklinwatts.co.uk/CITIZENSHIP-AND-PSHE_Books_26387_Page_1.htm](http://www.franklinwatts.co.uk/CITIZENSHIP-AND-PSHE_Books_26387_Page_1.htm)

**Speakeasy: talking with your children about growing up**  
*FPA (2009)*  
Based on the established SRE training course for parents and written in consultation with parents, this book is designed to help parents and carers talk to children of all ages about all aspects of sex and relationships.  
Suitable for: All ages  
Format: Book  
Cost: £9.99  
Available from: [www.fpa.org.uk](http://www.fpa.org.uk)

**Teenage pregnancy: the essential guide**  
*Need2Know (2007) Heaton-Harris, N*  
This book is for parents of pregnant teenagers and provides advice and useful information.  
Suitable for: 12 to 16 years  
Format: Book  
Cost: £8.99  
Available from: [http://www.need2knowbooks.co.uk/](http://www.need2knowbooks.co.uk/)

**Understanding the facts of life**  
*Usborne (1997) Meredith, S*  
Brings together the two titles in the Facts of Life series: 'Babies' and 'Growing up'.  
Suitable for: 10 years and above  
Format: Book  
Cost: £8.99  
**What’s happening to me? (girls)**  
*Usborne (2006) Meredith, S*  
Illustrated guide to female puberty.  
Suitable for: 9 years and above  
Format: Book  
Cost: £6.99  

**What’s happening to me? (boys)**  
*Usborne (2006) Frith, A*  
Illustrated guide to male puberty.  
Suitable for: 9 years and above  
Format: Book  
Cost: £6.99  

**Where willy went**  
*Red Fox (2006) Allan, B*  
Picture book about Willy, one of 300 million sperm living in Mr Browne, and the race he embarks on.  
Suitable for: 5 to 7 years  
Format: Book  
Cost: £5.99  
Available from: [http://www.randomhouse.co.uk/](http://www.randomhouse.co.uk/)

**Talking to your child about sex and relationships**  
*FPA (2007)*  
A guide for parents and carers of children of all ages, Helps parents to start talking about these topics, advised them about what schools teach and includes a comprehensive list of further resources.  
Suitable for: All ages  
Format: booklet  
Cost: £0.50  
Available from: [www.fpa.org.uk](http://www.fpa.org.uk)

**The parents' pack**  
*FPA (Various)*  
A pack for parents and carers to help them talk to their children about sex, relationships and growing up. Includes Talking to your child about sex and relationships and nine FPA booklets for young people.  
Suitable for: All ages  
Format: Plastic pack and booklets  
Cost: £7.50  
Available from: [www.fpa.org.uk](http://www.fpa.org.uk)