Sexual Health and Relationships

A Review of Resources
for people with learning disabilities

Updated 2008
Acknowledgements

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

About the Sexual Health and Wellbeing Network

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

www.healthscotland.com/wish

SHWLN@health.scot.nhs.uk
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A key to symbols used and guide to the review pages is located on the inside back cover.
‘People with learning difficulties are inherently sexual, have the same range of sexual preferences and behaviours as non-disabled people ..., and have the same rights to free and safe sexual expression as anyone else. However, society does not easily view them as sexual beings, but rather sees them as needing to be protected from sexual information and relationships.’

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

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

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

The review is designed to provide professionals with information on resources to help young people with learning disabilities acquire accurate information, develop skills and positive values to guide their decision-making, relationships and behaviour throughout their lifespan. Some of these resources can be used within groups or on a one-to-one basis and some are also designed to support parents and carers.
The review was developed through a peer-review process and our thanks go to all who were involved in this through the Sexual Health and Wellbeing Learning Network – especially to Kat Hasler, Jackie Anderson, and Rachael Yates for their enduring patience and thoroughness in finalising the review.

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

Shirley M Fraser
Health Improvement Programme Manager
December 2007


Section i
Introduction

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

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

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

We also gathered information for each resource about:
- the type and aim of the resource
- the content
- the format
- who it can be used with
- the methods of use
- the settings for which it is suitable
- details of where the resource can be obtained.

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

As you look through the list you will see that practitioners do not always agree with each other in their opinions of the same resource. This is because the reviews were collated from a diverse network of practitioners who submitted their personal opinions on how they found the resources worked...
for them in their own particular settings. On considering your own specific situation, you may find that you reach a different conclusion about a resource. It is vital therefore that before selecting materials you review them yourself to ensure that they are appropriate to your needs, suitable for your audience and that they comply with any existing policy or guidance within your organisation. If you are working with others, such as support workers, it is helpful if they are also familiar with the resource.

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

Where this project started

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

Accordingly, Kat Hasler (Health Scotland) together with Jackie Anderson of fpa and Rachael Yates of Healthy Respect, drew up a list of all the resources they could find and circulated it amongst networks of practitioners who worked with young people with learning disabilities around sexual health. They were asked to review all the resources they had used. The list was then revised, additional resources added, and circulated for comment again. This process was repeated several times.
Feedback on to the initial list was extremely positive and highlighted the extent of the unmet needs of professionals working with people with learning disabilities. Information was needed on:

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

Practitioners said they also required information on the strong points of resources, as well as: how inclusive, accessible and usable the resources were; pointers to watch out for; or tips about weaknesses or omissions in resources. As a result of practitioner demand Health Scotland made the commitment to develop the resource for publication, which is what you see here.
What is sex and relationships education (SRE)?

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

Why does learning about sex and relationships matter?

Children and young people learn about sex and relationships from a young age, even if we don’t talk to them explicitly about this subject. Some of the things they learn can be myths or simply inaccurate. In a world where sex is used to sell products from cars to mobile phones and where the sex lives of ‘role models’ are often the focus of the tabloids, we need to help our young people make sense of it all. Evidence indicates that effective programmes to support learning about sex and relationships do not encourage early sexual experimentation and that it is more useful to begin work before the onset of sexual activity. Such learning does enable young people to mature, build up their confidence and self-esteem and to understand the reasons for delaying sexual activity until they are ready. The basis is learning about relationships with families and friends and developing life skills such as decision-making and assertiveness. These skills should be learnt and practiced from an early age with regular opportunities for reinforcement throughout life.

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

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


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

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

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

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

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

In order to learn about and understand their rights to be safe and happy in relationships, to learn the skills that are needed to negotiate and lead a healthy life, to be able to access and use services, young people with a learning disability require professionals and carers to revisit what needs to be learned, regularly and often. Having a flexible approach to SRE is essential if the needs of young people with learning disabilities are to be met. As with non-disabled young people, their needs are individual and varied and can be particularly challenging when different communication techniques are required. For example body changes through puberty can cause high levels of anxiety in a young person with an autistic spectrum disorder, who may find it hard to deal with any sort of change.
A holistic and tailored approach to SRE with an emphasis on relationships and body awareness means that those people with profound and multiple learning disabilities, who are unlikely to have the opportunity to develop sexual relationships, will still benefit from SRE. Self-awareness, gender-awareness, body-recognition and privacy can be skills/information acquired by everyone, as are attitudes to disability, diversity and difference. The reviewers of the resources identified in this document have given guidance wherever possible in terms of the appropriateness of age and learning comprehension to help overcome these challenges.

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

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

13. TASC AGENCY, 2005. ‘People should tell you stuff’: A report on a consultation finding out more about what young people with a learning disability need when it comes to sexual health services. Glasgow: NHS Health Scotland Sexual Health and Wellbeing Learning Network.
Resources are listed alphabetically but have also been indexed by the issues they cover (foldout on page 85).

Reviewing and using sexual health and relationships resources

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

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

Using this resource review

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

Resources are listed alphabetically but have also been indexed (foldout on page 85) by the issues they cover. Use this to help you identify which resources provide material or support on a particular issue or area.

A guide to the layout of the review pages as well as a key to the symbols used can be found at the back of this document.
### Table 1: Questions to consider when choosing and using resources

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

Page numbers of the resource reviews are indicated. Series titles are in bold. An at-a-glance guide to issues raised is included on page 85 (foldout).

16 Batteries not included: A sexuality resource pack for working with people with complex communication support needs
17 Becoming a woman: A teaching pack on menstruation for women with learning disabilities
18 Bob tells all
19 Body board [plus various packs]
20 Books beyond words [various titles]
21 Building friendships: A resource pack to help young people make friendships and develop relationships
22 Cathy has thrush
23 Cervical screening: A teaching pack for women with learning disabilities and those who work with them
24 Chance to choose: Sexuality and relationships education for people with learning difficulties
25 Exploring sexuality and disability: Walk your talk
26 Falling in love
27 Feeling grown up
28 George gets smart
29 A guide to examining your breasts
30 A guide to examining your testicles
31 A guide to having a period
32 A guide to having a smear test
33 Holding on, letting go: Sex, sexuality and people with learning disabilities
34 How it is: An image vocabulary for children about feelings, rights and safety, personal care and sexuality
35 Hug me touch me
36 I have the right to know: How to run a course on sexuality and personal relationships for people with learning disabilities
37 I want to be a good parent: The BILD parenting series
38 It’s my life
39 It’s only natural: For parents, carers and others involved in the lives of young people with learning disabilities – a resource which looks at issues of sexuality and sexual health
40 Jason’s private world
41 Jenny speaks out
42 Just say know! Understanding and reducing the risk of sexual victimisation of people with developmental disabilities
43 Keeping healthy down below
44 Keeping yourself healthy [various titles]
45 Kylie’s private world
46 Let’s do it: Creative activities for sex education for young people with learning disabilities
47 Let’s talk about puberty: A booklet about growing up for young people who have a learning disability
48 Living safer sexual lives: A training and resource pack for people with learning disabilities and those who support them
49 Living your life: The sex education and personal development resource for special educational needs
50 Looking after my balls
Looking after my breasts  
Making choices, keeping safe  
Making friends  
Male and female cloth models (Desmond and Daisy)  
A man's guide to keeping clean  
Me and us website  
A multimedia guide to examining your breasts  
A multimedia guide to examining your testicles  
Now they are growing up … (what young people need to know)  
On the agenda: Sex education for young people with learning difficulties  
Picture yourself  
Reach Out report: Looking at personal relationships, sexuality and needs of African and Asian descent learning disabled women  
Reach Out training pack: Personal relationships, sexuality and needs of African and Asian descent learning disabled women  
Sex  
Sex and staff training: Sexuality, sexual abuse and safer sex  
Sex and the 3R's – rights, responsibilities and risks: A sex education package for working with people with learning difficulties  
Sex education for visually impaired children with additional disabilities  
Sex, laws and red tape: Scots law, personal relationships and people with learning difficulties  
Sexual health education and children and young people with learning disabilities: A practical way of working for professionals, parents and carers  
Sexual health resources for young people who are blind or partially sighted  
Sexuality and learning disability: A resource for staff  
Sexuality: Your sons and daughters with intellectual difficulties  
Shaving card  
SIGNALONG sexual awareness resource pack  
Some of your bits ain't nice  
Talking together … about growing up  
Talking together … about sex and relationships  
Thinking about sex? How to use condoms  
A visit to Caledonia Youth  
A woman's guide to keeping clean  
You don't know what it's like: Finding ways of building relationships with people with severe learning disabilities, autistic spectrum disorder and other impairments  
You, your body and sex
We have made every effort to ensure that all information was correct at the time of going to press, but details may change and it is advisable to contact the distributor to check availability and price. You may find that, rather than purchasing each resource you can borrow resources from your local health promotion library, education resource centre, or through local/national voluntary or support organisations; or collaborate with other organisations/colleagues to share the use of resources.

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

**NHS Health Scotland Library**
The Priory, Canaan Lane, Edinburgh EH10 4SG
t 0845 912 5442
e library.enquiries@health.scot.nhs.uk
www.healthscotland.com/library

**ENABLE**
Information Service
6th Floor, 7 Buchanan Street, Glasgow G1 3HL
t 0141 226 4541
e info@enable.org.uk
Resources are listed in alphabetical order.

A guide to the layout of the review pages and a key to symbols is provided on the inside back cover.
Batteries not included: A sexuality resource pack for working with people with complex communication support needs

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

Review source: Author; Various Scottish Practitioners’ Experiences

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

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

Inclusiveness
Practitioner: ‘Inclusive for profound and multiple disabilities.’
Practitioner: ‘Includes LGBT issues and disability.’

Accessibility
Practitioner: ‘High literacy needed.’

Usability
Practitioner: ‘Appendices very useful to refer to. No index.’

Notes of caution
‘Outlines the key dilemmas but does not give all the answers – services will be challenged to do so themselves.’ (Author)

Includes sexual images, including detail on using sex aids.’ (Practitioner)

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

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

‘Explores the legal issues at length, with useful boxed “nuggets” of information.

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

Availability

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

Price: £15.00 plus £4.00 p&p

Common Knowledge
www.ckglasgow.org.uk
Becoming a woman:
A teaching pack on menstruation for women with learning disabilities

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

Review source: Publisher; Various Scottish Practitioners' Experiences

Teaching pack

‘On menstruation for people with learning disabilities – pre-pubescent girls who have not yet started their periods but also for older women with limited understanding, and (in part) for young and not so young men/boys with learning disabilities.’
(Practitioner)

‘Facilitator notes including session timings, material lists, handouts and activities – 6 sessions with 20 diagrammatic worksheets.’
(Publisher)

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

Inclusiveness

Practitioner: ‘Wide variety of images.’
Practitioner: ‘Includes different ethnic groups.’

Accessibility

Practitioner: ‘Worksheets will aid accessibility.’

Usability

Practitioner: ‘Very detailed session plans. Very usable for professionals.’

Notes of caution

‘Sessions/activities can take up to two hours.’
(Practitioner)

‘Has one picture of a naked woman to illustrate female genitals.’
(Practitioner)

Availability

To buy
Pavilion Publishing
The Ironworks, Cheapside
Brighton, East Sussex BN1 4GD
t 0870 161 3505
f 0870 161 3506
e info@pavpub.com
www.pavpub.com

Price: £45.00
Book

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

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

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

criteria review

inclusiveness

Practitioner: ‘Shows ethnic diversity.’

accessibility

Practitioner: ‘Simple and clear.’

usability

Practitioner: ‘Easy to use.’

availability

to buy

Book Sales
The Royal College of Psychiatrists
17 Belgrave Square, London SW1X 8PG
t 020 7235 2351 ext. 146
(9.30am to 2.00pm)
f 020 7245 1231
e ljordan@rcpsych.ac.uk
www.rcpsych.ac.uk/publications/bbw/index.htm

price: £10.00 each (including p&p)

note: Bob tells all is out of print, but appears to still be available to buy on internet book websites.
Body board
[plus various packs]

Interactive play board with specific image packs
Designed for educators to use with people with learning disabilities

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

Appropriate packs for SRE are listed in the catalogue.

criteria review

inclusiveness
Teacher: ‘Wide range of boards makes them open to inclusiveness.’
Practitioner: ‘One body shape, but different faces.’
Practitioner: ‘Inclusive in terms of race/ethnicity and sexuality and religion.’

accessibility
Teacher: ‘Very visual which helps in the understanding.’

usability
Teacher: ‘The cost can hinder usability, better as a resource held centrally.’

issues raised include:
communication skills
human reproduction
sex and relationships
education
sexual intercourse / penetration

Body board image packs include:
Emotions pack (supplied with Body board)
Conception & pregnancy
Contraception & making love
Flirting, romantic sexual symbols
Pregnant people & families
Sex education pack
Stereotypes & body language
Stereotypes: people & jobs

format:
Body board supplied with the Emotions pack
Body board: 2 laminated pictures 70 x 70 cm illustrated full colour
Image packs: laminated illustrations full colour plus A4 instructions guide

notes of caution

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

The Making love pack only includes heterosexual sex.
Includes pictures of masturbation.’ (Practitioner)

things to commend

‘Interactive board with great visual material on subjects such as emotions, sex education, pregnancy, contraception and making love, personal hygiene, drugs, organs of the body.’ (Practitioner)

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

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

to buy
Headon Productions
PO Box 171, Manchester M21 7ZP
t/f 0161 998 8877
e sales@headonltd.co.uk
www.headonltd.co.uk

price: £160.00 for Body board (includes Emotions pack)
£6.00 - £50.00 for image packs
By telling the whole story in pictures, they help people to prepare for an event or re-visit something that has happened, such as going to hospital. They are able to relate the pictures to their own experiences, without being distracted or confused by accompanying text. The pictures share information but they also illustrate emotions relevant to the topic or experience.

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

‘The pictures speak for themselves.’ (Practitioner)

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

notes of caution

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

issues raised

include:

see individual titles

titles in this series include:

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

criteria review

inclusiveness

Practitioner: ‘Depicts people of different ethnicities and realistic body types.’

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

Support Org: ‘Positive and empowering images of people with learning disabilities.’

accessibility

Practitioner: ‘Very accessible, no words, detailed pictures.’

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

usability

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

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

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

Books beyond words

[various titles]

Author: see individual titles
Year: see individual titles
Publisher: Gaskell / Royal College of Psychiatrists
ISBN: see individual titles

Review source: Various Scottish Practitioners’ Experiences; Support Organisation working with people with learning disabilities and their families; www.intellectualdisability.info/how_to/beyond_words.htm

Book series

‘Aimed at people with learning disabilities.

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

availability

to buy

Book Sales
The Royal College of Psychiatrists
17 Belgrave Square, London SW1X 8PG

9.30am to 2.00pm)

020 7245 1231

e ljordan@rcpsych.ac.uk

www.rcpsych.ac.uk/publications/bbw/index.htm

price: £10.00 each (including p&p)

to loan

see individual titles
Building friendships:
A resource pack to help young people make friendships and develop relationships

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

Review source: Publisher; A Scottish Practitioner's Experience

Groupwork Manual

‘For 11-14 year-olds, and 14-19 year-olds where there are learning or other social difficulties.’ (Publisher)

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

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

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

criteria review

inclusiveness
Practitioner: ‘Doesn’t specify heterosexual or homosexual or bisexual relationships.’

accessibility
Practitioner: ‘Some exercises require reading skills.’

usability
Practitioner: ‘Well laid out – easy to dip in and out of.’

things to commend

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

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

notes of caution

‘Many exercises require reading skills.’ (Practitioner)

availability

to buy
Brook Publications
PO Box 1239, Coventry CV2 2NT
t 0870 750 3082
f 0870 750 3083
e brook@adc-uk.com
www.brook.org.uk
price: £35.00
Cathy has thrush

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

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

Brett has thrush

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

Nothing noted.

Booklet

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

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

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

Criteria review

Inclusiveness

Practitioner: ‘Portrays some ethnic diversity.’

Accessibility

Practitioner: ‘Accessible, clear and easy to understand.’
Practitioner: ‘Illustrations are by a woman with learning disabilities and are very simple and easy to understand.’

Usability

Practitioner: ‘Very easy to use.’

Availability

To buy

Women’s Health
52 Featherstone Street
London EC1Y 8RT
t 020 7251 6333
f 020 7250 4152
Minicom 020 7490 5489
www.womenshealthlondon.org.uk
www.elfrida.com/publications.htm

Price: £1.50
Cervical screening: A teaching pack for women with learning disabilities and those who work with them

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

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

Teaching pack

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

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

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

criteria review

inclusiveness
Practitioner: ‘Diversity of images – in terms of race.’

accessibility
Specialist: ‘Accessible.’
Practitioner: ‘Simple language, easy to understand.’

usability
Specialist: ‘Practical. Academic section at the back. Decision making pathway suggested.’

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

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

notes of caution

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

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

availability

to buy
Netherine Printing Services
12-13 Havenbury Industrial Estate
Station Road, Dorking, Surrey RH4 1ES
01306 875 150
e netherineprint@btconnect.com

price: £55.00
Chance to choose: Sexuality and relationships education for people with learning difficulties

Author: Dixon H
Year: 1992; Revised & updated 2005
Publisher: LDA

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

Resource

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

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


Criteria review

Inclusiveness

Practitioner: ‘Good on disability. Includes same-sex, explores some gender issues.’
Teacher: ‘Sections are easy for pupils to relate to.’

Accessibility

Practitioner: ‘Clear and easy to understand.’
Teacher: ‘Very clear.’

Usability

Practitioner: ‘Practical, easy to use; clear topic headings to dip in and out of.’
Teacher: ‘Very practical and easy to use. Each section can be clipped in and out at random.’
Practitioner: ‘The suggested progression through themes is well laid out, clear and easy to refer to as a reference guide.’

Notes of caution

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

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

Format:
- 2005 edition: CD-ROM

Me-and-Us Publications
6 Main Street, Sedbergh
Cumbria LA10 5JN
t 01539 622 310
f 01539 622 315
e admin@me-and-us.co.uk
www.me-and-us.co.uk

Price: £30.00
CD-Rom plus VAT and p&p
Exploring sexuality and disability: Walk your talk

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

Review source: Various Scottish Practitioners' Experiences

Advanced training manual

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

Looks at disabilities in general.’ (Practitioner)

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

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

accessibility

Practitioner: ‘Well laid out exercise plans.’

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

issue review

inclusiveness

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

notes of caution

Nothing noted.

criteria review

inclusiveness

accessibility

Practitioner: ‘Well laid out exercise plans.’

usability

Practitioner: ‘Practical, easy to use, thoughtful exercises.’
Falling in love

Author: Hollins S  
Year: 1999  
Publisher: Gaskell / Royal College of Psychiatrists  
ISBN: 1901242323

Review source: Publisher; A Scottish Practitioner's Experience

Book telling a story in pictures

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

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

Criteria review

Inclusiveness
Practitioner: ‘Depicts diversity – ethnic origin, disability.’

Accessibility
Practitioner: ‘Simple and clear.’

Usability
Practitioner: ‘Very easy to use.’

Issues raised include:
- Communication skills  
- Emotions / feelings  
- Love  
- Parents  
- Privacy  
- Relationships

Titles in this series include:
- Bob tells all  
- Falling in love  
- George gets smart  
- Hug me touch me  
- Jenny speaks out  
- Keeping healthy down below  
- Looking after my balls  
- Looking after my breasts  
- Making friends  
- Susan’s growing up

Format:
- A5  
- 145 x 210 mm  
- 84 pages  
- Illustrations  
- Full colour  
- Paperback book

To buy

Book Sales  
The Royal College of Psychiatrists  
17 Belgrave Square, London SW1X 8PG  
t 020 7235 2351 ext. 146  
(9.30am to 2.00pm)  
f 020 7245 1231  
e ljordan@rcpsych.ac.uk  
www.rcpsych.ac.uk/publications/bbw/index.htm

Price: £10.00 each (including p&p)
Feeling grown up

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

Review source: Various Scottish Practitioners' Experiences

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

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

criteria review

inclusiveness
Practitioner: ‘Inclusive for those with a disability and those with very limited reading skills.’

accessibility
Practitioner: ‘Very simple and clear.’

usability
Practitioner: ‘Easy to use.’

notes of caution

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

issues raised include:
appropriate behaviour
masturbation
menstruation
personal hygiene and grooming
public / private wet dreams

titles in this series include:
Female masturbation
Male masturbation
Menstruation: at home
Menstruation: at the disco
Public toilets
Wet dreams

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

to buy
Shepherd School
Harvey Road, Nottingham NG8 3BB
t 0115 9153265
e shepherdschool@hotmail.com
www.shep-net.com

price: £2.00 each plus p&p

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

Author: Hollins S, Flynn M, Russell P
Illustrator: Brighton C
Year: 2001
Publisher: Gaskell / Royal College of Psychiatrists
ISBN: 1901242528

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

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

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

criteria review

inclusiveness
Editor: See Books beyond words for further comment.

accessibility
Support Org: ‘Can get the point without reading skills.’

usability
Support Org: ‘Very easy to use.’

availability

to buy
Book Sales
The Royal College of Psychiatrists
17 Belgrave Square, London SW1X 8PG
t 020 7235 2351 ext. 146
(9.30am to 2.00pm)
f 020 7245 1231
e ljordan@rcpsych.ac.uk
www.rcpsych.ac.uk/publications/bbw/index.htm

price: £10.00 each (including p&p)
A guide to examining your breasts

Aimed at people with learning disabilities.

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

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

Leaflet

To buy:
NHS Health Scotland
Woodburn House, Canaan Lane
Edinburgh EH10 4SG
t 0131 536 5500
f 0131 536 5501
e publications@health.scot.nhs.uk

Price: £0.30 each leaflet (prices may vary)

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

Available to download free from:
www.healthscotland.com/documents/159.aspx
A guide to examining your testicles

Author: FAIR / NHS Health Scotland
Illustrator: Mudie P
Year: 2002
Publisher: NHS Health Scotland
ISBN: 1902030400

Review source: Various Scottish Practitioners’ Experiences

Leaflet
Aimed at people with learning disabilities.
Topics include: how to examine testicles for early signs of cancer; tips on staying healthy.
Part of the Keep yourself healthy series, this leaflet is also available on CD-ROM as A multimedia guide to examining your testicles.

criteria review

inclusiveness
Practitioner: ‘Diverse images (ethnicity, disability).’

accessibility
Practitioner: ‘Simple and clear.’
Support Org: ‘Great pictures. Clear simple language. Our group really like these booklets.’

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

notes of caution
Includes drawings of testicles.
‘May need support to read this if low/no literacy skills.’ (Practitioner)

issues raised include:
choices (making informed)
self-examination (testicles)
sexual health services
testicular examination

titles in this series include:
A guide to examining your breasts
A guide to examining your testicles
A guide to having a period
A man’s guide to keeping clean
Shaving card
A woman’s guide to keeping clean

also available in CD-ROM:
A multimedia guide to examining your breasts
A multimedia guide to examining your testicles

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

A guide to examining your testicles

things to commend
‘Clear, easy-to-follow.
Could be used in conjunction with testes models.’ (MDRG)
‘Inexpensive, valuable resource for professionals, parents, carers; as well as people with learning disabilities. The low price means that they can be given out as a reminder to take away.’
(Practitioner)
‘Simple and clear, a good “how-to” guide.’ (Practitioner)

to buy
NHS Health Scotland
Woodburn House, Canaan Lane
Edinburgh EH10 4SG
t 0131 536 5500
f 0131 536 5501
e publications@health.scot.nhs.uk

price: £0.30 each (prices may vary)

to loan
NHS Health Scotland Library page 14

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

Available to download free from:

availability

notes of caution

30
A guide to having a period

Author: FAIR / NHS Health Scotland
Illustrator: Mudie P
Year: 2003
Publisher: NHS Health Scotland
ISBN: 1844850064
Review source: Various Scottish Practitioners’ Experiences

Leaflet aimed at people with learning disabilities.
‘[Covers] everything about menstruation. Includes tips on using tampons and sanitary towels – how to use, when to change; dealing with period pain/moods.’ (Practitioner)

Part of the Keep yourself healthy series.

criteria review

inclusiveness
Practitioner: ‘Ethnic and age diversity shown.’

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

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

notes of caution

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

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

things to commend

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

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

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

titles in this series include:
A guide to examining your breasts
A guide to examining your testicles
A guide to having a period
A man’s guide to keeping clean
Shaving card
A woman’s guide to keeping clean

also available in CD-ROM:
A multimedia guide to examining your breasts
A multimedia guide to examining your testicles

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

price:
£0.30 each (prices may vary)

to buy
NHS Health Scotland
Woodburn House, Canaan Lane
Edinburgh EH10 4SG
t 0131 536 5500
f 0131 536 5501
e publications@health.scot.nhs.uk

availability

to loan
NHS Health Scotland Library page 14

free
The Health Promotion department at your local NHS Board may provide a limited number of copies for free.
A guide to having a smear test

Author: FAIR / NHS Lothian
Illustrator: Mudie P
Year: 2004
Publisher: FAIR Multimedia / NHS Lothian
ISBN: none

Review source: Various Scottish Practitioners' Experiences

Leaflet

Aimed at people with learning disabilities.

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

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

criteria review

inclusiveness

Nothing noted.

accessibility

Practitioner: ‘Simple and clear.’

usability

Practitioner: ‘Usable and cheap.’
Practitioner: ‘Easy to use.’

issues raised include:
anatomy of sexual organs
cervical cancer
cervical screening
medical examinations
smear tests
titles in this series include:
A guide to examining your breasts
A guide to examining your testicles
A guide to having a period
A guide to having a smear test
A man’s guide to keeping clean
Shaving card
A woman’s guide to keeping clean
also available in CD-ROM:
A multimedia guide to examining your breasts
A multimedia guide to examining your testicles

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

notes of caution

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

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

to buy

FAIR multimedia
25-27 West Nicholson Street
Edinburgh EH8 9DB
t 0131 662 1962
f 0131 662 9486
e multimedia@fairadvice.org.uk
www.fairadvice.org.uk

price: £0.50 each for 1-50 copies
£0.40 each for 51-100 copies
£0.35 each for 100+ copies

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

free

The Health Promotion department at your local NHS Board may provide a limited number of copies for free.
Holding on, letting go:
Sex, sexuality and people with learning disabilities

Author: Drury J, Hutchinson L, Wright J
Year: 2000
Publisher: Souvenir Press
ISBN 0285635786

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

Book
Written for parents and carers of children and young people with learning disabilities, about sexuality and abuse issues.
‘Suggested reading for parents with high literacy skills who wish to explore the topic in depth.’
(Practitioner)

issues raised include:
disability politics / rights / issues
parenting
relationships
rights and responsibilities
sexual abuse or coercion
sexual health services
sexuality

format:
A5
145 x 210 mm
120 pages
no illustrations
1 colour
paperback book

issues raised include:

criteria review

inclusiveness
Practitioner: ‘Does touch on same-sex relationships.’

accessibility
Practitioner: ‘High literacy skills required. Very wordy.’

usability
Practitioner: ‘No index.’

things to commend

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

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

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

notes of caution

Nothing noted.

availability

to buy
Wordpower
43 West Nicholson Street
Edinburgh EH8 9DB
t/f 0131 662 9112
www.word-power.co.uk/catalogue/0285635786
price: £9.99
£8.99 online discount price

to loan
NHS Health Scotland Library page 14
How it is:
An image vocabulary for children about feelings, rights and safety, personal care and sexuality

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

Review source: A Scottish Practitioner's Experience;
www.howitis.org.uk/index.htm

Booklet and/or CD-ROM
(the CD-ROM contains all the same information)

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

Topics covered include: children's feelings; their rights; their bodies; sexuality; personal care and basic needs. Will enable adults to work with children on these issues.’ (website)

criteria review

inclusiveness
Practitioner: ‘Stick drawings and symbols, abstract.’

accessibility
Practitioner: ‘Designed as an aid to accessibility.’

usability
Practitioner: ‘Easy to use.’

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

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

availability

NSPCC Publications Unit
Weston House, 42 Curtain Road
London EC2A 3NH

t 020 7825 7422
f 020 7825 2763
e publications@nspcc.org.uk
www.nspcc.org.uk/inform/howitis/

price: £8.00 for booklet and CD-ROM

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

things to commend

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

notes of caution

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

Contains pictures of a sexual nature.
Hug me touch me

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

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

Illustrated book

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

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

Criteria review

Inclusiveness

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

Accessibility

Support Org: ‘Can get the point without reading skills.’

Usability

Support Org: ‘Very easy to use.’

Availability

To buy

Book Sales
The Royal College of Psychiatrists
17 Belgrave Square, London SW1X 8PG
t 020 7235 2351 ext. 146
(9.30am to 2.00pm)
f 020 7245 1231
e ljordan@rcpsych.ac.uk
www.rcpsych.ac.uk/publications/bbw/index.htm

Price: £10.00 each (including p&p)

To loan

NHS Health Scotland Library page 14

Notes of caution

Nothing noted.

Things to commend

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

‘Clear pictures. Story is very easy to follow.’ (Support Org)
I have the right to know:
How to run a course on sexuality and personal relationships for people with learning disabilities

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

Review source: Various Scottish Practitioners’ Experiences; ENABLE

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

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

Criteria review

Inclusiveness
Practitioner: ‘Very inclusive. Includes same-sex relationships, different ethnic groups. Good pictures.’

Practitioner: ‘Inclusive of LGBT, including images.’

Accessibility
Practitioner: ‘Very clear and easy to follow.’

Usability
Practitioner: ‘It has a useful session plan for practitioners.’

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

Notes of caution
‘The law session is out of date, and not specific to Scottish law.’ (Practitioner)

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

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

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

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

Availability
Out of print
To loan
ENABLE page 14
I want to be a good parent: The BILD parenting series

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

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

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

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

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

issues raised include:  
parenthood

series information:  
Book 1: What's it like to be a parent? (16 pages)  
Book 2: Children need healthy food (10 pages)  
Book 3: Children need to be clean, healthy and warm (9 pages)  
Book 4: Children need to be safe (11 pages)  
Book 5: Children need love (7 pages)

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

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

accessibility  
Practitioner: ‘Very clear, lots of pictures, easy to follow’

usability  
Practitioner: ‘Very easy to use.’

notes of caution  
Nothing noted.

to buy  
BookSource  
32 Finlas Street, Cowlairs Estate  
Glasgow G22 5DU  
t 0870 240 2182  
f 0141 557 0189  
www.bild.org.uk/03books.htm  
price: £45.00 the set  
£10.00 each plus p&p  
10% discount for BILD members.

things to commend

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

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

Review source: Support Organisation; A Scottish Practitioner’s Experience

things to commend

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

‘Really good quick reference index.’ (Practitioner)

notes of caution

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

Book (signing manual)
Aimed at ‘professionals and carers working or living with people with verbal communication difficulties.’ (Support Org)

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

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

criteria review

inclusiveness
Practitioner: ‘Images show diversity of gender and ethnicity.

accessibility
Practitioner: ‘Easy to find what you need.’

usability
Practitioner: ‘Easy to use.’

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

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

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

price: £30.00 plus p&p
£120.00 offer if bought along with SIGNALONG sexual awareness resource pack.
It’s only natural:
For parents, carers and others involved in the lives of young people with learning disabilities – a resource which looks at issues of sexuality and sexual health

Author: Queens Road Sexual Health Team
Year: 1996
Producer: Barnardos
ISBN: none

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

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

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

criteria review
inclusiveness
MDRG: ‘Portrayed by real young people with learning disabilities.’
Practitioner: ‘Covers culture and beliefs.’
Practitioner: ‘A lot of gender stereotyping.’

accessibility
Nothing noted.

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

notes of caution
‘Quite lengthy and would need to be used carefully as covering controversial areas.’ (MDRG)

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

availability

to buy
Barnardos Sexual Health Team
Queen’s Road Disability Services
Queen’s Road, Bradford BD8 7BS
01274 481 183
01274 543 763
queensroad@barnardos.org.uk

price: Limited copies available for £5.00

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

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

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

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

Review source: ENABLE; Support Organisation; Various Scottish Practitioners’ Experiences

Video

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

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

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

Inclusiveness

Practitioner: ‘Other than portraying Kylie and Jason as heterosexual with friends who have same sex partners, the resource does not overtly focus on diversity. Issues of race and culture are not approached; neither are matters concerning disabilities of any kind.’

Support Org: ‘Reasonably inclusive.’

Practitioner: ‘Characters include different ethnic groups.’

Accessibility

Support Org: ‘OK for people who could cope with the level of language.’

Practitioner: ‘Strangely large heads on cartoon characters, difficult to relate to.’

Usability

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

Support Org: ‘Would need more thorough explanation from professionals. The videos come with booklets. Can chose which aspects to concentrate on.’
Jenny speaks out

Author: Hollins S, Sinason V
Illustrator: Webb B
Year: 2005
Publisher: Gaskell / Royal College of Psychiatrists
ISBN: 1904671144

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

Book

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

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

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

criteria review

inclusiveness

Practitioner: ‘Ethnic diversity included.’

accessibility

Practitioner: ‘Simple and clear.’

usability

Practitioner: ‘Easy to use.’

availability

to buy

The Royal College of Psychiatrists
17 Belgrave Square, London SW1X 8PG
t 020 7235 2351 ext. 146
(9.30am to 2.00pm)
f 020 7245 1231
e ljordan@rcpsych.ac.uk
www.rcpsych.ac.uk/publications/bbw/index.htm

price: £10.00 each (including p&p)

to loan

NHS Health Scotland Library
Just say know!
Understanding and reducing the risk of sexual victimisation of people with developmental disabilities

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

Review source: A Scottish Practitioner’s Experience; Publisher

Paperback book
‘Aimed at professionals who work with people with learning disabilities.
Topics include: attitudes and values; protection and its dangers; gender and power; indices of sexual abuse; “Ring of Safety”’. (Publisher)

criteria review
inclusiveness
Practitioner: ‘Very inclusive on disability, also on body size.’

accessibility
Practitioner: ‘Clear and easy to read. But does require high literacy.’

usability
Practitioner: ‘Very readable, especially given the topics. More of a leisurely read than a reference book.’

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

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

to buy
Inclusive Solutions
49 Northcliffe Avenue
Nottingham NG3 6DA
t 0115 955 6045
f 0115 956 7305
e inclusive.solutions@ntlworld.com
www.inclusive-solutions.com/
bookdetails.asp?ID=43

price: £8.90 plus p&p
Keeping healthy down below

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

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

Illustrated book
‘Covers all the steps from invite for smear test to actual test and results.’ (Practitioner)

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

criteria review

inclusiveness
Practitioner: ‘Includes ethnic minorities, old and young people, religious groups.’

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

usability
Practitioner: ‘The use of the divider sections makes it easy to get directly to the section needed.’

issues raised include:
cervical screening
choices (making informed)
medical examinations
menstruation
sexual health services
smear tests

titles in this series include:
Bob tells all
Falling in love
George gets smart
Hug me touch me
Jenny speaks out
Keeping healthy down below
Looking after my balls
Looking after my breasts
Making friends
Susan’s growing up

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

notes of caution
‘Includes images to illustrate the female body.’ (Practitioner)

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

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

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

to buy
Book Sales
The Royal College of Psychiatrists
17 Belgrave Square, London SW1X 8PG
t 020 7235 2351 ext. 146
(9.30am to 2.00pm)
f 020 7245 1231
e ljordan@rcpsych.ac.uk
www.rcpsych.ac.uk/publications/bbw/index.htm

price: £10.00 each (including p&p)

to loan
NHS Health Scotland Library page 14
Keep yourself healthy
[various titles]

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

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

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

criteria review

inclusiveness
Practitioner: ‘Inclusive images.’
Support Org: ‘Great pictures. Clear simple language. Our group really like these booklets.’

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

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

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usability
Practitioner: ‘Usable and cheap.’
Support Org: ‘Good, useful tools which hold people’s attention.’
Kylie's private world
Author: Life Support Productions
Year: 2001
Publisher: Life Support Productions
ISBN: none
Review source: Various Scottish Practitioners' Experiences; ENABLE; Multi-Disciplinary Review Group (MDRG); Support Organisation

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

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

Criteria review

Inclusiveness
Practitioner: ‘Other than portraying Kylie and Jason as heterosexual with friends who have same sex partners, the resource does not overtly focus on diversity. Issues of race and culture are not approached; neither are matters concerning disabilities of any kind.’
Practitioner: ‘Very heterosexist.’
Support Org: ‘Reasonably inclusive.’
Practitioner: ‘Characters include different ethnic groups.’

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

Usability
Practitioner: ‘No guidance on how to use the resource, no lesson plans or guidance on how to discuss topics.’
Support Org: ‘Would need more thorough explanation from professionals. The videos come with booklets. Can chose which aspects to concentrate on.’
Let’s do it: 
Creative activities for sex education for young people with learning disabilities

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

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

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

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

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

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

criteria review

inclusiveness

Practitioner: ‘Positive approaches to diversity.’
Practitioner: ‘Open enough to put in stuff about same-sex relationships, exercises are very gender neutral so couples could be same or mixed sex. Gender is more basic, about letting people know that they are male or female, rather than exploring issues.

Teacher: ‘Very flexible, therefore allows the teacher to make it very inclusive.’

accessibility

Teacher: ‘Good for pupils with complex learning disabilities.’

usability

MDRG: ‘Clear, easy to follow – can dip in and out. Gives examples of lesson plans.’
Teacher: ‘Lesson plans are very easy to follow.’
Let’s talk about puberty:
A booklet about growing up for young people who have a learning disability

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

Review source: Author; ENABLE; Various Scottish Practitioners’ Experiences

Booklet

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

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

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

criteria review

inclusiveness

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

accessibility


usability

Practitioner: ‘Easy to use. Clear headings.’

to buy

Down’s Syndrome Scotland
158 –160 Balgreen Road
Edinburgh EH11 3AU
t 0131 313 4225
f 0131 313 4285
e info@dsscotland.org.uk

price: £1.50 each
Reductions available for bulk orders.

to loan

ENABLE page 14

free

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

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

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

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

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

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

Training and resource pack with video

Aims to ‘support people with learning disabilities, their families and friends, service providers and staff to learn about values, attitudes, safety and rights in relation to sexuality and relationships.’ (Publisher)

‘Covers a whole range of issues including gay relationships. The big theme is the right to be sexual. [This is a] very useful resource to clarify this issue with parents and teachers. Includes different gender, ethnicities, ages, religions. Lots of different voices of people with learning disability – really challenges the view that they can be lumped into one category.’ (Practitioner)

‘The background music in the video may make it harder to hear the words. Well divided into sections for easy use.’ (Practitioner)

‘Really requires that practitioners are experienced facilitators.’ (Practitioner)
Living your life:
The sex education and personal development resource for special educational needs

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

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

‘A sexuality and relationships education resource aimed at students with special educational needs and/or learning difficulties aged 13 and above.’ (Head Teacher, Shepherd School)

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

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

criteria review

inclusiveness
Practitioner: ‘Very disability aware.’
Practitioner: ‘Includes a range of images of physical disability.’

accessibility
Practitioner: ‘Worksheets with clear and simple images.’

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

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

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

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

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

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

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

notes of caution

Includes images of masturbation.

to buy
Brook Publications
PO Box 1239, Coventry CV2 2NT
t 0870 750 3082
f 0870 750 3083
e brook@adc-uk.com
www.brook.org.uk

price: £50.00

to loan
NHS Health Scotland Library page 14
Looking after my balls

Author: Hollins S, Wilson J
Illustrator: Webb B
Year: 2004
Publisher: Gaskell / Royal College of Psychiatrists
ISBN: 1904671055

Review source: Publisher; A Scottish Practitioner’s Experience

Illustrated book

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

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

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

criteria review

inclusiveness
Practitioner: ‘Ethnicity, disability diversity in images.’

accessibility
Practitioner: ‘Simple and clear.’

usability
Practitioner: ‘Easy to use.’

availability

to buy
Book Sales
The Royal College of Psychiatrists
17 Belgrave Square, London SW1X 8PG
t 020 7235 2351 ext. 146
(9.30am to 2.00pm)
f 020 7245 1231
e ljordan@rcpsych.ac.uk
www.rcpsych.ac.uk/publications/bbw/index.htm

price: £10.00 each (including p&p)
Looking after my breasts

Author: Hollins S, Perez W
Illustrator: Webb B
Year: 2000
Publisher: Gaskell / Royal College of Psychiatrists
ISBN: 1901242536

Review source: A Scottish Practitioner’s Experience; Publisher

Illustrated book

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

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

Criteria review

Inclusiveness

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

Accessibility

Practitioner: ‘Simple and clear.’

Usability

Practitioner: ‘Easy to use.’

Notes of caution

Includes drawings of breasts, etc

to buy

Book Sales
The Royal College of Psychiatrists
17 Belgrave Square, London SW1X 8PG
t 020 7235 2351 ext. 146
(9.30am to 2.00pm)
f 020 7245 1231
e ljordan@rcpsych.ac.uk
www.rcpsych.ac.uk/publications/bbw/index.htm

Price: £10.00 each (including p&p)

To loan

NHS Health Scotland Library page 14
Making choices, keeping safe
Interagency Guideline for Lothian
 Issue 1, April 2004

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

Review source: Author; Various Scottish Practitioners’ Experiences

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

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

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

format:
website
download: Microsoft® Word
Adobe® PDF

criteria review
inclusiveness
Nothing noted.

accessibility
Practitioner: ‘The online version is easy to access.’
Practitioner: ‘Has a section to use with people with learning disabilities – accessible and illustrated.’

usability
Practitioner: ‘Easy to use, with divided sections. Most of the information is transferable to areas outside Lothian’

notes of caution
‘Some minor information needs to be updated because the law has changed even in the year it’s been out. NHS changes mean names have changed too. The contact section is very locally specific to Lothian.
Only available in online format.’ (Practitioner)

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

availability
free
Available to download free from:
www.mcks.scot.nhs.uk/
Making friends

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

Review source: A Scottish Practitioner's Experience

Illustrated book telling story in pictures

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

(Practitioner)

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

**criteria review**

**inclusiveness**

Practitioner: ‘Age and ethnic diversity portrayed.’

**accessibility**

Practitioner: ‘Easy to use with people with no literacy.’

**usability**

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

**issues raised**

appropriate behaviour
emotions / feelings
friendships
touch

**titles in this series include:**

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

**format:**

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

**to buy**

Book Sales
The Royal College of Psychiatrists
17 Belgrave Square, London SW1X 8PG
t 020 7235 2351 ext. 146
(9.30am to 2.00pm)
f 020 7245 1231
e ljordan@rcpsych.ac.uk
www.rcpsych.ac.uk/publications/bbw/index.htm

price: £10.00 each (including p&p)

**to loan**

NHS Health Scotland Library page 14
Male and female cloth models (Desmond and Daisy)

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

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

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

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

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

criteria review

inclusiveness

Practitioner: “Universal” skin colour.

accessibility

Nothing noted.

usability

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

issues raised include:

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

format:

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

to buy

Bodysense
c/o The Revd. Jane Fraser
Sunnybank House
Holly Green, Upton on Severn
Worcester WR8 0PG
t/t 01684 594 715
e clothmodels@revjane.demon.co.uk
www.bodysense.org.uk

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

note: Delivery time is six weeks as the models are made to order.
A man’s guide to keeping clean

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

Review source: Various Scottish Practitioners’ Experiences

Leaflet

Aimed at people with learning disabilities.

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

Part of the Keep yourself healthy series.

Criteria review

Inclusiveness

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

Accessibility

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

Usability

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

Notes of caution

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

Availability

To buy
NHS Health Scotland
Woodburn House, Canaan Lane
Edinburgh EH10 4SG
t 0131 536 5500
f 0131 536 5501
e publications@health.scot.nhs.uk

Price: £0.30 each (prices may vary)

To loan
NHS Health Scotland Library page 14

Free
The Health Promotion department at your local NHS Board may provide a limited number of copies for free.
Me and us website
www.me-and-us.co.uk

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

Review source: Various Scottish Practitioners’ Experiences

Website

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

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

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

criteria review

inclusiveness

Nothing noted.

accessibility

Nothing noted.

usability

Practitioner: ‘Easy to use.’

issues raised

include:
SRE resources
sex and relationships education
sex and the law

format:
multimedia
website

availability

free
www.me-and-us.co.uk/index.html
A multimedia guide to examining your breasts

Author: FAIR / NHS Health Scotland
Illustrator: Mudie P
Year: 2003
Publisher: NHS Health Scotland
ISBN: none

Review source: A Scottish Practitioner's Experience

CD-ROM

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

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

Criteria review

Inclusiveness

Practitioner: ‘Inclusive images.’

Accessibility

Practitioner: ‘Simple and clear.’

Usability

Practitioner: ‘Easy to use.’

Issues raised include:

Breast awareness and screening
Choices (making informed)
Medical examinations
Self-examination (breasts)

CD-ROM titles in this series include:

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

Also available as leaflets:

A guide to examining your breasts
A guide to examining your testicles
A guide to having a period
A man’s guide to keeping clean
A woman’s guide to keeping clean

Format:

CD-ROM plus leaflet
CD-ROM: Microsoft® Windows
Leaflet: A5 145 x 210 mm 12 pages illustrations full colour stapled leaflet

Availability

NHS Health Scotland
Woodburn House, Canaan Lane
Edinburgh EH10 4SG

t 0131 536 5500
t 0131 536 5501
e publications@health.scot.nhs.uk

Price: £2.00

Free

The Health Promotion department at your local NHS Board may provide a limited number of copies for free.
A multimedia guide to examining your testicles

Author: FAIR / NHS Health Scotland
Illustrator: Mudie P
Year: 2003
Publisher: NHS Health Scotland
ISBN: none

Review source: A Scottish Practitioner's Experience

CD-ROM

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

(Practitioner)

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

criteria review

inclusiveness
Practitioner: ‘Diverse images (ethnicity, disability).’

accessibility
Practitioner: ‘Simple and clear.’

usability
Practitioner: ‘Easy to use.’

CD-ROM titles in this series include:
A multimedia guide to examining your breasts
A multimedia guide to examining your testicles
also available as leaflets:
A guide to examining your breasts
A guide to examining your testicles
A guide to having a period
A man’s guide to keeping clean
Shaving card
A woman’s guide to keeping clean

format:
CD-ROM plus leaflet
CD-ROM: Microsoft® Windows
leaflet: AS
145 x 210 mm
16 pages
illustrations: full colour
stapled leaflet

availability

to buy
NHS Health Scotland
Woodburn House, Canaan Lane
Edinburgh EH10 4SG
t 0131 536 5500
f 0131 536 5501
e publications@health.scot.nhs.uk

price: £2.00

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

notes of caution

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

things to commend

‘Useful for those who don’t read.
Includes some information on healthy lifestyle.’ (Practitioner)
Now they are growing up…
(what young people need to know)

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

Review source: Various Scottish Practitioners’ Experiences

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

Aimed at parents of young people with learning disabilities.

Topics include independence, loss and bereavement.

issues raised include:
avoiding risky situations
HIV infection / AIDS
masturbation
personal hygiene and grooming
relationships
sexuality

titles in this series include:
HIV & AIDS
Loss
Masturbation: Female*
Masturbation: Male*
Menstruation*
A planned independent life and sexuality
Protecting your child*

criteria review

inclusiveness
Practitioner: ‘Diversity in ethnicity and disability images.’

accessibility
Practitioner: ‘Very clear and easy to understand.’

usability
Practitioner: ‘Caution because of specificity of resource [to the Shepherd School]!’

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

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

availability

to buy
Shepherd School
Harvey Road, Nottingham NG8 3BB
t 0115 9153265
e shepherd_school@hotmail.com
www.shep-net.com

price: £2.00 each plus p&p

note: allow plenty of time to order, as this is a school!
Titles indicated by * are also available in Urdu and Punjabi.
On the agenda:
Sex education for young people with learning difficulties

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

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

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

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

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

Companion to Let’s do it (see note).

criteria review

inclusiveness

Teacher: ‘Wide range of ideas available.’

accessibility

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

usability

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

Teacher: ‘Contains clear instructions.’

notes of caution

‘In parts it’s quite dated (1994).’ (Practitioner)

‘Slightly dated.’ (Teacher)

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

things to commend

‘Drama and active learning techniques.’ (Practitioner)

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

Good drama based exercises.

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

‘Good drama exercises.’ (Teacher)

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

to buy

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

Image in Action (Resources)
Chinnor Road, Bledlow Ridge
High Wycombe HP14 4AJ

price: £20.00 plus p&p

to loan

NHS Health Scotland Library page 14
'Cards can be useful – can be used selectively for different areas of sexual health work.' (MDRG)

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

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

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

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

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

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

'Includes images of genitalia and sexual acts.'

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

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

'Feeding resource specifically designed to be used with people with learning disabilities.' (Practitioner)

'For people with learning disabilities of any age.' (MDRG)

Criteria review

Inclusiveness

Practitioner: ‘Doesn’t include pictures of a range of ethnicities.’

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

Accessibility

Nothing noted.

Usability

Practitioner: ‘Supplied on CD-ROM - print what you want as you need it.’

Availability

Me-and-Us Publications
1 Garsdale Road, Sedbergh LA10 5JN
 t 01539 622 310
 f 01539 621 501
 e admin@me-and-us.co.uk
 www.me-and-us.co.uk/srelid/index.html

Price: £50.00 plus VAT and p&p
Reach Out report:
Looking at personal relationships, sexuality and needs of African and Asian descent learning disabled women

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

Review source: Publisher; Various Scottish Practitioners' Experiences

Report on the Reach Out project.
Aimed at staff who work with people with learning disabilities.
Includes a description of the project; how the work was carried out with African and Asian women; project findings; recommendations.

criteria review

inclusiveness
Nothing noted.

accessibility
Nothing noted.

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

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

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

availability

to buy
fpa direct
Corporate Services Dept
2-12 Pentonville Road, London N1 9FP
t 0845 122 8600
t 020 7837 3042
e fpadirect@fpa.org.uk
www.fpa.org.uk/about/pubs/index.htm

price: £5.00
Reach Out training pack:  
Personal relationships, sexuality and needs of African and Asian descent learning disabled people

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

Review source: Publisher; Various Scottish Practitioners’ Experiences

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

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

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

criteria review

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

accessibility
Practitioner: ‘Worksheets increase accessibility.’

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

notes of caution

‘Exercises may take two hours – they need this amount of time. Quite dense – a lot to read.’ (Practitioner)

availability

out of print

to loan
ENABLE page 14
Sex

Author: BILD
Year: 1998
Publisher: BILD

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

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

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

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

One book of the Your good health series.

criteria review

inclusiveness

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

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

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

accessibility

Practitioner: ‘Accessible, clear illustrations.’

Practitioner: ‘Very basic and accessible.’

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

usability

Practitioner: ‘Very simple, very usable with people with learning disabilities.’

Support Org: ‘Easy to use.’

availability

to buy

BookSource
32 Finlas Street, Cowlairs Estate
Glasgow G22 5DU
t 08702 402 182
f 0141 557 0189
www.bild.org.uk/03books.htm

price: £8.50

to loan

ENABLE page 14
NHS Health Scotland Library page 14
Sex and staff training:
Sexuality, sexual abuse and safer sex

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

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

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

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

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

criteria review

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

accessibility
Practitioner: ‘Easy to navigate and select exercises as needed.’

usability
MDRG: ‘Hand-outs can be photocopied. Contains suggested programmes – a two-day course and a one-day course.’

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

things to commend

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

notes of caution

‘Better with two facilitators.’ (MDRG)

availability

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

price: £65.00

to loan
ENABLE page 14
Sex and the 3R’s – rights, responsibilities and risks:  
A sex education package for working with people with learning difficulties

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

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

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

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

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### criteria review

**inclusiveness**

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

**accessibility**

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

**usability**

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

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### notes of caution

- ‘Some people do not like the drawings. Some of the drawings have ambiguous facial expressions so it’s not clear if they like the activity or not.’ (Practitioner)
- ‘Any trainer using this resource has to really look at and know the resource very well before using it.’ (Practitioner)
- ‘Sexual images of bodies and acts. The line drawings in this pack are detailed and sexual and the need for this material is explained.’ (Practitioner)

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### things to commend

- ‘Clear pictures of a range of situations and types of sex including same-sex relationships; unwanted sexual attention; and inappropriate behaviour.’ (Practitioner)
- ‘Line drawings.’ (Practitioner)
- ‘Has lots of pictures of difficult situations which are not available in a lot of resources.’ (Practitioner)
- ‘Flexibility – can be used to assess/deliver course or for specific areas, for example, masturbation.’ (Practitioner)

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### issues raised

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

### format

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

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### availability

**to buy**  
Pavilion Publishing  
The Ironworks, Cheapside  
Brighton BN1 4GD  
t 0870 161 3505  
f 0870 161 3506  
e info@pavpub.com  
www.pavpub.com  
price: £85.00

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

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Sex education for visually impaired children with additional disabilities

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

Review source: RNIB; Various Scottish Practitioners' Experiences

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

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

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

criteria review

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

Practitioner: ‘Briefly mentions same-sex relationships.’

accessibility
Practitioner: ‘Detailed guidelines clearly expressed and presented.’

usability
Practitioner: ‘Thorough guide on policy and context of sex education for school managers/school boards.’

to buy
RNIB Customer Services
PO Box 173, Peterborough PE2 6WS
0845 702 3153
cservices@rnib.org.uk
http://onlineshop.rnib.org.uk/

price: £12.50

to loan
NHS Health Scotland Library page 14
Sex, laws and red tape: Scots law, personal relationships and people with learning difficulties

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

Review source: Support Organisation; A Scottish Practitioner’s Experience

Booklet

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

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

criteria review

inclusiveness

Nothing noted.

accessibility

Practitioner: ‘Covers the law in a simple, clear and accessible way.’

usability

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

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

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

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

(New price unavailable at time of going to print).

to loan
NHS Health Scotland Library page 14
Sexual health education and children and young people with learning disabilities: A practical way of working for professionals, parents and carers

Author: Adcock K, Stanley G
Year: 1996
Publisher: BILD / Barnados
ISBN: 1873791380

Review source: Publisher; Various Scottish Practitioners’ Experiences; RNIB

Book/training manual

Aimed at ‘professionals training groups of people with learning disabilities or staff who work with learning disabilities.’ (Practitioner)

Topics include: notes for workshop trainers/facilitators; teaching plans for each session; hand-outs; OHP templates; guide to other resources. Uses group work and creative work methods.

criteria review

inclusiveness

Practitioner: ‘Does mention cultural/religious issues. No mention of LGBT issues.’

accessibility

Practitioner: ‘Accessible, useful exercises.’

usability

RNIB: ‘Requires two facilitators with experience.’

issues raised include:
group work
sex and relationship education

format:
A4
297 x 210 mm
62 pages
illustrations
1 colour book

notes of caution

‘Resources are out of date.’ (Practitioner)

‘Only two of the exercises are for young people with learning disabilities – better suited to [use with] professionals and parents/carers.

Doesn’t offer a content guide for a sex education programme – would need to use this resource alongside other resources.’ (Practitioner)

availability

out of print

to loan

NHS Health Scotland Library page 14
Sexual health resources for young people who are blind or partially sighted

Author: Sex Education Forum
Year: 2000
Publisher: RNIB
ISBN: 185878381X

Review source: A Scottish Practitioner's Experience

Resource book
Aimed at ‘educators working with blind and partially sighted children and young people in the area of sex and relationship education. It includes resources which are suitable for use with people with learning disabilities.

Topics include: sex education – background information; sources of further information; help-lines; format and audience index; resources; developing a sex education policy; distributors.’ (Practitioner)

criteria review

inclusiveness
Nothing noted.

accessibility
Nothing noted.

usability
Nothing noted.

availability

to buy
RNIB Customer Services
PO Box 173, Peterborough PE2 6WS
t 0845 702 3153
e cservices@rnib.org.uk
http://onlineshop.rnib.org.uk/

price: £8.00
Sexuality and learning disability:
A resource for staff

Author: Fanstone C, Katrak Z
Year: 2003
Publisher: fpa
ISBN: 1899194584

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

Book
Aimed at ‘staff who work with people with learning disabilities.’ (MDRG)

‘Good general reading for staff around practice and policy.’ (Practitioner)

Topics include: reasons why this work is important; useful tips for everyday work; working with parents, families and carers; information awareness and the skills needed to develop the worker as a resource.

criteria review

inclusiveness
Practitioner: ‘This book is inclusive and quite comprehensive for staff, especially covering staff concerns about the law, working with parents and carers and dealing with specific issues that come up in residential or day care environment.’

accessibility
Practitioner: ‘Quite a heavy read but useful if you are new to the field of learning disabilities.’

usability
Practitioner: ‘It gives tips throughout about everyday practice and a good list of contacts and websites with free downloads on the subject.’
Sexuality: your sons and daughters with intellectual difficulties

Author: Melberg Schwier K, Hingsburger D
Year: 2000
Publisher: Jessica Kingsley
ISBN: 1853028967

Review source: Various Scottish Practitioners’ Experiences; Support Organisation

Book
Designed for parents of people with learning disabilities.

Topics include: self love; self-esteem; boundaries; sex education; gender differences; STIs; abuse and exploitation; marriage; law; pregnancy; parenting a child with learning disabilities.

criteria review

inclusiveness
Practitioner: ‘Pictures in the book don’t represent different cultural or ethnic diversities. LGBT is limited to comments on homosexuality from the male perspective.’

accessibility
Support Org: ‘We find this to be a phenomenally popular book with our members, it’s well written, uses people’s personal experiences and, I believe, really encourages parents to face these issues.’
Practitioner: ‘Targeted at parents.’

usability
Practitioner: ‘Gives examples, advice and space to use as a personal workbook also.’

notes of caution
‘Fairly dense book requiring high literacy skills.’ (Practitioner)

things to commend
‘Discusses how to interact with children/young people on the topic of sexual health in a way that: increases self-esteem; encourages appropriate behaviour; empowers them to recognise and respond to abuse and enables them to develop lifelong relationships.’ (Practitioner)

issues raised
assertiveness
communication skills
emotions / feelings
friendships
heterosexuality
homosexuality
masturbation
media
moral issues
puberty
rights and responsibilities

format:
non-standard
175 x 255 mm
223 pages
photographs
1 colour
paperback

availability

to buy
Word Power
43 West Nicholson Street
Edinburgh EH8 9DB
t 0131 662 9112
www.word-power.co.uk/catalogue/1853028967

price: £14.95

to loan
ENABLE page 14
Shaving card

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

Review source: A Scottish Practitioner's Experience

Laminated card

‘Aimed at men with learning disabilities giving a step-by-step guide to wet and dry shaving for men.’ (Practitioner)

Part of the Keep yourself healthy series aimed at people with learning disabilities.

criteria review

inclusiveness

Nothing noted.

accessibility

Nothing noted.

usability

Nothing noted.

issues raised include:

personal hygiene and grooming

titles in this series include:

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

also available in CD-ROM:

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

format:

A4
297 x 210 mm
2 sides
illustrations
full colour
laminated card

availability

to buy

NHS Health Scotland
Woodburn House, Canaan Lane
Edinburgh EH10 4SG
t 0131 536 5500
f 0131 536 5501
e publications@health.scot.nhs.uk

price: £0.30 each (prices may vary)

to loan

NHS Health Scotland Library page 14

free

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

notes of caution

‘Some literacy skills needed – so may need support.’ (Practitioner)

things to commend

‘Very clear guide with great illustrations showing how to shave.’ (Practitioner)
SIGNALALONG sexual awareness resource pack

Author: Meinertzhagen K
Year: 2001
Publisher: The SIGNALONG Group

Review source: Various Support Organisations; A Scottish Practitioner’s Experience

‘Pictures of sexual activities and bodies. Photocopiable.’ (Support Org)
‘Great for people who are using SIGNALALONG symbols.’ (Support Org)

‘Limited guidance on use – intended for experienced professionals.’ (Support Org)
‘The Part 2 book that I had, did not have symbols listed, especially female ones.’ (Practitioner)
Contains sexual images.

‘Loose leaf pack with books of graphic symbols.’ (Support Org)

Aimed at ‘people responsible for sexuality and relationship issues, [to use] with adolescents and adults with learning difficulties.’ (Support Org)

Part 1 Symbol Match includes symbols for sexual feelings and activities; the sexual body; gender identity; expectations; sex aids.

Part 2 Symbol Match includes symbols for birth; birth control; sexual health.

criteria review

inclusiveness
Practitioner: ‘[People of different] ethnic groups, sizes, ages and disabled people included. No same-sex relationships.’

accessibility
Practitioner: ‘Easy to navigate.’

usability
Support Org: ‘It has guidance notes and symbol matches. Very good to illustrate points.’

issues raised include:
abortion / termination of pregnancy
abstinence
appropriate behaviour
contraception
heterosexuality
masturbation
menstruation
puberty
sex aids / sex toys
transgender issues

format:
3 x A5
145 x 210 mm
spiral-bound books

Guidance notes:
21 pages
Symbols are in Part 1 Symbol Match and Part 2 Symbol Match books.
35 x A4 cards
297 x 210 mm
laminated
black and white line drawings loose

availability

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

price: £100.00 Complete resource pack
£19.00 Part 1 Symbol Match
£13.50 Part 2 Symbol Match
£28.00 Part 1 & Part 2 together
£120.00 offer if bought with It’s my life
Some of your bits ain’t nice

Author: Health Education Council
Year: 1985
Producer: Health Education Council
ISBN: none

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

Video

‘Cartoon about personal hygiene aimed at teenagers.’ (Practitioner)

criteria review

inclusiveness

Teacher: ‘Every section of society can relate to it.’
Practitioner: ‘No disabled people are shown. The two main characters are white, heterosexual.’

accessibility

Teacher: ‘Simple and easy to understand.’

usability

Teacher: ‘Very good. Self explanatory.’

things to commend

‘Good fun – people can relate to it – easy to follow – animated characters going through step-by-step guide to personal hygiene.’ (MDRG)

‘It is dated from some time in the 80s but still relevant. It’s a cartoon relating to personal hygiene so the issues aren’t out of date and the characters don’t look dated.’ (Practitioner)

notes of caution

Nothing noted.

to buy

Concord Video and Film Council
22 Hines Road, Ipswich
Suffolk IP3 9BG

01473 726 012
www.concordvideo.co.uk

price: £25.00 plus p&p

to hire

Also available to hire from the same suppliers.
Susan’s growing up

Author: Hollins S, Sinason V
Illustrator: Brighton C
Year: 2001
Publisher: Gaskell / Royal College of Psychiatrists
ISBN: 1910124251X

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

Illustrated book

‘Describes the story of a girl getting her first period and managing using sanitary protection, changing sheets, personal hygiene and celebrating being a woman.’ (Practitioner)

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

Inclusiveness

Practitioner: ‘[Shows] ethnic diversity, diversity of body-size.’

Accessibility

Practitioner: ‘No reading skills needed.’

Usability

Practitioner: ‘Simple and easy to use.’

Availability

to buy
Book Sales
The Royal College of Psychiatrists
17 Belgrave Square, London SW1X 8PG
t 020 7235 2351 ext. 146
(9.30am to 2.00pm)
f 020 7245 1231
e ljordan@rcpsych.ac.uk
www.rcpsych.ac.uk/publications/bbw/index.htm

price: £10.00 each (including p&p)
Talking together… about growing up

Author: Scott L, Kerr-Edwards L
Year: 1999
Publisher: fpa
ISBN: 1899194967
Info source: Publisher; ENABLE; Multi-Disciplinary Review Group (MDRG); A Scottish Teacher’s Experience; A Scottish Practitioner’s Experience

‘A workbook, full of activities and exercises, which aims to help parents of children with a learning disability to teach their children about growing up.’

(ENABLE)

‘For use with young people with learning disabilities; aimed at parents, carers, teachers, social work staff, etc.

It can be used in school or home settings to support school sex education.’

(Publisher)

Topics include: life cycle; body parts; public and private; keeping safe; feelings; growing up; looking ahead.

criteria review

inclusiveness

Practitioner: ‘Different ethnic groups included. No physical disabilities.’

accessibility

Practitioner: ‘Parent will need literacy skills. Nicely designed for parents to use together with children.’

Teacher: ‘Information and activities are easy to follow.’

usability

MDRG: ‘Fully illustrated and contains teacher’s notes and a resource list.’

Teacher: ‘Excellent for use with both teachers and parents.’

issues raised include:
appropriate behaviour
body changes
body image
choices (making informed)
emotions / feelings
masturbation
menstruation
public / private relationships
sex and relationships
education
sexual language

availability

to buy
fpa direct
50 Featherstone Street,
London EC1Y 8QU
t 0845 122 8600
f 0845 123 2349
e fpadirect@fpa.org.uk
www.fpa.org.uk/shopping

price: £12.99

to loan
ENABLE page 14

notes of caution

Nothing noted.
Talking together… about sex and relationships

Author: Kerr-Edwards L, Scott L
Year: 2003; updated 2007
Publisher: fpa
ISBN: 1899194576

Review source: Publisher; Various Scottish Practitioners’ Experiences

Book/training pack

For use with schools, parents, carers, social work staff, etc; aimed at young people aged thirteen and above, with a wide range of learning disability.

Topics include: preparing for adulthood; learning to keep safe; relationships; all about sex; sexual choices and sexual health; what does the future hold?; resource and contact lists.

criteria review

inclusiveness
Practitioner: ‘Images include a range of ethnicities, age ranges, wheelchair users, etc.’
Practitioner: ‘LGBT, cultural and ethnic diversity represented but in slightly tokenistic way. Not main characters, the focus is on heterosexual relationships.’

accessibility
Practitioner: ‘Simple, clear, easy-to-understand language.’

usability
Practitioner: ‘Clear and easy to navigate and dip in and out of.’

issues raised
include:
abortion / termination of pregnancy
assertiveness
avoiding risky situations
body changes
condoms
HIV infection / AIDS
personal hygiene and grooming
pregnancy
preventing pregnancy
relationships
sex and relationships education
sexual health
sexual health services
STIs – symptoms and consequences

format:
A4
297 x 210 mm
120 pages
illustrations
1 colour
spiral-bound

to buy
fpa direct
50 Featherstone Street,
London EC1Y 8QU
t 0845 122 8600
f 0845 123 2349
e fpadirect@fpa.org.uk
www.fpa.org.uk/shopping

price: £14.99 special price if all three Talking together books purchased.

to loan
NHS Health Scotland Library page 14
Thinking about sex?
How to use condoms

Author: Caledonia Youth
Illustrator: Mudie P
Year: 1999 (reprinted 2003)
Publisher: Caledonia Youth
ISBN: none

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

Leaflet
Aimed at people with learning or literacy difficulties.

criteria review

inclusiveness
Practitioner: ‘Doesn’t represent diversity – doesn’t mention female condoms, physical disability or LGBT.’

accessibility
Practitioner: ‘Very easy to understand.’

usability
Practitioner: ‘Very usable.’

issues raised include:
anatomy of sexual organs
condoms
heterosexuality
preventing pregnancy
safer sex

format:
A5
145 x 210 mm
9 pages
illustrations
full colour
glossy
stapled leaflet

notes of caution

‘Portrayal of sex only shows missionary position – would need to explain that other ways are possible too.’
(Practitioner)

availability

free
Caledonia Youth
5 Castle Terrace, Edinburgh EH1 2DP
t 0131 229 3596

For your local Caledonia Youth branch visit:
www.caledoniayouth.org

things to commend

‘Clear, contains pictures, easy to follow text guide to using condoms.’ (MDRG)

‘Discusses pregnancy, infections and correct usage of condoms.
Uses illustrations and easy-to-follow information in non-judgemental manner.
Encourages access to services.
Can be issued to client(s) or discussed together with professional or carer.
Provides detailed information.’ (Publisher)
A visit to Caledonia Youth

Author: Caledonia Youth
Illustrator: Mudie P
Year: 1999 (reprinted 2002)
Publisher: Caledonia Youth
ISBN: none

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

Leaflet

Aimed at 'people with learning or literacy disabilities.' (Publisher)

'Leaflet designed for people with learning disabilities explaining about obtaining contraception from Caledonia Youth.' (MDRG)

criteria review

inclusiveness

Practitioner: 'No mention of LGBT issues or physical disabilities.'
Practitioner: 'Illustrates a white heterosexual couple only.'

accessibility

Practitioner: 'Uses illustrations and easy-to-follow information in a non-judgemental manner.'
Teacher: 'Good illustrations.'

usability

Practitioner: 'Easy to use.'

issues raised

include:
choices (making informed)
condoms
confidentiality
contraception
heterosexuality
sexual health
services
STIs – symptoms and consequences

format:
A5
145 x 210 mm
17 pages
illustrations
full colour
glossy
stapled leaflet

notes of caution

Nothing noted.

good clear guide with pictures taking you step by step through a visit to Caledonia Youth.' (MDRG)

'Discusses pregnancy, infections and access to services.
Provides detailed information.
Can be used to discuss access to services in general as well as visiting Caledonia Youth services.
Encourages discussion with partner.
Can be issued to client(s) or discussed together with professional or carer.' (Publisher)

free
Caledonia Youth
5 Castle Terrace, Edinburgh EH1 2DP
t 0131 229 3596

For your local Caledonia Youth branch visit: www.caledoniayouth.org
A woman’s guide to keeping clean

Author: FAIR / NHS Health Scotland
Illustrator: Mudie P
Year: 2003
Publisher: NHS Health Scotland
ISBN: 1902030923
Review source: Various Scottish Practitioners’ Experiences; Support Organisation

Leaflet

Aimed at people with learning disabilities.
‘Covers the why, how and when of keeping clean.’
(Practitioner)

Part of the Keep yourself healthy series.

criteria review

inclusiveness

Practitioner: ‘Keeping clean leaflets include non-white people and wheelchair users. Diversity in images re: ethnicity, disability, age.’

accessibility

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

usability

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

To buy
NHS Health Scotland
Woodburn House, Canaan Lane
Edinburgh EH10 4SG
t 0131 536 5500
f 0131 536 5501
e publications@health.scot.nhs.uk

price: £0.30 each (prices may vary)

to loan
NHS Health Scotland Library page 14

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

notes of caution

‘ Doesn’t mention specifically re: washing genitals that woman should use plain water and not soap; or a mild soap, with a thorough rinse, in case of irritation.’ (Practitioner)
You don't know what it's like:
Finding ways of building relationships with people with severe learning disabilities, autistic spectrum disorder and other impairments

Author: Caldwell P, Hoghton M
Year: 2004
Publisher: Pavilion Publishing
ISBN: 1841960233

Review source: Publisher; A Scottish Practitioner's Experience

Book
Aimed at parents, carers and staff working with people with severe and profound learning disabilities.

‘Of particular interest to all those working with people with autistic spectrum disorder and behavioural challenges.’ (Publisher)

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issues raised include:
- autism
- emotions / feelings
- learning disabilities
- relationships

format:
- A4
- 297 x 210 mm
- 117 pages
- illustrations
- 1 colour
- book

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criteria review

inclusiveness
Practitioner: ‘Very inclusive of severe learning disabilities, autistic spectrum disorder, etc.’

accessibility
Practitioner: ‘High literacy skills needed.’

usability
Practitioner: ‘No index, but contents break down into topics.’

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to buy
Pavilion Publishing
The Ironworks, Cheapside
Brighton, East Sussex BN1 4GD
t 0870 161 3505
f 0870 161 3506
e info@pavpub.com
www.pavpub.com

price: £25.00
You, your body and sex

Author: Life Support Productions  
Year: 2003  
Publisher: Life Support Productions  
ISBN: none  

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

issues raised include:  
body changes  
choices (making informed)  
condoms  
heterosexuality  
masturbation  
personal hygiene and grooming  
relationships  
safer sex

titles in this series include:  
Jason's private world  
Kylie's private world  
You, your body and sex

format: Multimedia DVD video

DVD

For both men and women with learning difficulties, which combines content from the Kylie's private world and Jason's private world videos.

Topics include: growing up; periods; masturbation; keeping clean; relationships; love and affection; consent; safer sex; condoms; saying no; sex and people’s attitudes.

criteria review

inclusiveness

Practitioner: ‘Other than portraying Kylie and Jason as heterosexual with friends who have same sex partners, the resource does not overtly focus on diversity. Issues of race and culture are not approached; neither are matters concerning disabilities of any kind.’

Practitioner: ‘Very heterosexist.’

Support Org: ‘Reasonably inclusive.’

Practitioner: ‘Characters include different ethnic groups.’

accessibility

Support Org: ‘OK for people who could cope with the level of language.’

Practitioner: ‘Strangely large heads on cartoon characters, difficult to relate to.’

usability

Practitioner: ‘The DVD is divided into seven different parts, which can be accessed in any order and thus provides flexibility and repetitive use for consolidation. Works better as DVD format than the two separate videos, since it doesn’t give the impression of being a continuous story.’

To buy

Life Support Productions  
PO Box 2127, London NW1 6RZ  
t/f 020 7723 7520  
e sales@lifesupportproductions.co.uk  
www.lifesupportproductions.co.uk

price: £59.58 plus VAT

things to commend

‘Can chose which aspects to concentrate on.’ (Support Org)

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

notes of caution

‘Be aware that there is quite a lot of visual detail (which could be confusing). Too “wordy”.’ (Support Org)

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

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

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

‘Deals with consent issues in a tokenistic way, but emphasizes “stranger-danger”, as opposed to the reality of abusive situations.’ (Practitioner)
abortion / termination of pregnancy
abstinence
anal sex
anatomy of sexual organs
appropriate behaviour
assertiveness
attitudes / attitudinal change
autism
avoiding risky situations
bisexuality
body changes (developmental life stages)
body image
body language
breast awareness and screening
breast cancer
bullying
cellulacy
cervical cancer
cervical screening
choices (making informed)
circumcision
communication skills
conception
condoms
confidentiality
consent
contraception
disability politics / rights / issues
emergency contraception
emotions / feelings
ethnicity and culture
femidoms
friendships
gay men
gender differences
gender issues
group work
heterosexuality
HIV infection / AIDS
homosexuality
hormones
human reproduction
intimate care
learning disabilities
lesbians
love
mammograms
masturbation
media
men who have sex with men
medical examinations
menstruation
mood swings
moral issues
options if pregnant
oral sex
other disabilities
parenthood
parent
peer influences
personal hygiene and grooming
policy issues
power issues in relationships
pregnancy
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privacy
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public / private
relationships
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rights and responsibilities
safesex
same-sex partnerships
saying no
school policy
self-esteem
self-examination (breasts)
self-examination (testicles)
services (where, how to access)
sex and religion
sexual abuse or coercion
sexual orientation
sexual touching
sexual activity
sexual explicit material
SIRs (symptoms and consequences)
smeared test
staff values
testicular cancer
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transgender issues
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At-a-glance guide: Resources and issues covered

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<td>Talking together... about sex and...</td>
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<tr>
<td>Thinking about sex? How to use...</td>
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<tr>
<td>A visit to Caledonia Youth</td>
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<tr>
<td>A woman's guide to keeping clean...</td>
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<td>You don't know what it's like...</td>
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<td>You, your body and sex...</td>
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‘At last people are beginning to recognise the sexual health needs of people with learning disabilities and respond in ways that are relevant and appropriate to each individual. This publication is invaluable in adding to the information that is available to practitioners involved in direct support.’

Michael Brown, Learning Disability Nurse Consultant and Teaching Fellow, NHS Lothian

This document is also available on the Sexual Health and Wellbeing Network website: