



## Learning Disability RSE Resources

Please note that prices are subject to change by the supplier. Prices were correct on 17/4/2020. This list is being provided to Supported Loving members who attended the webinar on 15/4/2020. I have highlighted the resource I find most useful in yellow.

Any queries about any of these resources or anything from the webinar please contact Claire Lightley - [clairewithwings@gmail.com](mailto:clairewithwings@gmail.com)

Title	What is it?	Where from?
All about Us	DVD Rom. A self-study learning tool that can be used by someone with LD on their own or with support. Covers topics including relationships, contraception, STIs and public/private issues	£14.99 FPA  (there is a CD Rom version for £2.99)  <a href="http://www.fpa.org.uk">www.fpa.org.uk</a>
All about Us lesson plans manual	A manual of lesson plans that can be used with the DVD Rom	£7.99 FPA <a href="http://www.fpa.org.uk">www.fpa.org.uk</a>
BBC Learning Zone PSHE SEN clips	Animated short films about private touching, periods, being safe	<b>FREE TO USE</b> BBC <a href="http://www.bbc.org.uk/bitesize/topics">www.bbc.org.uk/bitesize/topics</a>
Books beyond words	Books with no words addressing issues such as relationships, sexual abuse and sexual health	£35 for 4 books Beyond Words <a href="http://www.booksbeyondwords.co.uk">www.booksbeyondwords.co.uk</a>
Capacity to consent to sexual relations	Very useful guidelines from the BPS looking at capacity to consent.	<b>FREE DOWNLOAD</b> British Psychological Society <a href="http://www.bps.org.uk">www.bps.org.uk</a>
CHANGE accessible booklets	A series of leaflets: Sex and masturbation Friendships and relationships Lesbian, gay, bisexual and trans Safe sex and contraception	£6.99 each or all 5 for £32 CHANGE <a href="http://www.changepeople.org">www.changepeople.org</a>

	Sexual abuse	
Condom cards	A set of cards that describe the stages of putting on a condom	£4.00 Me-and-us <a href="http://www.bodysense.org.uk">www.bodysense.org.uk</a>
Condom demonstrator	A plastic penis model for condom demos	£15.95 FPA <a href="http://www.fpa.org.uk">www.fpa.org.uk</a> £6.20 WMS <a href="http://www.wms.org.uk">www.wms.org.uk</a>
The Confidence Factor	For young people or young adults with 12 session plans and activities	£29 Image in Action <a href="http://www.imageinaction.org">www.imageinaction.org</a>
Contraception / STIs accessible leaflets	Accessible leaflets for adults with learning disabilities	£3.99 for a pack of 5 FPA <a href="http://www.fpa.org.uk">www.fpa.org.uk</a>
Contraceptive display kit	A kit containing examples of different contraceptives	£91.95 FPA <a href="http://www.fpa.org.uk">www.fpa.org.uk</a>
Exploring Sexual and Social Understanding 2 <sup>nd</sup> Edition	A capacity assessment pack for working with people with learning disabilities	£30 – although currently unavailable – may be available second hand? BILD <a href="http://www.bild.org.uk">www.bild.org.uk</a>
Female genital model	A full scale model showing the female genitals and sexual organs, inside and out	£470 Bodysense <a href="http://www.bodysense.org.uk">www.bodysense.org.uk</a>
Going Further – SRE course	A pack designed for staff working in Colleges of Further Education with young people with LD	<b>FREE!</b> Image in Action Download from <a href="http://www.imageinaction.org">www.imageinaction.org</a>
Jiswi	A pick and mix of RSE activities	<b>FREE DOWNLOAD</b> <a href="http://www.fpa.org.uk">www.fpa.org.uk</a>
Learning disabilities, sex and the law	A booklet to help with sex and the law questions	FPA Not available to buy new
Let's Do It	A book full of activities to use in sex and relationships work	£28 Image in Action <a href="http://www.imageinaction.org">www.imageinaction.org</a>
Let's Plan It	A book full of plans and schemes of sex and relationships work	£32 Image in Action <a href="http://www.imageinaction.org">www.imageinaction.org</a>

Let's talk about Relationships and Sex	A training resource for people with downs syndrome covering eight different areas of relationships and sex education	£50 (for parents) £80 (for individuals) £100-180 (for organisations) Down's Syndrome Association <a href="http://www.downs-syndrome.org.uk">www.downs-syndrome.org.uk</a>
Male and Female cloth models	Half life size anatomically correct cloth models	£425 Bodysense <a href="http://www.bodysense.org.uk">www.bodysense.org.uk</a>
Online pornography and illegal content: an easy read guide	An easy read guide about pornography	<b>FREE DOWNLOAD</b> CMG and CHANGE and CS <a href="http://cmg.co.uk/wp-content/uploads/2019/04/Online-Pornography-and-Illegal-Content-draft2-17-09-18.pdf">http://cmg.co.uk/wp-content/uploads/2019/04/Online-Pornography-and-Illegal-Content-draft2-17-09-18.pdf</a>
Periods	A pack designed to help young girls with LD with their periods	£15 (£2.50 for a set of 5 purse leaflets) Me-and-us <a href="http://www.bodysense.org.uk">www.bodysense.org.uk</a>
Personal Space	A book for autistic people addressing personal space	£8.99 Kate E Reynolds <a href="http://www.amazon.co.uk">www.amazon.co.uk</a>
Picture Yourself 1 & 2	Sets of line drawings and photographs for use in sex and relationships work	£30 for both CDs Me-and-us <a href="http://www.bodysense.org.uk">www.bodysense.org.uk</a>
Puberty and Sexuality	A workpack for children and young people with a learning disability	<b>FREE DOWNLOAD</b> NHS Leeds <a href="http://www.leedssexualhealth.com">www.leedssexualhealth.com</a>
Relationships and sexuality in adult care services	Guidelines from CQC	<b>FREE DOWNLOAD</b> CQC <a href="http://www.cqc.org.uk">www.cqc.org.uk</a>
Sclera symbol bank	A free image bank with symbols for sexual expression / touch etc	<b>FREE DOWNLOAD</b> <a href="http://www.sclera.be">www.sclera.be</a>
Seeing a sex worker (also Anna sees a sex worker / Tony sees a sex worker)	Accessible booklets for people with learning disabilities about seeing sex workers. Please note they are Australian and refer to the law there.	20 AUS Dollars for all three (around £10) Touching Base <a href="http://www.touchingbase.org">www.touchingbase.org</a>

Sexual Expression	Seven modules covering a programme of SRE for young people	<b>FREE DOWNLOAD</b> Brook Publications <a href="http://www.brook.org.uk">www.brook.org.uk</a>
Sexual knowledge and behaviour assessment tool	A capacity assessment pack for use with young people before and after SRE sessions	£25 Me-and-us <a href="http://www.bodysense.org.uk">www.bodysense.org.uk</a>
Sex Education for very special people	A book about sensory activities for people with severe/profound learning disabilities	Flo Longhorn Not currently available
SHARE Special	An SRE curriculum for young people	£20 Sexual Health Sheffield <a href="http://www.sexualhealthsheffield.nhs.uk">www.sexualhealthsheffield.nhs.uk</a>
Songs for your body	Songs to help people with severe learning disabilities learn about sex and relationships	£7.50 <a href="http://www.bodysense.org.uk">www.bodysense.org.uk</a>
The Star SEN Toolkit	Teaching activities for those working with SEN students around online safety	<b>FREE DOWNLOAD</b> Childnet International <a href="http://www.childnet.com">www.childnet.com</a>
Talkabout Sex and Relationships	A programme to develop intimate relationship skills	£40 Alex Kelly <a href="http://www.routledge.com">www.routledge.com</a>
Talking Together books	A set of 3 books addressing -Contraception -Growing Up -Sex and relationships	-Contraception (£13.99) -Growing Up (£4.99) -Sex and relationships (£7.99) FPA <a href="http://www.fpa.org.uk">www.fpa.org.uk</a>
Things Tom/Ellie likes	Picture books about masturbation	£8.99 FPA <a href="http://www.fpa.org.uk">www.fpa.org.uk</a>
This is me: the girl who was really a boy	A picture book about being trans.	£6.99 Lindsay Taylor <a href="http://www.amazon.co.uk">www.amazon.co.uk</a>
Transgender: an easy read guide	An easy read guide about being transgender	FREE! CMG and Choice Support <a href="http://cmg.co.uk/wp-content/uploads/2019/02/Transgender-easy-read-guide-For-Web.pdf">http://cmg.co.uk/wp-content/uploads/2019/02/Transgender-easy-read-guide-For-Web.pdf</a>

What are relationships?	A book for autistic people addressing relationships	£8.99 Kate E Reynolds <a href="http://www.amazon.co.uk">www.amazon.co.uk</a>
What's happening to Tom / Eliie?	Picture books about puberty	£8.99 FPA <a href="http://www.fpa.org.uk">www.fpa.org.uk</a>