

Sex Education Forum
National Children's Bureau
8 Wakley St
London EC1V 7QE
email: sexedforum@ncb.org.uk
Tel: 020 7843 6052

SEX AND RELATIONSHIP EDUCATION RESOURCES FOR CHILDREN WITH DISABILITIES

These resources are listed by format: books and teaching materials and videos. Please note, they are *not* available from the Sex Education Forum. Please contact the publisher or supplier where given for further information and ordering details. You may be able to view these resources at your local health promotion unit, or LEA advisory service library. We welcome your feedback on any of the resources listed here. Contact us (details above) if you have suggestions for other resources you have found useful.

BOOKS AND TEACHING MATERIALS

DRURY, J., HUTCHINSON, L., and WRIGHT, J. (2000)

Holding On, Letting Go: Sex, sexuality and people with learning disabilities. London: Souvenir Press Ltd. 127pp. (Human Horizons). (Directed at parents and other direct carers, Holding on, letting go is a practical book, well illustrated with a wealth of case studies with which parents will easily identify. It addresses the many stereotypes about disability and sexuality and will be equally relevant to service providers where teachers and care workers may struggle to balance the need to provide 'safe services' whilst encouraging the development of choice and empowerment for young people who may have significant communication needs and limited life experiences).

OTTEN, L. (1999)

A curriculum for personal and social education. London: David Fulton. 136pp (Written by teachers from a secondary school for pupils with severe learning difficulties, this book provides a progressive health education curriculum for pupils with moderate and severe learning difficulties. Emphasis is placed on a whole school approach to sex and health education which builds on existing skills. A suggested curriculum (including activities) is provided in the areas of substance misuse and abuse, sex education, family life education, personal safety, food and nutrition, personal hygiene, advocacy and independence and leisure).

HEALTH EDUCATION AUTHORITY (1999)

Health-related resources for people with learning disabilities. London: HEA. (A review of resources which also provides useful advice on choosing appropriate resources and using them effectively. Now available online via the Health Development Agency website www.hda-online.org.uk).

McCARTHY, M. and THOMPSON, D. (1998)

Sex and the 3Rs - rights responsibilities and risks: a sex education package for working with people with learning difficulties. Brighton: Pavilion. pp. Review appears in Sex Education Matters, issue 17 (Second edition of this resource aimed at those working with adults with learning difficulties. It contains advice and materials on sex education work with individuals and groups, and practical interventions for responding to specific issues and problems which an individual may be experiencing. This edition provides information on law; confidentiality; environment and how this effects people's sexuality; staff support and protection and safeguards).

JOHNS, R., SCOTT, L., and BLISS, J. (1997)

Let's do it: creative activities for sex education for young people with learning difficulties. London: Image In Action. 168pp. Orders to: Image In Action, Chinner Road, Bledlow Ridge, High Wycombe HP14 4AJ. Tel: 01494 481632 (Offers more than 80 drama-based activities for use with young people with learning difficulties. Eight sections provide a framework for covering a complete sex education programme. These include: group building; body parts; gender; public and private; feelings; relationships; life cycle; developing skills. Adaptions are offered to meet the different needs of students. The layout is clear with each activity on a new page described under the headings of aims; resources; description; how to do it; what if?; and adaptions. A companion resource to On the Agenda, also by Image In Action).

DOWNS, C., and CRAFT, A. (1997)

Sex in context. Part one: a personal and social development programme for children and adults with profound and multiple impairments: strategies for devising a programme and recommendations for teaching and learning. Brighton: Pavilion Publishing 240pp. (A personal and social development training and teaching pack for staff working with and caring for young people and adults with profound and multiple impairments. Suitable for use in statutory and voluntary organisations and agencies such as schools, colleges, local authority services, housing organisations, the voluntary sector, and NHS trusts. Split into two sections, Section I offers information and exercises for staff groups to look in detail at their students'/service users' current learning. On the basis of this, it helps staff teams to develop a Personal and Social Development Programme. Section II contains a variety of learning activities for students/service users with profound and multiple impairments. Areas covered are: appearance and self-presentation; self-image/self-esteem and sexual identity; keeping and feeling safe and healthy; physical/sexual development and sexual activity; feelings and emotions; and relationships with others and social opportunities. Complements Sex in context. Part two: a personal and social development programme for children and adults with profound and multiple impairments: strategies for staff development and working with parents and carers).

DOWNS, C., and CRAFT, A. (1997)

Sex in context. Part two: a personal and social development programme for children and adults with profound and multiple impairments: strategies for staff development and working with parents and carers. Brighton: Pavilion Publishing 309pp. (A personal and social development training pack for staff working with and caring for young people and adults with profound and multiple impairments. Suitable for use in statutory and voluntary organisations and agencies such as schools, colleges, local authority services, housing organisations, the voluntary sector, and NHS trusts. Split into two sections, Section III, Staff Development, includes exercises and material to ensure staff felt comfortable working in the area of sexuality with this student/service group. Section IV, Working with Parents and Carers, contains workshop exercises to help staff work with parents and carers. Complements Sex in context. Part one: a personal and social development programme for children and adults with profound and multiple impairments: strategies for staff development and working with parents and carers, which contains Sections I and II).

ADCOCK, K. and STANLEY, G. (1996)

Sexual health education for children and young people with learning difficulties: a practical way of working. BILD/Barnardos (Available from: BILD Publications, Plymbridge House, Estover Road, Plymouth PL6 7PZ). 104pp. (A workshop training manual for staff, carers and young people with learning difficulties. It introduces basic concepts and good practice around personal relationships, sexual health, sexuality and staying safe).

FAIRBURN, G., ROWLEY, D., and BOWEN, M. (1995)

Sexuality, learning difficulties and doing what's right. London: David Fulton. 148pp. (Addresses issues that arise in relation to the sexuality of people with learning difficulties. The authors use a storytelling approach to explore the rights of people with learning difficulties to be informed about sexuality, to form relationships, and to express their sexual nature. It is intended as an introduction to some of the aspects of the moral territory in which practical decisions are embedded).

SCOTT, L. (1994)

On the agenda: sex education for young people with learning difficulties. London: Image In Action. 188pp. (A practical guide to policy making, planning and working with young people in schools and colleges using drama and active learning methods. The first section explains the basis of the active learning methodology and its applications to students with learning difficulties. Part two takes governors and school managers through the policy making process including working with parents. The third section is a six-part guide to planning and teaching sex education).

FRASER, J. (1991)

Sex: making love, having sex. Birmingham: Brook Advisory Centres. 18pp. (Learning to love series). (Aims to give young people with learning disabilities full, accurate and clear information on sexual intercourse. Describes the male and female sex organs and their response to sexual stimulus, petting and foreplay and what happens during sexual intercourse. The possible consequences are outlined briefly).

SHEPHERD SCHOOL

Now they are growing up... (What young people need to know) Nottingham: Shepherd School. (A series of information booklets for parents on, menstruation, male masturbation, female masturbation, HIV/AIDS, protecting your child, a planned dependent life and sexuality, loss). £2.00 each plus P&P Available from: Shepherd School, Harvey Road, Nottingham, NG8 3BB. Tel: 0115 9153265 email: info@shepherdschool.org.uk

SHEPHERD SCHOOL

'Feeling grown up' Nottingham: Shepherd School. (A series of booklets for young people on: menstruation – at home, menstruation – at the disco, masturbation - male, masturbation – female, wet dreams, use of public toilets). £2.00 each plus P&P Available from: Shepherd School, Harvey Road, Nottingham, NG8 3BB. Tel: 0115 9153265 email: info@shepherdschool.org.uk

VIDEOS

SPOD (1998)

The Lyric: Sex education for young people with physical disabilities. Scott, L. London: SPOD (286 Camden Road, London N7 0BJ. Tel: 0171 607 8851). 39pp. (An excellent sex education video and accompanying teaching pack for 14- to 18-year olds who have already had some basic sex education. Provides information about sex and relationships, and also helps overcome taboos about physical disability and sexuality. The video is split into seven sections and uses a youth magazine format featuring lively discussions between two young presenters, followed by frank and honest real life interviews, and finishes with episodes from South Park a 'campus-romance-mini- series'. The teaching pack supports and extends the issues raised in the video with discussions and activities. The pack is primarily for use with students with physical disabilities, but can also be used to raise awareness and issues for all young people).

BARNARDO'S (1996)

'It's only natural'... For parents, carers and others involved in the lives of young people with learning disabilities. Distributed by Pavilion Publishing (Brighton Ltd) Tel: 01274 481183 Video; 30 minutes; colour; includes a booklet for discussion work. (This video resource looks at issues of sexuality and sexual health with regard to young people with learning difficulties. It is accompanied by a users guide which offers discussion points for each section of the video. The video uses young people with learning difficulties to dramatise events in a further education college. It examines issues of equal access to sex education for young people with learning difficulties, parental feelings about this and the particular difficulties of 'letting go' they may experience in relation to their children. It could be used for a session with parents or governors to look at the scope of sex and relationships education).

This resource list was last updated 4 September 2001.