

Learning together:

A review of sexual health and relationship resources to support parents and carers



Published by NHS Health Scotland

Edinburgh Office
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ISBN 978-1-84485-493-6

NHS Health Scotland is a WHO Collaborating Centre for Health Promotion and Public Health Development.

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Terminology

Throughout this document we will use the term **parents** to mean both parents and carers.

Foreword

The evidence is quite clear that discussing relationships at an early age can have a lasting impact on the way children and young people develop into confident, self-assured adults able to negotiate their way through the ups and downs of life. Raising sexual health issues from the early years onwards can support better relationships in the long term.

Talking about sexual health is never easy, no matter what age you are or what your background is. And talking with your children is even more daunting especially when you think about how you learned about the 'birds and the bees'! That doesn't mean you don't want to have these discussions, it is just that sometimes you don't know what to say, where to start and what information is appropriate at what age.

This resource is designed to help professionals who might work with parents on a one-to-one basis or in a group setting. And it should also help parents or carers work their way through the maze of resources that confront them when they want to do the 'right' thing in preparing children and young people. The books, DVDs, CDs and websites identified have been reviewed by both professionals and parents with comments on their suitability, age relevance and topics covered set out to help readers identify what resource(s) might best fit their needs.

Using this resource will ensure that parents/carers are making a valuable contribution in support of the *Early Years Strategy*, *Respect and Responsibility* and also towards achieving the goals set out in *Curriculum for Excellence*, while enhancing the existing partnership between parents/carers and schools .

We are grateful to the many professionals and parents who helped develop this resource and in particular to The TASC Agency who managed the process of identifying and collating the wealth of resources available. We acknowledge that this resource is only as good as the feedback we receive so we encourage you to give us your comments, send in details of any new resources for inclusion and most of all, to use the resource.

Acknowledgements

This document has been produced with the help of many people. Our thanks to:

- Parents, carers and colleagues from across sectors and agencies who gave their time to attend review panels where the resources were explored and discussed.
- The initiatives Talk 2 and Speakeasy (FPA Scotland) that have already done so much work to identify resources for their work with parents and carers.
- NHS Lothian and NHS Health Scotland's Library Staff.
- Members of the WISH Networks who helped to identify resources.
- Those people who supported the organisation of the parent and professional panels.
- Members of the Project Steering Group.

The team involved in the development and production of the NHS Health Scotland publication *Sexual Health and Relationships: A Review of Resources for people with learning disabilities* which provided a guide to format and approach for this work.

That document is available at: www.healthscotland.com/documents/1185.aspx

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Section 1: Purpose of this review

Parents have a key role in helping their child learn about sex and relationships. When it comes to supporting them to do this there are many professionals who want to help.

In considering the role of parents and the support they need, NHS Health Scotland identified the need to put together a comprehensive document that presents and reviews resources that can support parents to help their child learn in this key area.

The review includes helpful resources for parents of children of all ages and abilities.

An index of subjects is included (on pages 13–15) to help you find specific issues or topics.

The resource can be used directly by parents, but it is also a resource for professional people who seek to develop their role in supporting parents as co-educators in the field of sex and relationships.

Why parents matter

Research has shown that children and young people see their parents as an important potential source of learning about sex and relationships; indeed many wish that their parents were the main source of learning.

However, in Scotland today, only 1 in 4 young women and 1 in 10 young men identify that a parent has actually been their main source for learning about sex and relationships.¹ This is disappointing because we also know:

- **Family life matters.** Kakavoulis (2001)² asserts that 'the family has been recognised as the most influential context in which the child develops and it shapes sexual identity and behaviour from the beginning of life'.
- **Parents are central to all aspects of development, growth and health.** Thinking about where sex education fits, Turnbull et al (2008)³ recognise that 'sex education is no exception to general education, where parents provide their children with information that helps them to form attitudes, beliefs and values about identity, relationships and intimacy'.

This resource is intended to help us move from where we currently are, with poor engagement between parents and children, to where we (including children and young people) actually want to be.

¹ NHS Health Scotland (2009). Analysis of NATSAL data for Scotland available at: www.healthscotland.com/documents/browse/408/968.aspx (last accessed 12.05.09).

² Kakavoulis, A. (2001). Family and Sex education: a survey of parental attitudes. *Sex Education*, **1(2)**, 163–174.

³ Turnbull, T., van Wersch, A. and van Schaik, P. (2008). A review of parental involvement in sex education: The role for effective communication in British families. *Health Education Journal*, **67**, 182–195.

Challenges

In order to support the role of parents, we need to recognise that there are both stereotypes and real barriers that get in the way. The stereotypes are concerned with views about parents simply being resistant to taking on this role – that they are part of the problem rather than the solution. The barriers which make it difficult for parents to fulfil their potential as co-educators are as follows:

- Parents might not feel knowledgeable enough to be active in their child's learning when it comes to sex and relationships. It may be that parents don't quite know how to approach sex and relationships learning.
- Parents might not have had many opportunities themselves to talk and learn about sex and relationships when they were growing up.
- Parents could think that education about sex and relationships is someone else's job. Dads might think that it's something Mums should do. Some parents may assume that school is providing all that their daughter or son needs to know.
- In many circumstances, communication about sex and relationships is unplanned. While spontaneity isn't a problem in itself, it may mean that discussion is always reactive and opportunities to be proactive are missed. If children sense their parents' apprehension and feel their questions are not welcome, they will stop asking.
- Beginning conversations in the teenage years can feel embarrassing, difficult or lead to conflict just when young people are establishing their own independent lives and want those lives to be private. Parents often feel unclear about the extent to which they need to give explicit messages or firm boundaries, or whether they should not interfere too much. For parents who only begin communicating about sex and relationships in their child's teenage years, there can be an urgency to focus on risks and dangers. More often than not, conversations such as these are directed mainly at girls.

As well as all the pressures identified above, parents can also feel a huge pressure to have the formal one-off 'sex talk' with their child where often there is huge embarrassment and little is communicated effectively. Perhaps it is more helpful for parents to consider the importance of communication between parent and child throughout the child's life.

This review signposts resources which will support parents and children to learn individually and together, whenever learning about sex and relationship begins.

What is sex and relationship learning about?

This review of resources identifies that sex and relationship learning is about many things. In their work which looks at what parents and children/young people might communicate about, Rosenthal and Feldman (1999)⁴ helpfully identify four main domains (in bold below) and 20 subsequent areas where communication and learning can take place. You will find all these issues are addressed somewhere in resources identified in this review. The index of subjects on pages 13–15 will help you find a resource with a particular issue you may be interested in.

- The first domain is **development and societal concerns** and this would include menstruation/periods, body changes/puberty, pregnancy, abortion, homosexuality and sex before marriage.
- The second domain is **sexual safety** and this includes safe sex/condoms, sexually transmitted infections (STIs), HIV/AIDS and contraception.
- The third domain is **experiencing sex** and this includes dating and romantic relationships, dealing with pressure, sexual desire, satisfaction/orgasm, sexual practices, talking about sexual needs, choice of partner and the role of the young person's peer group in sexual decision-making.
- Finally there is **solitary sexual activity** and this includes masturbation and wet dreams.

In looking at this range of issues, we can see that we do not just need to build knowledge or language – it's not just about facts – we also need to consider experiences, feelings and needs.

Through parent-child communication, it is hoped that within the context of family life, children and young people will be supported to improve self-confidence, develop skills and an awareness of their right to safe, healthy and happy personal relationships. It is of course important to remember that *how* issues are discussed and *when* they are discussed will vary, and parents need to make decisions about what is right for their child.

⁴ Rosenthal, D.A. and Feldman, S.S. (1999). The importance of importance: adolescent's perceptions of parental communication about sexuality. *Journal of Adolescence*, **22**,835–851.

What learning happens in school?

It is generally expected that learning about sex and relationships takes place at school. The approach to sex and relationship education in schools is underpinned by a number of Scottish Government documents. From school year 2009/10 the development of a key strand of the work on the curriculum in Scotland's schools known as *Curriculum for Excellence*⁵ will be particularly important.

Curriculum for Excellence has identified eight key curricular areas, with health and wellbeing as one. Within health and wellbeing, six overarching sets of 'experiences' have been identified; these include a focus on relationships, sexual health and parenthood where a range of 'outcomes' have been articulated for learning. The health and wellbeing experiences and outcomes for relationships, sexual health and parenthood within *Curriculum for Excellence* are included in Appendix 1 of this review.

In 2008, NHS Health Scotland published 'A Review of Sex and Relationship Education in Scottish Secondary Schools'.⁶ A similar review of sex and relationship education in the primary school sector has now been published.⁷

This work is ensuring that sex and relationship learning in Scotland's schools is improving. However, the reality is that learning about sex and relationships in school has its limits. While *Curriculum for Excellence* helps us to affirm that learning for health and wellbeing is everyone's business and can happen across traditional subject areas, children and young people spend far more time at home with their families and in their communities; this means that it is family settings, or places where families can learn together, which must also be seen as central to sex and relationship learning.

⁵ For more on Curriculum for Excellence go to Appendix 1 or to: www.ltscotland.org.uk/curriculumforexcellence

⁶ 'A Review of Sex and Relationship Education in Scottish Secondary Schools' available at: www.healthscotland.com/documents/2439.aspx

⁷ 'A review of sex and relationship activities and resources in primary schools in Scotland' available at: www.healthscotland.com

About this review: a) Identifying resources

The review team were tasked with using networks and contacts to source the resources which are available and are in use in Scotland which support parents in their role as co-educators in sex and relationship learning.

The review team designed a short pro forma which asked colleagues in the field to identify any resource which they used or knew about. Our initial request was disseminated via the NHS Health Scotland: Sexual Health and Wellbeing Learning Network which has a wide reach across Scotland, both in terms of geography and across professional settings and sectors. Professional contacts were encouraged to use their own networks so that this snowballing technique saw the request for resources reach many colleagues. The review team at TASC also used existing professional networks and contacts to promote engagement in the review.

Two agencies offered particular assistance in identifying resources for the review. **Talk 2**⁸ and **Speakeasy** (FPA Scotland)⁹ are both working with parents to raise awareness, confidence and skills as co-educators. Both agencies have been very generous with their support; sharing their knowledge of resources and supporting parents to participate in review panels.

We have included resources which are leaflets, booklets, books, websites and DVDs. These resources have a part to play in supporting or building the role of parents as co-educators. Most of these resources can be made available to parents to use themselves or with their child, while others are for professionals to facilitate parents.

Some of the resources in this review are also to be found in a previous review of resources available for professionals to support sexual health and relationships work with people with learning disabilities. We have included these again because they are of direct support to parents.

We have not included a small number of resources that proved impossible to locate, or perhaps are only in a format such as VHS video, which most people no longer use. Nor have we included leaflets for parents which simply provide information about school-based programmes.

⁸ More about Talk 2 at www.talk2glasgow.com

⁹ More about Speakeasy FPA Scotland at www.fpa.org.uk/Inthecommunity/Speakeasy/SpeakeasyinScotland

b) Involving parents/carers and professionals in this review of resources

Once resources were identified, each was taken to both a panel of parents and of professionals for discussion and review. Additional reviews of some resources, such as websites, were undertaken individually by participants after attending a panel. A few resources came to the attention of the review team later in the process and so did not reach a panel, however, they were reviewed by the team.

In terms of the panels facilitated as part of the review:

- Six parents' panels were held, attended by 54 parents. Parents' panels met in Dumfries, Glasgow (two panels), East Dunbartonshire (two panels) and Inverness. Parents attending had children aged from early years through to older teenagers; some were parents of children with disabilities. All but two of the participating parents were female. Parent panels lasted between two and four hours.
- Five professional panels were held, attended by 44 professional people. Professional panels met in Dundee, Dumfries, Edinburgh, Glasgow and Stirling. Each panel met for four hours, with participants working in pairs or small groups to review resources one by one. The participants came from the following professional settings: Health (20 participants), Education (11 participants), Voluntary sector (eight participants), Social Work/Children and Families/Social Care (five participants).

The participants on our panels were presented with a range of materials which had been identified in our initial trawl of resources. At both parent and professional panels, participants were asked to take a resource, read or view it, and then record their views on a recording sheet which asked for comments in relation to a number of prompt questions. Members of the review team were on hand to support the process. Participants considered:

- Who is the resource for?
- Is it aimed at a particular group?
- Is it a good format?
- Is it accessible? Easy to use and understand?
- What age group would it best serve?
- What are the best things about it?
- Is it inclusive?
- Any problems? Anything missing? Any notes of caution?

In addition to reviewing resources, participants were also asked to identify gaps and shortfalls in relation to what is available. Many of the gaps and shortfalls are addressed in some of the resources which are reviewed in this publication. The summary of this part of the review process is in Appendix 2.

NHS sexual health and relationships websites were reviewed by both panels but were not included in the body of the text due to difficulties in creating an index of subjects for each site. However, the review can be found in Appendix 3.

Section 2: The resources

The review comments in this publication are intended as guidance only. For professionals choosing a resource to use with parents, or for parents choosing a resource to share with your child, decisions should be based on what will work best for you.

Resources are listed in alphabetical order.

Symbol key

 Book	 Both boys and girls
 Booklet/leaflet	 13+ Age range
 DVD/CD-ROM	 Child only
 Resource pack	 Parents
 Website/online resource	 Parent and child
 Training course	 Parents/professionals
 Boys	 Professionals only
 Girls	 Learning disabilities

4 Boys: A below-the-belt guide to the male body

4 Girls: A below-the-bra guide to the female body



Two small illustrated booklets about changes in puberty for boys and for girls.

Resource suggested for:

Children aged 10+ to use on their own, but parents may want to read it with them.

Good things about it:

'Full of information and easy-to-read facts using appropriate terminology and with good, humorous illustrations.' (professional)

'Covers aspects of puberty which parents might not find it easy to talk about.' (parent)

'The size is small and discreet.' (parent)

'It's non-judgemental.' (professional)

'Like a comic book which would likely be used by teenagers.' (parent)

'Good combination of slang and terminology.' (parent)

Accessibility and inclusiveness:

'Easy to use and understand.' (parent)

'Includes different races and sexualities.' (professional)

Problems, omissions or notes of caution:

'Contact numbers are outside Scotland.' (professional)

'There's not enough emphasis on relationships.' (professional)

Authors: **Philip Boys (4 Boys)**
Kate Godwin (4 Girls)

Publisher: **FPA**

Year: **2006**

ISBN: **1-905506-08-2 (4 Boys)**
1-905506-07-4 (4 Girls)

Format: **A6 booklets**
105 x 148 mm
16 pages
illustrated
full colour
stapled

Availability

To buy

FPA
50 Featherstone Street
London EC1Y 8QU
t: 0845 122 8600
e: fpadirect@fpa.org.uk
www.fpa.org.uk

Price: 50 copies for £12.50. It also comes in FPA's Parents Pack (see this review), which costs £6.

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4 You

Growing Up – What's It All About?

A booklet for both boys and girls about physical and emotional changes at puberty done in a comic style.

Resource suggested for:

Children aged 10+ to use on their own, but parents may want to read it with them.

Good things about it:

'A colourful and happy booklet.' (parent)

'It touches on everything.' (parent)

'Very child friendly.' (parent)

'There's useful information on the signposting page.' (professional)

Accessibility and inclusiveness:

'Very easy to use – for anyone.' (parent)

'Easy to read – uses basic language.' (parent)

'Illustrations show different skin colours and body shapes.' (parent)

Problems, omissions or notes of caution:

Nothing noted.



Author: Liz Swinden
Publisher: FPA
Year: 2007
ISBN: 1-905506-17-1
Format: A5 booklet
149 x 210 mm
16 pages
illustrated
full colour
stapled

Availability

To buy

FPA
50 Featherstone Street
London EC1Y 8QU
t: 0845 122 8600
e: fpadirect@fpa.org.uk
www.fpa.org.uk

Price: 50 copies for £12.50. It also comes in FPA's Parents Pack (see this review), which costs £6.

The A–Z of Sex



This DVD is divided into six 25-minute programmes featuring candid interviews with young people as well as humorous dramatisations and animations. A professional from Brook Advisory Service also gives advice in short clips.

The films look at sex and relationship topics such as body image, how to use condoms and other contraception, asking someone out and dating, communication, alcohol, erections, pressures to have sex, being gay, media influences, ways to be intimate, feeling jealous, kissing, love, the clitoris, what makes sex good and not so good, abstinence, orgasms, oral sex, getting help if pregnant, assertiveness and saying no, rape, STIs, splitting up and trust.

Resource suggested for:

Parents to watch with young people aged 13–19 or young people to watch on their own.

Good things about it:

The DVD addresses many subjects that parents and young people may find awkward to discuss together, but young people will be able to relate to those interviewed in the films and the humorous scenarios and animations can help put them at ease if watching with parents. There are a lot of subjects covered which can be used to open up further discussion.

Accessibility and inclusiveness:

Diverse sexualities and ethnicities included. Language is colloquial and free of any jargon.

Problems, omissions or notes of caution:

Some parents could find some of the frank discussions embarrassing and should be prepared for further discussion.

Produced by: **Lambent Productions
for 4Learning**

Distributor: **4Learning**

Year: **2004**

Format: **DVD**

Availability

To buy

Channel 4 Learning
Codestorm Health
Walton Road
Farlington
Hampshire
PO6 1TR
t: 0844 800 4445
e: channel4learning@codestorm.co.uk
www.channel4learning.com

Price: £25

Abortion

Just so you know

This small booklet presents facts about abortion and also discusses why women consider having abortions, attitudes about abortion and how a woman may feel. Also discusses signs of pregnancy, pregnancy testing, contraception and suggests where to seek advice.

Resource suggested for:

Boys and girls aged 13+, but parents may want to read it with them.

Good things about it:

'Although this booklet comes from a position of accepting that women have the right to abortion, it does not aim to persuade young women one way or another – it presents facts in order that women are supported to come to their own decisions.' (professional)

'Colourful with lots of good information.' (professional)

'The humour in the illustrations may help when dealing with this emotional subject.' (professional)

'Easy to use, clear and to the point.' (professional)

Accessibility and inclusiveness:

'Need good literacy to read this.' (professional)

Problems, omissions or notes of caution:

Nothing noted.



Author: **Corinne Pearlman**
Editor: **Anne Robson**
Publisher: **FPA**
Year: **2005**
ISBN: **1-899194-18-5**
Format: **A6 booklet**
105 x 148 mm
16 pages
illustrated
full colour
stapled

Availability

To buy

FPA
50 Featherstone Street
London EC1Y 8QU
t: 0845 122 8600
e: fpadirect@fpa.org.uk
www.fpa.org.uk

Price: 50 copies for £12.50. It also comes in FPA's Parents Pack (see this review), which costs £6.

All About Us: Living and Growing

Primary Sex & Relationship Education

This DVD is a series of nine 15-minute programmes divided into three units for three different age groups (5–7, 7–9 and 9–11 years old). Designed for primary schools' sex and relationship education and used by several Scottish local authorities to complement their curricula. Scenes with actors as well as animated sequences cover a wide range of topics. There are also short discussions and interactive quizzes for each programme. A booklet is included which summarises each programme, gives key vocabulary and suggests discussion points and activities.

Resource suggested for:

Designed for classrooms but parents may also find it useful to use with children aged 5–11.

Good things about it:

'It's about being human. It says it's OK to be different.' (parent)

'It mixes playtime with actual learning. It's rather like kids' TV, with the music and everything.' (parent)

'It keeps you interested and it's very easy to use; lots of choices to explore like quizzes and discussions.' (parent)

'It's very child focused.' (professional)

'Children watching this can see children their own age doing things they would normally do.' (parent)

'Very adaptable – there are lots of short sessions which hold your attention.' (professional)

Accessibility and inclusiveness:

'Easy to understand and child friendly.' (parent)

'It's easy to use with parents and children.' (parent)

'This DVD celebrates diversity. It's very inclusive.' (professional)

Problems, omissions or notes of caution:

Nothing noted.



Produced by: **Television Junction**

Distributor: **Channel 4**

Director: **Phil Swerdlow**

Advisor: **Dr Miriam Stoppard**

Year: **2005**

Format: **DVD**

Availability

To buy

Channel 4 Learning
Codestorm Health
Walton Road
Farlington
Hampshire
PO6 1TR
t: 0844 800 4445
e: channel4learning@codestorm.co.uk
www.channel4learning.com

Price: £45 + VAT

To loan

NHS Health Scotland Library

Are You Ready for Sex?



Pocket-sized leaflet addressing pressure to have sex. Also touches on risks of drugs, alcohol and the internet.

Resource suggested for:

Parents may want to use this with their children aged 13+ or give to children to use on their own.

Good things about it:

'It lets children think everything over. We like how there are lots of references to respecting yourself and others.' (parent)

'Doesn't say 'don't do it' but 'avoid things you might regret' – a really good message.' (professional)

'There are good helpline details and helpful website information.' (parent)

'Covers a lot of relevant subjects for ages 13+.' (parent)

'I really like it, it's well done. It's good to have sections about drugs and alcohol and the internet.' (professional)

'A good size to keep in a purse or wallet to allow a child to refer to it discreetly.' (parent)

Accessibility and inclusiveness:

'It's laid out well and clearly worded.' (parent)

'It's good that it refers to different sexual preferences.' (parent)

Problems, omissions or notes of caution:

Nothing noted.

Author: **Health Opportunities Team and Healthy Respect**
Year: **2007**
ISBN: **not known**
Format: **A7 leaflet**
74 x 105 mm (folded)
210 x 598 mm (unfolded)
three colours
unbound

Availability

To buy

Health Opportunities Team
1a Queens Walk
Edinburgh, EH16 4EA
e: info@health-opportunities.org.uk
t: 0131 468 4600
www.health-opportunities.org.uk

Price: £0.40 each.

Free

Free to agencies in Lothian through Lothian NHS Library.

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Asperger's Syndrome and Sexuality

From Adolescence through Adulthood



This book covers a broad range of issues in Part 1 such as puberty, contraception and relationships and there is extensive writing about understanding and intervening for inappropriate sexual behaviours as well as social skills. In Part 2 there is a structured programme of 12 workshops for young people from the age of 16 to adult. Beginning with assessment, the course also looks at sexuality and communication, love and friendship, physiological aspects of sexuality, emotions, STIs, sexual orientation, abuse and inappropriate behaviour. Each workshop comes with activity sheets for developing sociosexual skills for people with Asperger's Syndrome.

Resource suggested for:

Parents of people with Asperger's Syndrome as well as professionals. Part 1 of the book is a comprehensive look at issues regarding sexuality and will be of interest to both parents and professionals. Part 2 presents a programme which should only be facilitated by a skilled and confident team working in the field of Asperger's Syndrome and sexuality.

Good things about it:

This book aims to ensure that we do not repress, misunderstand or incorrectly interpret the sexuality of people with AS. It is comprehensive and positive about the sexuality of people with AS.

Accessibility and inclusiveness:

There is a section covering diverse sexualities.

Problems, omissions or notes of caution:

Part 2 presents an inclusive and comprehensive course which we suggest should be facilitated by confident and experienced professionals.

Author: **Isabelle Hénault**
Publisher: **Jessica Kingsley Publishers**
Year: **2005**
ISBN: **978-1-84310-189-5**
Format: **paperback book**
300 x 210 mm
one colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £14.99

Avert website



This website is from the international HIV and AIDS charity Avert, based in the UK. There is a section for teens with answers to commonly asked questions about sex and relationships, including puberty.

Resource suggested for:

Parents may want to view this with their children aged 13+ or let children use it on their own. Professionals may also find this site helpful.

Good things about it:

'It provides answers to everyday questions – or questions that you would maybe be scared to ask.'
(professional)

'Games and quizzes give you a range of resources to use for educational purposes – testing your children's knowledge.'
(professional)

Accessibility and inclusiveness:

'Technically simple and accessible for all.'
(professional)

'It is easy to navigate your way round the site.'
(professional)

'It is definitely inclusive – it incorporates different countries, cultures, languages and sexualities.'
(professional)

Problems, omissions or notes of caution:

'When it referred to 'UK' it was really talking about England and Wales, the health system is organised differently in Scotland.'
(professional)

Developer: **Avert**

Availability

www.avert.org

BBC Bare Facts website



This website is designed for parents and uses a lot of very short video clips of parents, young people and professionals giving their views about sex and relationships. There are also several pages on this site and links to other websites which give information and advice about a wide range of topics.

Resource suggested for:

Parents of children of any age. There are links for sites for children and young people as well. Professionals may find the site useful when working with parents or children.

Good things about it:

'The video snippets are good.' (parent)

Accessibility and inclusiveness:

There is a section about diverse sexualities which includes a video clip.

'I wish it covered disability.' (parent)

'It is easy to understand.' (parent)

Problems, omissions or notes of caution:

Nothing noted.

Developer: **BBC**

Availability

www.bbc.co.uk/barefacts

Be Books Online website



Online version of two short books called *Boys and Girls* and *True or False* which parody old-fashioned illustrated children's books. They take a humorous and frank look at teenage pressures to have sex. The site also has answers to commonly asked questions about sex as well as quizzes.

Resource suggested for:

Young people 13–15.

Good things about it:

These online books are unique because most young people will be able to relate to them. Young people's vernacular is used and the stories candidly show situations which young people very often experience. This makes the books appealing to young people because they will understand the humour and the tone is neither patronising nor didactic – but the messages are clear.

Accessibility and inclusiveness:

Very easy to read.

There are no diverse ethnicities or abilities portrayed.

The word gay is raised as a discussion point.

Problems, omissions or notes of caution:

Nothing noted.

Developers: **NHS Greater Glasgow & Clyde, NHS Lanarkshire and NHS Ayrshire and Arran**

Availability

www.bebooksonline.co.uk

Boys: Your guide to growing up Girls: Your guide to growing up

These two small leaflets summarise what happens at puberty for boys and for girls and include anatomical diagrams of sexual organs.

Resource suggested for:

Children aged 10+, but parents may also want to read the leaflets with them.

Good things about it:

'They explain puberty well – clearly talking about both physical and emotional changes.' (professional)

'The reassuring "don't worries" are good.' (professional)

'They use correct language but also refers to slang terms.' (professional)

'You could use either leaflet with both gender groups to find out about male and female changes at puberty.' (professional)

'It is discreet, there's no embarrassing text or pictures on the cover.' (parent)

Accessibility and inclusiveness:

'It is clearly written.' (professional)

'There are no different races in the illustrations.' (professional)

Problems, omissions or notes of caution:

'It is not in depth, you would have to use it in conjunction with something else.' (professional)



Publisher: **NHS Milton Keynes Primary Care Trust**
Year: **2005**
ISBN: **not known**
Format: **A6 leaflets**
104 x 149 mm (folded)
210 x 297 mm (unfolded)
illustrated
full colour

Availability

To buy

NHS Health Promotion Resources
Shipleigh Court
Marsh End Road, Newport Pagnell
Milton Keynes, MK16 8EA
t: 01908217 121
www.hp-publications.nhs.uk

Price: £0.17 each

Condom Essential Wear website



This site focuses on how to make sex safer, with information about condoms, STIs and sexual health check ups.

Resource suggested for:

Aimed at young people aged 13+, but some parents may want to view with their children. Parents may also find this a useful site for their own information.

Good things about it:

'This is especially good for teenagers who wouldn't like to ask parents or carers.' (parent)

'There's a vast amount of information. Practically everything you would need to know for sexual awareness.' (parent)

'It is very good at promoting safer sex.' (parent)

Accessibility and inclusiveness:

'It is laid out well and very easy to use for parents and children.' (parents)

Problems, omissions or notes of caution:

'Kids could be embarrassed to use (the site) with parents, but it would be a good site to use by themselves.' (parent)

Developer: **NHS**

Availability

www.condomessentialwear.co.uk

Dad, I've got something to tell you

Some answers to the questions you might have if your son is gay

This booklet suggests answers to the questions a father might have if his son is gay, gives examples of how other fathers feel about this and includes where to go for support and information in Scotland. Also talks about religious issues.

Resource suggested for:

Fathers of young gay men.

Good things about it:

'It talks about the parent's feelings and has a great range of questions that a parent may have and gives good advice.' (professional)

'The statistics are helpful – knowing that one in ten men will grow up to be gay or bisexual – for parents to know they are not only ones.' (professional)

'Identifies pitfalls of what may happen if you reject them or are not supportive.' (professional)

'Written by parents who have gone through the same experience.' (professional)

'Makes a good point that you are not always going to like your child's choice of partner: gay or straight.' (professional).

Accessibility and inclusiveness:

'It is easy to use and a suitable size. Very readable.' (professional)

Problems, omissions or notes of caution:

'The font size is too small.' (professional)



Publishers: **NHS Glasgow and Clyde and Parents Enquiry Scotland**
Year: **2008**
ISBN: **not known**
Format: **A5 booklet**
210 x 150 mm
10 pages
full colour
stapled

Availability

Free

Distributed free to the Glasgow area by Talk 2

t: 0141 287 2841

www.talk2glasgow.com

Distributed free outside the Glasgow area by Parents Enquiry Scotland

t: 0131 556 6047

e: parents enquiry@hotmail.com

www.parents enquiry scotland.org

Deal With It



This 15-minute DVD tells the story of the pressures four classmates face when entering high school. Issues about peer pressure, relationships, alcohol and drugs arise and the film aims to encourage young people to 'deal with' how they're feeling by talking honestly about their emotions.

Resource suggested for:

Designed for use in a classroom or for professionals to use in group work with families or young people aged 13–16.

Good things about it:

'Good to use as a starting block for discussion.' (professional)

'It is simple, there are short chunks, and it is easy to follow.' (professional)

Accessibility and inclusiveness:

'It is not diverse, there's only heterosexual, white, able-bodied characters.' (professional)

Problems, omissions or notes of caution:

'A facilitator would need to be fully prepared for discussions, questions and signposting.' (professional)

'It is key to have this facilitated by a professional.' (professional)

Produced by: **PACE Media Productions**
for **NHS Dumfries and Galloway**, Department of
Family Planning and Sexual Health

Director: **Amanda Gaughan**

Writer: **Jenni Mason**

Year: **2008**

Format: **DVD**

Availability

Contact to inquire:

Sexual Health Department
NHS Dumfries and Galloway
Nithbank, Dumfries, DG1 2SD
t: 0845 702 3687
e: info@c4urself.org.uk
www.c4urself.org.uk

Developing Together Boxes

A resource for parents and children working together on sex and relationships



This is a large pack which promotes the development of 'together boxes' which are a resource to support parents to engage in learning with their child about aspects of sex and relationships.

The model is based on the 'story sack' approach. The pack provides information about Healthy Respect (the Scottish Government's demonstration project exploring approaches to promoting positive sexual health and relationships for young people); an explanation of the together boxes approach; two sample courses which could be facilitated with groups of parents who want to develop their own together boxes; and resources to support the person facilitating such courses. The sample training courses offered are for a 10-week course for parents of children in P5 and a four-week course for parents of children with learning disabilities.

Resource suggested for:

Professionals to use with parents of children aged nine and over and children with learning disabilities.

Good things about it:

'There are some things you could dip in and out of to use.' (professional)

'It's good they've themed the activity boxes.' (professional)

Accessibility and inclusiveness:

Nothing noted.

Problems, omissions or notes of caution:

In its early phases Healthy Respect was a demonstration project and this resource was produced as part of this early work. While Healthy Respect is now mainstreamed in NHS Lothian there is no targeted support for this resource and it is recognised that only an experienced professional person might be able to pick up and use this pack confidently. Comments about this resource included:

'The size might put people off.' (professional)

'It is a very large document – it would take you a day to read and understand it.' (professional)

'The idea of a programme for adults is good, but we think parents should be more prepared before doing these exercises.' (professional)

'You would have to be confident by having the training to do this.' (professional)

Publisher: **Healthy Respect**
Year: **2005**
ISBN: **not known**
Format: **A4 loose-leaf binder**
310 x 260 x 60 mm
154 pages
one colour

Availability

Free

Download from
www.healthyrespect.co.uk

To loan

NHS Health Scotland Library

The Duke Who Outlawed Jelly Beans

And other stories



This illustrated book features five fairy tales which include themes about adoption, gender discrimination and diverse family types.

Resource suggested for:

Children aged 5–9. Parents may want to read this to them.

Good things about it:

'The book attempts to put modern themes into traditional fairy tale structures.' (professional)

Accessibility and inclusiveness:

'There is a lot of text.' (parent)

'The book mentions a lesbian relationship and diverse family types.' (parent)

Problems, omissions or notes of caution:

'The writing lacks clarity so the stories can be confusing.' (professional)

Author: **Johnny Valentine**
Publisher: **Alyson Publications Inc.**
Year: **2004**
ISBN: **978-1555838478**
Format: **paperback book**
270 x 210 mm
32 pages
illustrated
full colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £6.99

Ed Loves Sarah Loves Tim



A short illustrated story about a young boy's feelings toward a girl. Deals with friendships, rejection, jealousy and the happiness of meeting a new friend.

Resource suggested for:

Parents to read with children nine and under, including under fives.

Good things about it:

'This colourful book intends to help raise a child's awareness of feelings.' (parent)

'The pictures explain the feelings clearly.' (parent)

'This is a good tool to get discussion going.' (professional)

Accessibility and inclusiveness:

'No different ethnicities.' (parent)

'It is easy to use, the writing is big enough for a child to read.' (parent)

'Does not mention single parents – both kids in the book have both mums and dads.' (parent)

Problems, omissions or notes of caution:

'This is a positive book but it's all a happy ending, which in real life isn't always the way.' (parent)

Author: **Edith Schreiber-Wicke**
Illustrator: **Carola Holland**
Publisher: **Cat's Whiskers
The Watts Publishing
Group**
Year: **2000**
ISBN: **1 90301 215 5**
Format: **paperback book
240 x 220 mm
32 pages
illustrated
full colour**

Availability

To buy

Out of print. Check your local bookshop for second-hand copies or order using an online retailer.

Price: varies

Everything You Ever Wanted to Ask About...Periods



This paperback talks about puberty and periods and includes stories quoted from girls.

Resource suggested for:

Girls 10+, but parents may want to read it with them.

Good things about it:

'The real-life stories from girls may be useful for parents to be aware of concerns that girls have about puberty and periods.' (professional)

'At the end of each chapter there is a section called 'problem page' with realistic questions and answers.' (professional)

'Although it's aimed at girls, it also details what changes boys go through.' (professional)

'It helps to dispel myths.' (professional)

'Has a very useful contact page for further help and advice.' (professional)

Accessibility and inclusiveness:

'Doesn't cover different cultural issues.' (professional)

'The language used is easy to read and understand. Any necessary jargon is explained in the glossary.' (professional)

'It's a good format, the sentences are short and each chapter has a clear heading and a short summary. It has been split into short snappy sections making it easy to read.' (professional)

Problems, omissions or notes of caution:

'It's very wordy – there are few pictures or diagrams. Although comprehensive, readers may be put off by the amount of text.' (professional)

Authors: **Tricia Kreitman,
Dr Fiona Finlay
and Dr Rosemary Jones**
Publisher: **Piccadilly Press**
Year: **2001**
ISBN: **978 1 85340 6670**
Format: **paperback book
198 x 129 mm
144 pages
illustrated
one colour**

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £5.99

Facing the Consequences



This 22-minute DVD is about the consequences of two young teenagers meeting at a party, drinking too much alcohol and having unprotected sex.

Resource suggested for:

Designed for use in a classroom or for professionals to use in group work with families or young people aged 13+. Parents may also want to view with their children or give to children to view on their own.

Good things about it:

'Tells it like it is – this happens every Saturday night. The film uses humour and people can relate to it.' (parent)

'They talk the way teenagers talk, there's no professionals talking. It doesn't feel like they are getting lectured to.' (professional)

'Gets the message across. It's funny and so memorable.' (parent)

'Young people can relate to it.' (parent)

'It would keep young people interested, it's like a soap opera.' (professional)

'Shows the consequences of risk-taking behaviour. It gives a clear message.' (professional)

'Scottish accents are good to use as well.' (parent)

'It's like real-life situations.' (professional)

Accessibility and inclusiveness:

'They have a regional dialect (Dumfriesshire).' (parent)

Problems, omissions or notes of caution:

'It is stereotypical in that the girl wants to get it sorted, but the boy says it is her problem.' (parent)

Produced by: **PACE Media Productions for NHS Dumfries and Galloway, Dept. of Family Planning & Sexual Health**

Director: **Jenni McKendrick**

Writer: **Jenni McKendrick**

Year: **2004**

Format: **DVD**

Availability

Contact to inquire:

Family Planning and Sexual Health
NHS Dumfries and Galloway
Nithbank, Dumfries, DG1 2SD
t: 0845 702 3687
e: info@c4urself.org.uk
www.c4urself.org.uk

The Family Book



A humorous picture book with very little text illustrating a wide range of family types such as mixed race ('different colours'), gay or lesbian ('two dads' or 'two mums'), adopted children and single parents. A positive book about diversity.

Resource suggested for:

Parents to read with children seven and under, including under fives. Children could also read this on their own.

Good things about it:

'This book is no-nonsense and easy for kids to read and it makes them feel at ease about situations in their home.' (parent)

'It's bright and colourful. It uses people and animals to get the message across.' (parent)

'Gets to the point. Straightforward.' (parent)

Accessibility and inclusiveness:

'It incorporates gay and lesbian parents, being adopted, families who live apart and others.' (parent)

Problems, omissions or notes of caution:

Nothing noted.

Author: **Todd Parr**
Publisher: **Little, Brown and Co.**
Year: **2003**
ISBN: **978-0-316-73896-5**
Format: **hardback book**
261 x 261 mm
32 pages
illustrated
full colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £15.99

The Flip-Flap Body Book



This illustrated book has flaps for children to open and covers three topics: What happens to your food?, How do your senses work? and How are babies made?

Resource suggested for:

Parents to read with children nine and under, including under fives. Children could also read this on their own.

Good things about it:

- 'It's within the context of how your body works – not just sexual health.' (professional)
- 'Will be within most parents' comfort zones – nothing too embarrassing – nothing offensive.' (professional)
- 'There's lots of information in a very readable format.' (parent)
- 'I like that the book has unusual facts, things you don't usually find in other books like boy sperm and girl sperm and the reason for tummy buttons.' (professional)
- 'Particularly useful for a pregnant woman to use with children.' (professional)
- 'It has a very lively style, with great illustrations.' (parent)
- 'Uses a simple narrative and with correct terminology, but not too complicated.' (professional)
- 'Lots of pictures and no massive chunks of text.' (professional)

Accessibility and inclusiveness:

- 'People of many colours are depicted.' (parent)
- 'Easy to read. A child seven and over could read it.' (professional)

Problems, omissions or notes of caution:

- 'The focus is on biology rather than families.' (parent)
- 'No detail is given about sex, just that sperm comes from the man and the egg is inside the woman. Be prepared for further questions!' (parent)
- 'Doesn't name sexual body parts.' (professional)

Author:	Alistair Smith and Judy Tatchell
Publisher:	Usborne Publishing Ltd
Year:	2003
ISBN:	9780746033623
Format:	paperback book 211 x 209 mm 48 pages illustrated full colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £7.99

To loan

NHS Health Scotland Library

FPA website



Website gives comprehensive information about sexual health. There are numerous booklets and factsheets to order or download for free. You can also search for a local clinic in Scotland for contraception or STI screening, find out about local training courses for professionals or parents (see the Speakeasy course in this review) or call a helpline.

Resource suggested for:

Parents and professionals. Young people aged over 13 can also find leaflets to download for free.

Good things about it:

A reliable source of information that is up-to-date and well researched.

Accessibility and inclusiveness:

Easy to navigate and inclusive of diverse sexualities, ethnicities and abilities.

Problems, omissions or notes of caution:

The site's primary focus is on the physical and medical aspects of sexual health.

Developer: **Family Planning Association**

Availability

www.fpa.org.uk

Freaks, Geeks and Asperger Syndrome

A user guide to adolescence



Luke Jackson is 13 years old and has Asperger's Syndrome. His book explores emotions, transitions and decisions. He writes briefly about his younger autistic and AD/HD brothers, providing insights into his younger years and advice for parents, carers and teachers of younger AS children. However, his main reason for writing was because 'so many books are written about us, but none are written directly to adolescents with Asperger's Syndrome. I thought I would write one in the hope that we could all learn together.' Two of the chapters address friendships and socialising and dating.

Resource suggested for:

Young people with Asperger's Syndrome aged 12 and over as well as parents or professionals who know young people with Asperger's Syndrome.

Good things about it:

Conversational and easy to read. As the foreword describes, the book is entertaining and educational but also therapeutic. The book won the TES/NASEN Special Educational Needs Children's Book Award in 2003.

Accessibility and inclusiveness:

Nothing noted.

Problems, omissions or notes of caution:

Nothing noted.

Author: **Luke Jackson**
Publisher: **Jessica Kingsley Publishers**
Year: **2002**
ISBN: **978 1 843 10 098 0**
Format: **paperback book**
229 x 155 mm
224 pages
illustrated

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £12.95

To loan

NHS Health Scotland Library

Girls Only!

All about periods and growing up stuff!

A book addressing some common concerns about growing up and puberty for girls.

Resource suggested for:

Girls aged 10–12 but parents may want to read it with them.

Good things about it:

'Covers emotions as well as physical aspects of changes to a pubescent girl.' (parent)

'Discreet – it looks like a regular book for a 10–12 year old girl.' (parent)

'Good pictures – would keep girls interested.' (parent)

'Good advice and a friendly, positive book.' (professional)

'Gives them information without scaring them.' (professional)

'The quotes are helpful because they're from real people.' (professional)

'It would help a young girl to talk and to be confident.' (professional)

'Has a good index.' (professional)

Accessibility and inclusiveness:

'Makes for easy reading.' (parent)

Problems, omissions or notes of caution:

There is no discussion about sex, how to keep safe or contraception: 'The chapter dealing with sex could be expanded.' (parent)

Gives a stereotyped view of what it means to be a girl – refers to celebrities, actresses and models as aspirational figures. 'If a child is not a stereotypical girly-girl it won't include this group.' (professional)

'Girls may be interested in knowing a little more about how a boy's body develops.' (parent)



Author: **Vic Parker**
Publisher: **Hodder Children's Books**
Year: **2004**
ISBN: **0340878282**
Format: **paperback book**
129 x 197 mm
128 pages
illustrated
one colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £4.99

To loan

NHS Health Scotland Library

Growing Up

All about adolescence, body changes and sex



A book with a biological focus primarily describing changes at puberty, it also covers topics such as sex, STIs, contraception and how to keep healthy in general.

Resource suggested for:

Children aged 10+, but parents may want to read with them. Parents may also find it useful as a reference for themselves.

Good things about it:

'Very useful as a reference, to help parents clarify some things.' (professional)

'It's like an encyclopaedia – very biological. It's scientific, with medical illustrations.' (professional)

'It is comprehensive.' (professional)

Accessibility and inclusiveness:

'It is well laid-out but heavy on text.' (professional)

'It is clear and easy to read, and it's easy to find out information.' (professional)

'Not a book we'd envisage a young person reading through – more like a reference book. The language would have to be broken down for use with some children. Some of the language is fairly complex.' (professional)

Problems, omissions or notes of caution:

'Very biological.' (professional)

'The STI section only mentions two – Chlamydia and HIV, but the book has a whole section on HIV.' (professional)

'The cover photo is of a girl which might put boys off reading it.' (professional).

'Religious views not mentioned.' (professional)

'There's sparse information on oral sex.' (professional)

'The funny illustrations don't match the tone of the text.' (professional)

Author: **Susan Meredith**
Publisher: **Usborne**
Year: **2004**
ISBN: **9780746031421**
Format: **paperback book**
240 x 170 mm
48 pages
illustrated
full colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £5.99

Growing Up

Sex education

This resource pack includes a DVD, activity booklet and posters. Main topics include keeping healthy, physical and emotional changes at puberty, the changing nature of relationships and communication. The interactive DVD has three 19-minute narrated programmes that are divided into short chapters. Animated scenes are used as well as interviews with children, discussion groups of children and adults and dramatised scenes.

Resource suggested for:

Designed for classroom use for children aged 9–11, but this pack could also be used by other professionals with parents or children. Parents may also want to view the DVD with children.

Good things about it:

The narration is clear, straightforward and concise and there is a good visual mix of animation and documentary films to keep the viewer interested. The subject matter is taken seriously and a bit pedantic at times but some scenes use humour to keep it from getting too heavy. There is a generous amount of discussion about feelings.

'Particularly good for parents on issues that are most difficult to address. For example, there is a computer generated animation of an erection and penetration, it's very realistic and better than a cartoon or line drawing.' (professional)

Accessibility and inclusiveness:

There is mention of same-sex attraction and different ethnicities and physical abilities are portrayed. The language is easy to understand and a range of accents, including Scottish ones, are featured.

Problems, omissions or notes of caution:

'As the workbook is very schools-based, professionals or parents may want to adapt additional back-up material to go with the DVD.' (professional)



Published by: **BBC Active**

Year: **2006**

ISBN: **978-1-406-65674-9**

Format: **resource pack with DVD,
booklet and posters**

Availability

To buy

BBC Active Customer Services
PO Box 88, Harlow
Essex, CM20 2JE
t. 0845 313 9999
www.pearsonschools.co.uk/bbcactive

Price: £60.59

Growing Up, Sex and Relationships

A booklet to support parents of young disabled people

This booklet looks at topics such as how physical disabilities or mild to moderate learning disabilities can affect sexual development and the importance of self-esteem. It also discusses puberty, contraception and STIs. There is an extensive list of resources and contacts as well.

There are two other booklets in this series: one for teachers and one for young disabled people.

Resource suggested for:

Parents to discuss with children with disabilities aged 10+. Professionals could also use with parents or children.

Good things about it:

'Discusses how the family can reinforce the right of a young person to have a full sexual life and experience.' (professional)

'It really explores a range of issues in detail.' (parent)

'It uses quotes from children about how they see themselves and their situation.' (parent)

'It has a good directory of resources.' (parent)

'Gives much-needed information on this subject.' (professional)

Accessibility and inclusiveness:

'It is very text-based but the terminology is quite simple.' (professional)

'While there is a list of sections, there is no contents page or index.' (parent)

Problems, omissions or notes of caution:

'Not much information on the physical act of sex.' (professional)

'Most of the resource list at the back is aimed at people with learning disabilities, not people with physical disabilities.' (professional)



Author: **Sharon Baker**
Publisher: **Contact a Family**
Year: **not known**
ISBN: **not known**
Format: **A4 booklet**
26 pages
full colour
stapled

Availability

To buy or can download for free

Contact a Family
209–211 City Road
London EC1V 1JN
t. 0808 808 3555
e. helpline@cafamily.org.uk
www.cafamily.org.uk

Price: £1.50

To loan

NHS Health Scotland Library

Hair in Funny Places



A picture book that takes a humorous look at puberty in boys and girls.

Resource suggested for:

Children aged 5–9. Parents may want to read this with them.

Good things about it:

'It's funny, non-threatening, very well-illustrated and captures the imagination. It's not too explicit for that age group.' (parent)

'A good wee story to use as a starting point.' (parent)

'Answers many questions without too much information.' (parent)

Accessibility and inclusiveness:

'It's easy to read and a child would be able to read it on their own.' (parent)

Problems, omissions or notes of caution:

The book can be used as a starting point for discussion so children will need more information from a parent.

'I feel a lot of explanations would be needed.' (parent)

Author: **Babette Cole**
Publisher: **Red Fox**
Year: **2001**
ISBN: **978-0099266266**
Format: **hardback book**
250 x 250 mm
32 pages
illustrated
full colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £5.99

To loan

NHS Health Scotland Library

Hi New Baby!



This picture book addresses how a child may feel when they have a new baby brother or sister.

Resource suggested for:

Parents to use with children aged six and under who have a baby brother or sister.

Good things about it:

'Introduces a new baby to the family in a way that is reassuring to an older child.' (professional)

'Deals with all the fears and emotions of a child with a baby brother or sister.' (parent)

'Lovely pictures, really expressive.' (professional)

Accessibility and inclusiveness:

'The text is simple for a younger child to understand.' (parent)

'Facial expressions lend themselves to teaching children on the autism spectrum.' (professional)

Problems, omissions or notes of caution:

Nothing noted.

Author: **Robie H. Harris**
Illustrator: **Michael Emberley**
Publisher: **Walker Books**
Year: **2000**
ISBN: **978-0-7445-8226-0**
Format: **paperback book**
248 x 300 mm
32 pages
illustrated
full colour

Availability

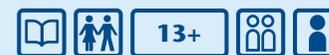
To buy

Check your local bookshop or order using an online retailer.

Price: £5.99

Holding on, Letting Go

Sex, sexuality and people with learning disabilities



This book aims to help parents understand the development of sexuality in people with learning disabilities in a positive way. The authors acknowledge anxieties parents may have about the vulnerability of their children and appropriate sexual behaviour and suggest strategies in response. Sexual health and relationship education is also discussed.

Resource suggested for:

Parents of people with learning disabilities aged 13+. Professionals may also find this useful.

Good things about it:

'It addresses many stereotypes about disability and sexuality.' (professional)

'This is an honest but sensitive exploration of sex and sexuality. Parents have a duty to protect their child from sexual 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.' (professional)

Accessibility and inclusiveness:

'The text demands high literacy skills.' (professional)
Diverse sexualities are mentioned.

Problems, omissions or notes of caution:

Nothing noted.

Authors: **John Drury,
Lynne Hutchinson and Jon Wright**
Publisher: **Souvenir Press**
Year: **2000**
ISBN: **978-0285-635-784**
Format: **paperback book
215 x 135 mm
125 pages**

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £9.99

To loan

NHS Health Scotland Library

The Hormone Factory website



This website primarily has information about physical changes during puberty, including anatomical pictures and diagrams with accompanying information. Also talks about safe sex and STIs, conception, pregnancy and birth. The parents' pages offer advice on talking to children and internet safety.

Resource suggested for:

Children aged 10+, but it also has a section for parents and teachers.

Good things about it:

'It is quirky and colourful but not too childish in format. It's comprehensive.' (professional)

Accessibility and inclusiveness:

There is a page about different sexualities.

'Vocabulary level is appropriate for children of this age.' (professional)

Problems, omissions or notes of caution:

Nothing noted.

Developer: **Australian Research Centre
in Sex, Health & Society;
La Trobe University,
Australia**

Availability

www.thehormonefactory.com

How Did I Begin?



This short illustrated book covers sex, conception, pregnancy and birth.

Resource suggested for:

Parents to use with children up to age 9 (including under 5s). Children could also read this on their own.

Good things about it:

'Light-hearted with good pictures for children to look at. It asked all the questions your children would ask and answered them with simple answers.' (parent)

'Children are really curious about growing babies and this explains that very well.' (professional)

'Warm and friendly and easy to understand for this age.' (parent)

'Uses child-friendly language and even though some parts are technical, like the part about chromosomes, it is a good introduction.' (professional)

Accessibility and inclusiveness:

'Straightforward and easy reading.' (parent)

'It includes people of different ethnicities. It has a female doctor. No stereotyping.' (professional)

Problems, omissions or notes of caution:

Nothing noted.

Authors: **Mick Manning and Brita Granstrom**

Publisher: **Franklin Watts**

Year: **2004**

ISBN: **978 0 7496 5661 4**

Format: **paperback book**
267 x 216 mm
32 pages
illustrated
full colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £5.99

The Huge Bag of Worries



This short book aims to help children share any worries they have.

Resource suggested for:

Parents to read with children aged up to 12 (including under fives). Children could also read on their own.

Good things about it:

'Colourful and light-hearted.' (parent)

'It opens communication early and reminds a parent to listen, to make time.' (professional)

'Simple language and fun illustrations.' (parent)

'It's upbeat and humorous and puts the message across well.' (professional)

Accessibility and inclusiveness:

'Easy for a child to read.' (parent)

Problems, omissions or notes of caution:

'A bit of a caution to not make worries when they don't exist – but parents should know when to use this.' (professional)

Author: **Virginia Ironside**
Illustrator: **Frank Rodgers**
Publisher: **Hodder Children's Books**
Year: **2004**
ISBN: **978-0340903179**
Format: **paperback book**
260 x 200 mm
32 pages
illustrated
full colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £5.99

I Know a Secret



This short illustrated book aims to answer some questions a young child may have about pregnancy and birth.

Resource suggested for:

Parents to read with children aged 5–9.

Good things about it:

'Bright, colourful and funny. It's pitched from a child's view and good that it shows kids doing normal kids' things and going through the myths about conception and pregnancy.' (professional)

Accessibility and inclusiveness:

'It includes different ethnicities.' (professional)

Problems, omissions or notes of caution:

The book does not illustrate conception, pregnancy or birth so some children may have difficulty understanding these ideas only by reading about them. Metaphors may be confusing as well, such as a petrol pump symbolising an umbilical cord.

'Conception is brushed past, it's not explained well enough.' (professional)

Authors: **Annie Kubler and Susan Baker**
Publisher: **Child's Play (International) Ltd**
Year: **1988**
ISBN: **0 85953-315-8**
Format: **hardback book**
180 x 170 mm
32 pages
illustrated
full colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £4.99

Is Everybody Doing It?

Your guide to contraception

This booklet talks about contraceptive choices and the pressure young people may experience to have sex and when deciding whether or not to use contraception. Different contraceptives are compared. Also discusses STIs and has a page which shows how to use a condom.

Resource suggested for:

Young people aged 13+ but parents may also want to read this with them.

Good things about it:

'There's clear information on types of contraception and it covers factors influencing contraceptive choices.'
(professional)

'Good explanation about condom usage, it has easy to understand instructions about using them.'
(professional)

'Includes an easy to understand definition of confidentiality.'
(professional)

Accessibility and inclusiveness:

'It includes diverse sexualities.'
(professional)

'It needs good literacy.'
(professional)

Problems, omissions or notes of caution:

'Doesn't talk about the possibility of discussing sex with a parent.'
(professional)

'Has no Scottish-based contacts.'
(professional)



Author: **Kate Godwin**
Publisher: **FPA**
Year: **2007**
ISBN: **1 899194 93 2**
Format: **A6 booklet**
148 x 105 mm
16 pages
illustrated
full colour
stapled

Availability

To buy

FPA
50 Featherstone Street
London EC1Y 8QU
t: 0845 122 8600
e: fpadirect@fpa.org.uk
www.fpa.org.uk

Price: 50 copies for £12.50. It also comes in FPA's Parents Pack (see this review), which costs £6.

Is This Love?

Small leaflet about what a caring relationship is and what an uncaring one is. Also discusses emotional, sexual and physical abuse and lists contacts for support and information.

Resource suggested for:

Young people aged 13 and over. Parents and professionals may want to read this with them.

Good things about it:

'This leaflet helped a parent whose 15-year-old daughter was in an abusive relationship. After reading it the young person came and talked things through with her mum.' (professional)

'It's pocket-sized so could be given discreetly.' (professional)

'I like that web addresses were given as well as phone numbers because this allows anonymity.' (professional)

'The section titled "If you are abusing someone you need help" is valuable in acknowledging that that person needs help as much as the victim.' (professional)

'It gives you strategies to help you carry on with life once you have ended a negative relationship.' (professional)

'Sharp and clear statements.' (professional)

Accessibility and inclusiveness:

'It's not 'girly' or 'boyish' but is suitable for both male and female.' (professional)

'The people illustrated are a variety of ethnicities.' (professional)

'The language is young-person friendly and even explains some of the wording used.' (professional)

Problems, omissions or notes of caution:

Nothing noted.



Publisher: **FPA**
Year: **2007**
ISBN: **978 1 905506 60 6**
Format: **fold-out leaflet**
90 x 65 mm (folded)
illustrated
full colour

Availability

To buy

FPA
50 Featherstone Street
London EC1Y 8QU
t: 0845 122 8600
e: fpadirect@fpa.org.uk
www.fpa.org.uk

Price: 50 copies for £10

It's Okay to be Different



A humorous picture book illustrating diverse types of people and relationships. Very little text.

Resource suggested for:

Parents to read with children seven and under, including under fives. Children could also read this on their own.

Good things about it:

Aims to reassure children that everyone is different.

'A bright and colourful book that sends out a positive message.' (parent)

Accessibility and inclusiveness:

'I like how it talks about different types of mums and dads and being adopted and that it mixes that in with other ways of being different that are easier to talk about like making a wish or losing teeth.' (parent)

Problems, omissions or notes of caution:

Nothing noted.

Author: **Todd Parr**
Publisher: **Little, Brown and Co.**
Year: **2004**
ISBN: **0316043478**
Format: **paperback book**
235 x 235 mm
32 pages
illustrated
full colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £4.99

Keep Yourself Healthy

A series of booklets



A series of illustrated booklets with very minimal text.

1. A man's guide to keeping clean
2. A guide to examining your testicles
3. A woman's guide to keeping clean
4. A guide to examining your breasts
5. A guide to having a period
6. Do I need a smear test?
7. A guide to having a smear test
8. Thinking about sex?
9. Everything you need to know about HIV (AIDS)

Resource suggested for:

People with learning disabilities aged 13+. Parents and professionals may want to read with them.

Good things about it:

'Simple format and not too much text. Words and terms are explained.' (professional)

'I like the emotional and physical aspects covered in *A guide to having a period.*' (professional)

'The *Do I need a smear test?* booklet would be useful to discuss issues prior to a test, particularly if the young person has some anxieties.' (professional)

Accessibility and inclusiveness:

Only heterosexual relationships depicted and only one booklet shows diverse ethnicity.

The booklets are primarily visual and the text is minimal with a large font size.

Problems, omissions or notes of caution:

'As these booklets are very simple and brief a lot depends on the carer's ability to answer questions and fill in blanks.' (professional)

'Some illustrations may make people uncomfortable as the comic drawing style can be too extreme for comic effect.' (professional)

'The *Keeping clean* booklets link acne to a lack of cleanliness which is not always the case.' (professional)

'The *Thinking about sex* booklet just talks about sex – it would be better if it talked about relationships as well.' (professional)

Publisher: NHS Health Scotland and FAIR

Year: 2002–2009

ISBN: 1. 1-84485-308-3, 2. 1-84485-307-6,
3. 1-84485-306-9, 4. 1-84485-285-7,
5. 1-84485-006-8, 6. 1-84485-383-7,
7. 1-84485-343-8, 8. n/a,
9. n/a

Format: series of A5 booklets
148 x 210 mm
12–16 pages
illustrated
full colour
stapled

Availability

To buy

95 Causewayside
Edinburgh, EH9 1QG
t: 0131 662 1962
e: multimedia@fairadvice.org.uk
www.fairadvice.org.uk

Price: £1 each

Free

Single copies of booklets 1–7 available for free from NHS Health Scotland Library

[BACK TO RESOURCES](#)

Keeping Your Teenager Safe

Talking About Relationships

This booklet suggests how to improve communication with teenagers and gives advice about discussing sex, relationships, contraception, STIs, alcohol and drugs.

Resource suggested for:

Parents of children aged 13 and over.

Good things about it:

'It's reassuring.' (parent)

'Has good links to other websites.' (professional)

Accessibility and inclusiveness:

'Large font size.' (professional)

'It's too wordy. If you had literacy issues you would be put off.' (parent)

'It's easy to understand.' (parent)

'It gives websites to go to about sexuality but doesn't give advice to help support your child's sexuality.' (parent)

Problems, omissions or notes of caution:

Nothing noted.



Publisher: **Parentline Plus**

Year: **not known**

ISBN: **n.a.**

Format: **online A4 booklet**
12 pages
full colour

Availability

Free

Download from www.parentlineplus.org.uk

King & King



A humorous illustrated story about a prince who marries another prince.

Resource suggested for:

Parents to read with children nine and under, including under fives. Children could also read this on their own.

Good things about it:

'A good way to introduce same-sex relationship ideas, particularly if there's someone in your family in a same-sex relationship.' (parent)

'A fairy story that normalises same-sex relationships.' (professional)

Accessibility and inclusiveness:

'A very positive view of gay relationships.' (parent)

'Uses simple language.' (parent)

Problems, omissions or notes of caution:

'Talks about marriage rather than civil partnership which is used in Scotland.' (professional)

Authors: **Linda de Haan
and Stern Nijland**
Publisher: **Tricycle Press**
Year: **2002**
ISBN: **978-158246-061-1**
Format: **hardback book**
250 x 250 mm
32 pages
illustrated
full colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £12.99

Learning about Relationships and Sexual Health in School and at Home

Information for parents

This short booklet encourages parents to get involved with their child's learning about sexual health and relationships and to find out about their school's Sex and Relationship Education (SRE) curriculum.

Resource suggested for:

Parents of young people aged 13 and over.

Professionals to use in facilitated individual or group sessions.

Good things about it:

'There is a good list of helplines and places to go for help and advice.' (parent)

Accessibility and inclusiveness:

'The literacy level needed is high.' (parent)

'Too much jargon. Too much text.' (professional)

Problems, omissions or notes of caution:

'Too general and vague. It doesn't give practical advice on what you can actually do. It doesn't give specific information so it requires a parent to research further on websites.' (professional)



Publisher: **NHS Health Scotland**

Year: **2007**

ISBN: **1-84485-388 8**

Format: **A5 booklet
12 pages
illustrated
full colour
stapled**

Availability

Free

Download from:

www.healthscotland.com/publications

Or order from:

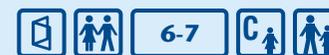
NHS Health Scotland

Woodburn House, Canaan Lane

Edinburgh, EH10 4SG

e: publications@health.scot.nhs.uk

Let's Grow with Nisha and Joe



An activity booklet for both boys and girls, in a comic-book style. Activities help children think about how they are changing as they grow up, what makes good friends, physical differences between girls and boys and how to deal with emotions and peer pressure.

Resource suggested for:

Children aged 6–7 to use on their own, but parents may want to read it with them.

Good things about it:

Colourful and simple, this booklet uses fun activities that children this age enjoy doing on their own. Parents can find this helpful to start discussions about the topics in the booklet.

Accessibility and inclusiveness:

Different ethnicities included throughout.

Minimal text and easy to read for most children this age.

Problems, omissions or notes of caution:

Nothing noted.

Publisher: **FPA**
Year: **2008**
ISBN: **978-1-905506-47-7**
Format: **A4 booklet**
297 x 210 mm
12 pages
illustrated
full colour
stapled

Availability

To buy

FPA
50 Featherstone Street
London EC1Y 8QU
t: 0845 122 8600
e: fpadirect@fpa.org.uk
www.fpa.org.uk

Price: 50 copies for £15.00
(includes one copy of 16-page teachers' guidance notes).

Let's Talk about Periods



A simple illustrated guide about periods.

Resource suggested for:

For girls with a learning disability aged 10 and over. Parents and professionals may want to read this with them.

Good things about it:

'The illustrations are simple, and most of the language is clear. There is not too much information on one page.' (professional)

'Easily understandable.' (parent)

Accessibility and inclusiveness:

'There's no professional jargon as such, though there are terms which might need more explanation from a parent or carer.' (professional)

Problems, omissions or notes of caution:

'I don't think menopause needs to be mentioned along with puberty – this could cause confusion.' (professional)

'Girls could get their periods from around nine and not 11 as the booklet says.' (parent)

'It suggests talking to females about periods but for some young people the person they are comfortable with or close to may be male.' (professional)

'It's inaccurate to say "Your next period is due in 28 days". Periods can vary in length. This could cause confusion or distress.' (professional)

'I'd prefer sanitary towels were recommended and state that tampons could be used later.' (professional)

'Suggesting a period lasts for a particular number of days causes confusion. Better to just say that they can last from four days or more.' (parent)

Author: **Lynda Russell**
Publisher: **Down's Syndrome Scotland**
Year: **2005**
ISBN: **n.a.**
Format: **online A4 booklet**
8 pages
illustrated
full colour

Availability

Free

Download from www.dsscotland.org.uk

Let's Talk about Puberty



An illustrated guide about physical and emotional changes during puberty. Also discusses developing independence and sexual feelings.

Resource suggested for:

For girls and boys with a learning disability aged 10 and over. Parents and professionals may want to read this with them.

Good things about it:

'It's colourful and has good basic information – it has what young people need to know about puberty.' (professional)

Accessibility and inclusiveness:

'Doesn't cover diverse sexualities.' (professional)

Problems, omissions or notes of caution:

Nothing noted.

Author: **Lou Marsden**
Publisher: **Down's Syndrome Scotland**
Year: **not known**
ISBN: **n.a.**
Format: **online A4 booklet**
14 pages
illustrated
full colour

Availability

Free

Download from www.dsscotland.org.uk

To loan

NHS Health Scotland Library

Let's Talk about Sex

Growing up, changing bodies, sex and sexual health



A comprehensive illustrated book covering puberty, sex and sexual health.

Resource suggested for:

Parents to read with children aged nine and over or can give to them to use on their own. Parents may also find it useful as a reference book for themselves.

Good things about it:

- 'Light-hearted but honest illustrations complement the detailed text.' (professional)
- 'The language and tone is reassuring without patronising adults or children.' (professional)
- 'Not only answers many of the questions a child may have but also gives parents loads of information and a safe language for talking with their child.' (professional)
- 'Excellent illustrations and it is thorough.' (parent)
- 'Talks openly about sexual abuse – it's not trying to be a scaremonger but just set out the difficult facts in a way children and parents can relate to.' (professional)
- 'A logical, clear layout. Concise and easy to follow.' (professional)
- 'A great book to just leave lying around the house for all the family to pick up. Every home should have a copy.' (professional)

Accessibility and inclusiveness:

- 'Diverse, honest and covers a large spectrum of society.' (professional)
- 'Brilliantly inclusive. The chapter on same-sex relationships is supportive and open. References to different races, body shapes and physical abilities are skilfully incorporated throughout the book.' (professional)
- 'Jargon-free plain English makes this book enjoyable to read.' (professional)

Problems, omissions or notes of caution:

- 'There is a lot to digest in each chapter. A child would benefit from adult input as it could be overwhelming and a little frightening to be given it in isolation.' (parent)

Author: **Robie H. Harris**
Illustrator: **Michael Emberley**
Publisher: **Walker Books**
Year: **2005**
ISBN: **978-1844281749**
Format: **paperback book**
250 x 210 mm
96 pages
illustrated
full colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £10

To loan

NHS Health Scotland Library

Let's Talk about Sex and Relationships

A booklet for parents on listening to and talking with your children about sex and relationships

This booklet advises what may be appropriate to discuss with children of different ages and suggests ways to make it easier to discuss this subject with them. One section gives advice for talking to teenagers and another section for talking with younger children.

Resource suggested for:

Parents of children of any age.

Good things about it:

'It has good simple advice which is not too explicit about sex.' (parent)

'Good suggestions and information – to the point.' (professional)

'It may remind adults about information they forgot to tell their child.' (professional)

Accessibility and inclusiveness:

'Easy to read.' (parent)

'It's clearly written.' (professional)

'Includes parents of children with learning disabilities and also mentions gay and lesbian relationships.' (parent)

Problems, omissions or notes of caution:

'Lacks images and very wordy – too much text.' (professional)

'Gives English-based contact information.' (professional)



Author: **Liz Wilson**
Publisher: **The Centre for HIV/Sexual Health (Sheffield)**
Year: **2007**
ISBN: **not known**
Format: **A5 booklet**
148 x 210 mm
22 pages
three colours
stapled

Availability

To buy

Publications
Centre for HIV & Sexual Health
22 Collegiate Crescent, Sheffield
S10 2BA
t. 0114 226 1900
e. admin@chiv.nhs.uk
www.sexualhealthsheffield.nhs.uk

Price: £30 for 50

Let's Talk about Where Babies Come From



This illustrated book discusses reproduction in detail. There are explanations about sex, conception, pregnancy and birth and there are anatomical diagrams of reproductive organs. It also talks about love and relationships and different types of families. Includes a section about 'OK touches and not OK touches'.

Resource suggested for:

Some sections parents may find appropriate to read with children aged five and over, but some sections may be more appropriate for children aged nine and over. Children over nine could read the book on their own. Parents may also find it useful as a reference book for themselves.

Good things about it:

'There's a broad spectrum of topics covered. It creates openings to discuss important issues and facts about different stages of growth, sex and safe sex.' (parent)

'The section about safe touching is simple for younger children to understand.' (parent)

'The illustrations are good.' (parent)

Accessibility and inclusiveness:

'Easy to use. You can dip into certain subjects easily.' (parent)

A range of ethnicities included throughout.

Problems, omissions or notes of caution:

Nothing noted.

Author: **Robie Harris**
Illustrator: **Michael Emberley**
Publisher: **Walker Books, London**
Year: **2004**
ISBN: **978 1844 28173 2**
Format: **paperback book**
300 x 248 mm
80 pages
illustrated
full colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £9.99

LGBT Youth Scotland website



This website offers information and advice for young lesbian, gay, bi-sexual and transgender people about topics such as coming out, relationships, equality, bullying and how to keep emotionally healthy. News, events and training for professionals are posted on the site and you can find relevant policies archived there. Also includes many contacts for further information.

Resource suggested for:

Young lesbian, gay, bi-sexual and transgender people aged 13 and over as well as parents and professionals.

Good things about it:

'It has good information for awareness-raising and also features training, events and good links.'
(professional)

Accessibility and inclusiveness:

'It covers religion but lacks ethnic cultural recognitions.'
(professional)
'A bit wordy so people will need a good level of literacy.'
(professional)

Problems, omissions or notes of caution:

This site does not include information about sexual health.

Developer: **LGBT Youth Scotland**

Availability

www.lgbtyouth.org.uk

Like It Is website



This website has information and advice about puberty and sexual health with particularly detailed information about periods. There's a section on how to tell if you're pregnant and options to think about if you are. Also covers contraception, STIs, sex and sexuality.

Resource suggested for:

Boys and girls aged 10 and over. Parents may want to view with them.

Good things about it:

'The quiz about popular myths is good, as children believe things that aren't true about sex.' (parent)

'Good information that young people need to know.' (parent)

'It gives a lot of information but it's short and easy to read.' (parent)

Accessibility and inclusiveness:

Includes a section about different sexualities.

Problems, omissions or notes of caution:

Nothing noted.

Developer: **Marie Stopes International**

Availability

www.likeitis.org.uk

Living with a Willy



Based on common questions the author received as an agony uncle for a teenage magazine, this humorous book gives information and advice to young boys about puberty, sex and sexual health.

Resource suggested for:

Boys aged 13 and over. Parents may find it helpful to understand what boys can worry about: 'A single mum could use it to prepare herself.' (professional)

Good things about it:

Aims to reassure boys about puberty and their bodies by addressing common worries they have.

'Highlights issues that most boys experience at some point in their lives.' (parent)

'Quite humorous and fun to read.' (parent)

'Uses terms young people are familiar with.' (professional)

Accessibility and inclusiveness:

Talks exclusively of heterosexual sex and relationships.

'Easy to understand for teens. But loads of text.' (parent)

Problems, omissions or notes of caution:

Focuses on physical aspects of sex rather than relationships and feelings.

Author: **Nick Fisher**
Publisher: **MacMillan Children's Books**
Year: **1994**
ISBN: **0-330-33248-1**
Format: **paperback book**
195 x 130 mm
128 pages
one colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £4.99

Love Sex Life



A small leaflet about sexual pleasure as well as sexual health and relationships. Covers both physical and emotional aspects.

Resource suggested for:

Young people aged 13 and over.

Good things about it:

'Good for young people who may be sexually active or thinking about it.' (parent)

'Has good support websites at the back.' (professional)

'The size makes it inconspicuous and discreet.' (parent)

'Teenage-friendly language.' (parent)

Accessibility and inclusiveness:

'An easy read – simple and frank use of language.' (parent)

'Inclusive, objective and non-judgmental in its approach – not offensive.' (parent)

'It describes diverse sexualities.' (professional)

Problems, omissions or notes of caution:

Nothing noted.

Publisher: **FPA**
Year: **2006**
ISBN: **1-905506-09-0**
Format: **booklet**
97 x 95 mm
52 pages
two colours
stapled

Availability

To buy

FPA
50 Featherstone Street
London EC1Y 8QU
t: 0845 122 8600
e: fpadirect@fpa.org.uk
www.fpa.org.uk

Price: 50 copies for £20

Love Sex Relationships



This small leaflet uses a comic-book style to talk about sexual feelings, attraction, sexuality, love, body image, sex and contraception. Emphasis on making sure young people feel safe and happy about their relationships.

Resource suggested for:

Young people aged 13 and over.

Good things about it:

'Designed with bright and colourful pictures so teenagers will use it.' (professional)

'Focuses on relationships rather than just sex.' (professional)

'Easy to read with bite-sized chunks of information.' (professional)

Accessibility and inclusiveness:

Talks about a range of sexualities and homophobia. Different ethnicities illustrated.

'Clear messages about judging people's sexuality.' (professional)

'Language is clear and terminology is explained.' (professional)

Problems, omissions or notes of caution:

Nothing noted.

Author: **Meg Rosoff**
Publisher: **FPA**
Year: **2007**
ISBN: **978 1899194780**
Format: **A6 booklet**
148 x 105 mm
16 pages
illustrated
full colour
stapled

Availability

To buy

FPA
50 Featherstone Street
London EC1Y 8QU
t: 0845 122 8600
e: fpadirect@fpa.org.uk
www.fpa.org.uk

Price: 50 copies for £12.50

It also comes in FPA's Parents Pack (see this review), which costs £6.

Love S.T.I.NGS

A beginner's guide to sexually transmitted infections

This small booklet uses a humorous comic-book style to tell a story of a young couple getting an STI. There are also pages of facts about STIs, how to protect yourself and where to go for help.

Resource suggested for:

Young people aged 13 and over. Parents may want to read it with them.

Good things about it:

'It uses real situations – as a school nurse I have worked with boys who display the feelings described in this booklet.' (professional)

'A good balance of comic strip and fact pages – makes it very appealing for all.' (professional)

Accessibility and inclusiveness:

'Really easy to use.' (professional)

Different ethnicities illustrated. Story involves heterosexual couples only.

Problems, omissions or notes of caution:

'Most contacts are English-based.' (professional)



Publisher: **FPA**
Year: **2007**
ISBN: **1-905506-14-7**
Format: **A6 booklet**
148 x 105 mm
32 pages
illustrated
full colour
stapled

Availability

To buy

FPA
50 Featherstone Street
London EC1Y 8QU
t: 0845 122 8600
e: fpadirect@fpa.org.uk
www.fpa.org.uk

Price: 50 copies for £12.50

It also comes in FPA's Parents Pack (see this review), which costs £6.

Mom and Mum are Getting Married



An illustrated story about a girl's mother marrying a woman.

Resource suggested for:

Parents to read with children under seven years.

Good things about it:

The story addresses how a child may feel about a parent having a new partner and the family they will form, rather than being concerned about the partner's sexuality. The book helps to normalise civil partnerships and reassure children about different types of families.

Accessibility and inclusiveness:

Different ethnicities illustrated.

Problems, omissions or notes of caution:

Nothing noted.

Author: **Ken Setterington**
Publisher: **Second Story Press**
Year: **2004**
ISBN: **1-896764-84-3**
Format: **hardback book**
218 x 216 mm
24 pages
illustrated
full colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £7.99

Mummy Laid an Egg



A humorous picture book about sex, conception, pregnancy and birth.

Resource suggested for:

Parents to read with children nine and under, including under fives. Children could also read this on their own.

Good things about it:

The language is easy for children to understand and the book has a frank but fun approach to the subject without being too explicit – it leaves room for parents to talk in more depth about certain subjects if they want to.

'Humorous and light-hearted.' (professional)

Accessibility and inclusiveness:

'It is easy to read without any professional jargon.' (professional)

Problems, omissions or notes of caution:

Nothing noted.

Author: **Babette Cole**
Publisher: **Red Fox**
Year: **2000**
ISBN: **0-09-929911-9**
Format: **paperback book**
245 x 250 mm
32 pages
illustrated

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £5.99

Mummy Never Told Me



A humorous picture book about tricky questions children may ask their parents.

Resource suggested for:

Parents to read with children aged 5–9. Children could also read this on their own.

Good things about it:

A light-hearted book with fun illustrations which can help open up discussion about subjects like differences between boys and girls, sex, conception, birth, same-sex relationships and adoption. For example, one question is ‘what are tummy buttons for, and how do they get there?’ One good thing about the book is that it places more awkward questions amongst other more comical ones like ‘why do grown-ups have hair in their ears and up their nostrils but sometimes none on their heads?’

Accessibility and inclusiveness:

Simple language and minimal text.

Includes same-sex relationships and different ethnicities.

Problems, omissions or notes of caution:

Nothing noted.

Author: **Babette Cole**
Publisher: **Red Fox**
Year: **2004**
ISBN: **0-099-40713-2**
Format: **paperback book**
250 x 250 mm
32 pages
illustrated
full colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £5.99

My Body is Private



A short illustrated book about a girl learning about how to keep safe from sexual abuse.

Resource suggested for:

Boys and girls aged 5–12. Parents may want to read this with them.

Good things about it:

Clearly illustrated, this book is straightforward but has a gentle tone. It begins by introducing the concept of private, with lines like 'When I get a letter in the mail, nobody but me gets to open it – that means it's private.' It is a positive book as it talks about how most of the time it's nice to be touched and to cuddle, but it also helps a child think about when that is not appropriate and encourages them to be assertive and to talk about encounters they don't feel comfortable about.

Accessibility and inclusiveness:

Easy to read and clearly understandable.
Only talks about this subject from a girl's perspective in relation to men.
No diversity of ethnicities or family types.

Problems, omissions or notes of caution:

Nothing noted.

Author: **Linda Walvoord Girard**
Publisher: **Albert Whitman and Company**
Year: **1984**
ISBN: **978-0807553206**
Format: **paperback book**
200 x 230 mm
26 pages
illustrated
two colours

Availability

To buy

Out of print. Check your local bookshop for second-hand copies or order using an online retailer.

Price: varies

My Brother Bernadette



Short humorous novel about male stereotypes and bullying.

Resource suggested for:

Children aged 7–12. Parents may want to read this with them.

Good things about it:

- 'It says it's OK to be different from other boys.' (professional)
- 'Covers so many issues – like power, family pressures, stereotypes and bullying.' (parent)
- 'I'd use it to discuss bullying and issues of diversity.' (professional)
- 'Bright, child-friendly pictures.' (professional)

Accessibility and inclusiveness:

- 'Uses simple, clear language.' (parent)
- Illustrates different ethnicities.

Problems, omissions or notes of caution:

The book resolves bullying by using retribution – the victim ends up embarrassing the bully.

Author: **Jacqueline Wilson**
Publisher: **Egmont Books**
Year: **2001**
ISBN: **978 0 7497 4223 2**
Format: **paperback book**
145 x 200 mm
48 pages
illustrated
full colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £3.99

Oliver Button is a Sissy



Illustrated story about male stereotypes and bullying.

Resource suggested for:

Children aged 5–9. Parents may want to read this with them.

Good things about it:

This gentle story with light-hearted illustrations aims to reassure boys that it's OK to be different and to resist peer pressure. The story's positive ending shows that boys can gain respect from their peers by different means.

Accessibility and inclusiveness:

Text is clear and simple.

Diverse ethnicities included.

Problems, omissions or notes of caution:

Nothing noted.

Author: **Tomie de Paola**
Publisher: **Harcourt Publishers**
Year: **1990**
ISBN: **0156681404**
Format: **paperback book**
205 x 165 mm
48 pages
illustrated
three colours

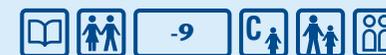
Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £4.99

One Dad, Two Dads, Brown Dad, Blue Dads



A short illustrated book about a child with gay dads.

Resource suggested for:

Children aged nine and under including under fives. Parents may want to read this with them. Professionals may also find it useful to use with parents or children.

Good things about it:

The book aims to normalise families with gay dads. Instead of talking about the dads in the story being gay, their difference from other dads is symbolised by being blue. The story emphasises that they are no different from other dads.

'Good colourful illustrations will appeal to children.' (parent)

Accessibility and inclusiveness:

'Easy to read.' (parent)

Problems, omissions or notes of caution:

Some parents and professionals find the metaphor confusing.

'I found it hard to see what the point was.' (parent)

Author: **Johnny Valentine**
Publisher: **Alyson Publications Inc.**
Year: **2004**
ISBN: **1-55583-848-0**
Format: **paperback book**
253 x 177 mm
32 pages
illustrated
full colour

Availability

To buy

Out of print. Check your local bookshop for second-hand copies or order using an online retailer.

Price: varies

The Parents' Pack



This pack of 10 booklets comes in an A5-size case and includes the following titles (all are reviewed individually in this review):

- 4 You: Growing up – What's It All About?
- Talking to Your Child about Sex and Relationships
- 4 Boys – A below-the-belt guide to the male body
- 4 Girls – A below-the-bra guide to the female body
- Periods – What you need to know
- Is Everybody Doing It? Your guide to contraception
- Love S.T.I.NGS – A beginner's guide to sexually transmitted infections
- Love, Sex, Relationships
- Pregnancy – A young person's guide
- Abortion – Just so you know

Resource suggested for:

Parents of children of any age, young people to read on their own and professionals. (See individual reviews for specific age suggestions.)

Publisher: **FPA**
Year: **various**
Format: **booklets in a
162 x 220 x 23 mm case**

Availability

To buy

FPA
50 Featherstone Street
London EC1Y 8QU
t: 0845 122 8600
e: fpadirect@fpa.org.uk
www.fpa.org.uk

Price: £6.00

The Period Book

Everything you don't want to ask (but need to know)



A comprehensive book about periods and puberty for girls.

Resource suggested for:

Girls aged nine and over. Parents may want to read this with them or use it for their own reference.

Good things about it:

'Very detailed exploration of everything to do with periods and puberty. One of this book's authors is a 15-year-old girl, making this down to earth and not at all 'preachy'.' (professional)

'It's factual but the illustrations make it not scary.' (parent)

'There's a good section called "Am I Normal?" to reassure children who probably all wonder about this.'

'It's informative but not too complex.' (parent)

'Humorous illustrations make it good. It covers most topics and has a good index.' (professional)

Accessibility and inclusiveness:

'It's easy to read.' (parent)

'There's a lot of text, the book will require good literacy skills.' (professional)

Diverse ethnicities portrayed.

Problems, omissions or notes of caution:

'It emphasises mother and daughter relationships and fathers are only the last resort.' (professional)

Authors: **Karen and Jennifer Gravelle**
Illustrator: **Debbie Palen**
Publisher: **Piatkus**
Year: **1997**
ISBN: **0-7499-1705-9**
Format: **paperback book**
180 x 180 mm
123 pages
Illustrated
two colours

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £7.50

Periods



A book about periods and puberty for girls. Written in cooperation with Brook Advisory Centres.

Resource suggested for:

Girls aged nine and over. Parents may want to read this with them or use it for their own reference.

Good things about it:

'It's good that the author answers real questions from young girls.' (professional)

'This book aims to explain everything about the menstrual cycle, simply.' (professional)

Accessibility and inclusiveness:

Easy to read for young people.

Problems, omissions or notes of caution:

Nothing noted.

Author: **Charlotte Owen**
Publisher: **Hodder Children's Books**
Year: **2005**
ISBN: **0-340-88389-8**
Format: **paperback book**
200 x 130 mm
96 pages
illustrated
one colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £5.99

Periods

A practical guide

A concise visual guide to sanitary protection during periods. Includes a short book, a CD format of the book and a condensed version as a small booklet which can fit in a purse.

Resource suggested for:

Girls and women with learning disabilities aged nine and over. Parents or professionals may want to read this with them.

Good things about it:

'The photographs are good and clearer than a text-based leaflet that tells you how to put a pad on.' (parent)

'It covers hygiene such as washing hands and great advice on how often to change pads.' (parent)

'Good advice about 'if you have an accident' – a lot of girls worry about this in school.' (parent)

Accessibility and inclusiveness:

Minimal text, good design and clear photographs make this easy to understand. The CD allows people to view it on a large screen as well.

Problems, omissions or notes of caution:

'Does not cover tampons.' (parent)



Authors: **Mai Rees, Charlotte Carter and Lindsay Myers of Conwy and Denbighshire NHS Trust**

Publisher: **Me and Us**

Year: **2008**

ISBN: **978-1-905801-10-7**

Format: **wire-bound book with laminated pages (210 x 210 mm), CD, and booklet (75 x 105 mm)**
36 pages
photographs
full colour
ring bound

Availability

To buy

Me and Us Ltd
19 Bainbridge Road
Sedbergh, LA10 5AU
t: 01539 621777
e: admin@me-and-us.co.uk
www.me-and-us.co.uk

Price: £20.00

[BACK TO RESOURCES](#)

Periods

What you need to know

A small illustrated booklet about periods.

Resource suggested for:

Girls aged nine and over. Parents or professionals may want to read this with them.

Good things about it:

'It's a good size and concise but comprehensive.' (professional)

'It covers all the questions that we need to answer.' (parent)

'It's explains about changes that will come, how to use sanitary towels and tampons, how to cope with pain and it let's girls know they are not alone. The colourful pictures are good as well.' (parent)

Accessibility and inclusiveness:

Language is clear and medical terms are explained and also written phonetically. Some of the font sizes are very small.

Different ethnicities included in illustrations.

Problems, omissions or notes of caution:

Nothing noted.



Author: **Kate Godwin**
Publisher: **FPA**
Year: **2006**
ISBN: **1 905506 10 4**
Format: **A6 booklet**
105 x 147 mm
12 pages
illustrated
full colour
stapled

Availability

To buy

FPA
50 Featherstone Street
London EC1Y 8QU
t: 0845 122 8600
e: fpadirect@fpa.org.uk
www.fpa.org.uk

Price: 50 copies for £12.50. It also comes in FPA's Parents Pack (see this review), which costs £6.

Personal Hygiene?

What's That Got to Do with Me?

This book has been developed as a curriculum for students to help them understand how others perceive their appearance and the social implications of neglecting personal hygiene. Humorous cartoons help explain what the young person needs to do to ensure good hygiene. There are also personal stories and hands-on activities to demonstrate why and how to perform hygiene tasks. Worksheets help children set up a daily schedule.

Resource suggested for:

Designed for parents or professionals to use with children with Autism, Asperger's Syndrome or learning disabilities aged 8–14 but useful for any child in general. Can be used for group work or for individuals.

Good things about it:

Clear, short chapters mean specific aspects of personal hygiene can be addressed with the young person.

Accessibility and inclusiveness:

Nothing noted.

Problems, omissions or notes of caution:

Nothing noted.



Author: **Pat Crissey**
Publisher: **Jessica Kingsley**
Year: **2004**
ISBN: **978-1843107965**
Format: **paperback book**
240 x 174 mm
94 pages
illustrated
one colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £12.95

Pregnancy



A small booklet about conception, pregnancy and birth.

Resource suggested for:

Young people aged 13 and over. Parents may want to read this with them.

Good things about it:

- 'A comprehensive and easily understood guide.' (professional)
- 'Uses terms that young people use.' (professional)
- 'The layout separates the text into small sections so it's easy to follow. It's not too complex.' (professional)
- 'Any professional jargon used is explained.' (professional)
- 'There is a section that dispels myths.' (professional)
- 'A good size which could be put in a pocket discreetly.' (professional)

Accessibility and inclusiveness:

- Includes images of different ethnicities and abilities.
- 'It is easy to use and understand.' (professional)

Problems, omissions or notes of caution:

Nothing noted.

Authors: **Pauline Armstrong and Barbara Kott**
Publisher: **FPA**
Year: **2006**
ISBN: **1 905506 06 6**
Format: **A6 leaflet**
148 x 105 mm
16 pages
illustrated
full colour
stapled

Availability

To buy

FPA
50 Featherstone Street
London EC1Y 8QU
t: 0845 122 8600
e: fpadirect@fpa.org.uk
www.fpa.org.uk

Price: 50 copies for £12.50. It also comes in FPA's Parents Pack (see this review), which costs £6.

Puberty

Information for parents and carers

These brief fact sheets give general information and advice about puberty as well as specific information relating to children with Down's syndrome.

Resource suggested for:

Parents of young people with Down's syndrome aged over 10.

Good things about it:

'There is a section called 'What Parents can do to help' which includes good information about building self-esteem.' (professional)

Accessibility and inclusiveness:

Easy to read with minimal professional jargon.

Problems, omissions or notes of caution:

These are very basic fact sheets, but more detailed information is available on the same website in booklets called *Let's Talk about Puberty* and *Let's Talk about Periods* for people with learning disabilities (see entries in this review).



Author: **Lou Marsden**
Publisher: **Down's Syndrome Scotland**
Year: **2005**
ISBN: **n.a.**
Format: **online A4 sheets**
2 pages
two colours

Availability

To buy

Free online
www.dsscotland.org.uk

The Puberty Book

A guide for children and teenagers

A book with a humorous tone for both boys and girls about physical and emotional changes during puberty. Considers a broad range of topics about growing up including sex, relationships, social issues and mental health.

Resource suggested for:

Children aged 10 and over. Parents may want to read this with them.

Good things about it:

'Very comprehensive. Answers all the questions children may ask.' (parent)

Common questions from children about a wide range of subjects are answered throughout the book.

Includes clear anatomical drawings and a thorough index.

Accessibility and inclusiveness:

'It is clear and easy to read, but rather wordy.' (parent) Some younger children or those with lower literacy skills may find this difficult.

Includes entries about diverse sexualities.

Problems, omissions or notes of caution:

Nothing noted.



Authors: **Wendy Darvill and Kelsey Powell**

Publisher: **Gill and Macmillan Ltd**

Year: **2008**

ISBN: **978-0-7171-4494-5**

Format: **paperback book**

215 x 135 mm

196 pages

illustrated

one colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £8.50

To loan

NHS Health Scotland Library

Questions Children Ask

And how to answer them

This book considers common questions children ask which can be difficult for parents to answer. There is a focus on sex and relationships but other subjects are included such as death, religion, drugs, alcohol and keeping safe from abuse. Each question is answered in four different ways according to different age ranges.

Resource suggested for:

Parents to use with children aged 5–11. Parents may find this useful to use for their own reference and professionals may find this useful to use with families.

Good things about it:

- 'It helps you understand complicated issues from the child's point of view.' (parent)
- 'I like the idea that answers are given to suit different age groups.' (parent)
- 'There's good advice on what *not* to say. For example she advises not to use euphemisms like "sleep" instead of "dying".' (parent)
- 'A good preparation for parents, it can help them be more confident at answering questions.' (professional)
- 'The topics covered are comprehensive.' (parent)
- 'A good reference book.' (professional)
- 'It has a thorough index so topics are easy to find.' (parent)
- 'The colourful illustrations make the book appealing.' (parent)
- 'Correct terminology is used.' (professional)

Accessibility and inclusiveness:

Includes discussions about diverse ethnicities, abilities, sexualities and types of families. Illustrations reflect a diverse range of people and relationships throughout.

'Easy to read.' (parent)

Problems, omissions or notes of caution:

- Some parents may not agree about the appropriateness of some answers for the suggested ages: 'As a parent I would use what I deemed to be appropriate but wouldn't let my child have access to the book.' (parent)
- 'I'd like it to have more emphasis on the simple concept of 'love', especially for the younger age groups.' (parent)



Author: **Miriam Stoppard**
Publisher: **Dorling Kindersley**
Year: **2001**
ISBN: **9780751333336**
Format: **paperback book**
195 x 254 mm
96 pages
illustrated
full colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £10.99

r u thinking?

website

A website about sexual health and relationships with sections for boys and girls.

Resource suggested for:

Children aged 10 and over. Parents may want to look at the site with children.

Good things about it:

The site has a section called 'Need help in a hurry?' which has an exceptional search facility which is able to list many local clinics and resources in Scotland.

'The separate sections for boys and girls are good – but they can also look at each others' sections and get information. There's good information on puberty, contraception, the law and dispelling myths. The sections on emotional wellbeing are good as well and it gives young people good answers if they are being pressured into having sex. Young people will like the design.' (professional)

Accessibility and inclusiveness:

Diverse sexualities are discussed and different ethnicities are illustrated.

'A young person would be able to use this site – they would find it interesting and informative.' (professional)

Problems, omissions or notes of caution:

Nothing noted.



Developer: **The Teenage Pregnancy Unit**

Availability

www.ruthinking.co.uk

Ready, Set, Grow



A book about physical changes during puberty for girls.

Resource suggested for:

Girls aged 10 and over. Parents may want to read this with them.

Good things about it:

'There are lots of facts presented as answers to common questions a girl might have.' (professional)

'Illustrates how to use tampons – good for those with poorer reading skills.' (professional)

For physical changes, the book 'covers pretty much everything a young girl would want to know.'

(professional)

'Talks about pleasure and masturbation.' (professional)

'Uses straightforward language.' (professional)

'Talks about body image and pressures to be thin.' (professional)

Accessibility and inclusiveness:

'Illustrates different body shapes and ethnicities. No mention of sexual orientation other than heterosexual.'

(professional)

'The language is clear.' (professional)

Problems, omissions or notes of caution:

Negligible discussion about emotional and social aspects of puberty.

Author: **Lynda Madaras**
Publisher: **Newmarket Press**
Year: **2004**
ISBN: **978-1-55704-565-2**
Format: **paperback book**
180 x 180 mm
128 pages
illustrated
two colours

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £6.99

SENSE

An interactive CD on sex and relationships

This interactive CD-ROM uses animated or dramatised scenes with actors to give information on sex and relationships and physical and emotional changes during puberty. Subjects include communication and attraction, being gay, pressures to have sex, sexual abuse and rape, contraception, pregnancy, STIs and information about sexual health clinics. There is also a glossary of terminology and a directory of agencies for support and advice. A booklet for parents is included which suggests ways to help communicate with young people about the subject.

Resource suggested for:

Young people aged 13–16. Parents may want to use it with them.

Good things about it:

Young people may enjoy the interactive aspect of the CD and the animations keep the information visually interesting. There's a good amount of reassuring information and advice.

'It's visually bright and it's interactive which is a good alternative way of learning.' (professional)

'It's a good starting block of information.' (professional)

Accessibility and inclusiveness:

Some of the speech and text is read out on audio which is helpful for people with literacy difficulties.

Some people may find the navigation confusing and not always straightforward to use.

There is a programme about being gay and diverse ethnicities and physical abilities are also portrayed.

Problems, omissions or notes of caution:

Love and the emotional aspects of sex and relationships are underemphasised.

The filmed scenarios are not very realistic for young people.

The contact agencies are English-based.

The text in the booklet is dense and requires good literacy skills.

To run the CD-ROM people must have a computer with the minimum following specifications: Pentium III Processor (400 MHz); 128 MB RAM; Sound Card; 8 Speed CD-ROM Drive; Windows 95 or higher.



Producer: **Sense Interactive CDs Ltd and the National Children's Bureau**

Year: **2003**

Format: **CD-ROM**

Availability

To buy

Sense Interactive CDs
Studio One
Westree House
2 Westree Road
Maidstone,
Kent ME16 8HB
t: 01622 752160
e: info@sensecds.com
www.sensecds.com

Price: £9.99 (+P&P)

Sex and Relationships



This DVD has been created to complement sexual health and relationships education in secondary schools and is designed to initiate further discussion in the classroom. It has four sections.

The first section is called In My Experience and has three 25-minute programmes which are filmed in the form of teenage video diaries. They discuss friendships, dating and pressures to have sex.

The second section is called Growing Up Gay and includes a 25-minute dramatisation about a boy's experience of homophobic bullying while in high school. This is followed by five short films made by young gay people about their personal experiences of growing up gay.

The third section is called More Than Love and has three 25-minute dramatisations about three relationships. These three films involve the dangers of risky behaviour involving sex, drugs and alcohol; breaking up and feelings of jealousy; and coming out and having a lesbian relationship.

The fourth section is a 30-minute film designed for professional teaching development in the classroom and shows four teachers (three secondary and one primary) struggling to teach sex education successfully.

(Review continued on next page.)

Producer: **4 Ventures Ltd**
Distributor: **Channel 4**
Year: **2006**
Format: **DVD**

Availability

To buy

Channel 4 Learning
Codestorm Health
Walton Road
Farlington
Hampshire
PO6 1TR
t: 0844 800 4445
e: channel4learning@codestorm.co.uk
www.channel4learning.com

Price: £50

To loan

NHS Health Scotland Library

Resource suggested for:

Designed for teaching in classrooms but parents may also find some films helpful to initiate dialogue with children aged 11–19. Professionals may also find the films helpful when working with parents.

Good things about it:

The films avoid being pedantic and prescriptive so parents could use them to help open up dialogue with young people about difficult subjects such as sex, contraception, diverse sexualities, homophobia and bullying, social skills and friendships, emotional health, alcohol and drugs.

Accessibility and inclusiveness:

Diverse sexualities and ethnicities are portrayed. There is no diversity of physical or learning abilities.

Problems, omissions or notes of caution:

The films are designed for professionals to lead follow up discussions so parents would have to feel confident to do this on their own.

'I found the Growing Up Gay film disappointing because it is overly dramatised and the resolution is unrealistic in which the victim ends up rescuing the bully. The film also lacks any mention of a school's responsibility for tackling homophobic bullying.' (professional)

Sex and Relationships Education/Relationships and Moral Education Home Activity Resource

1. Primary Pack
2. Secondary Pack

These resources, one for use in primary schools and one for use in secondary schools, provide homework activities which complement an in-school sex and relationship education curriculum.

The purpose of the activities is to engage parents in their child's sex and relationship education. In the Primary Pack two activities link to classroom sessions from the 'Respect' programmes by Zero Tolerance. The pack addresses equal opportunities, beliefs and attitudes to sex and relationships, periods, pregnancy and birth. Homework activities are suitable for use at the upper stages of primary school in both non-denominational and denominational schools. The pack has been updated to make links to *Curriculum for Excellence*. In the Secondary Pack activities tie in with SHARE or other curricula. Themes include learning about sex and relationships, puberty, family attitudes to sex and relationships, safer sex practices, sex in the media, dealing with pressures, attitudes to unplanned pregnancy and condom values. It is suitable for use with students in S1–S4.

(Review continued on next page.)



Publisher: **Healthy Respect**
Year: **2008**
ISBN: **not known**
Format: **A4 booklets**
210 x 297 mm
1. 38 pages, 2. 46 pages
two colours
stapled

Availability

To buy

Free
The Primary Pack is available in hard copy from Healthy Respect
NHS Lothian
148 The Pleasance
Edinburgh EH8 9RS

Free

Both packs are available to download at www.healthyrespect.co.uk

Resource suggested for:

School-based professionals delivering a sex and relationship curriculum as a means of engaging parents in their child's learning at upper primary and secondary school settings.

Good things about it:

'It makes references to *Curriculum for Excellence*.' (professional)

'Good that it encourages telling and sharing with the parents before and during the homework spell.'
(parent)

'It's an exciting idea – there's potential for opportunities for professionals to use'. (professional)

'A prop for conversations which may not usually arise. As a parent, it would be interesting as a starting point for discussion.' (parent)

Accessibility and inclusiveness:

Some reviewers think the packs could be edited: 'Too much time needs to be built in for preparation by teachers.' (professional)

There are concerns about children who would not be able to complete some homework tasks: 'May not be inclusive because family situations are too variable.' (professional)

Problems, omissions or notes of caution:

In its early phases Healthy Respect was a demonstration project and these resources were produced as part of this early work. While both packs are available without additional support the Primary Pack is part of the training provided in the Zero Tolerance Respect programme. Healthy Respect recognises that the Primary Pack has been used more successfully. They emphasise the importance of any teacher/educator using this pack knowing the class members well and having established relationships with parents.

'It would need some briefing for parents. Parents who haven't already thought through some things would feel unprepared or uncomfortable – some of these tasks can be intimidating. Some children would find the exercises too uncomfortable to do as well.' (professional)

The Sex Book



An encyclopaedic A–Z guide to terms relating to sexual health and relationships, including physical and emotional changes during puberty.

Resource suggested for:

Young people aged 13 and over. Parents may also find this useful as a reference for themselves.

Good things about it:

'Really comprehensive and good for both sexes. It includes answers to common questions from teenagers and dispels common myths.' (professional)

'A good mixture of street slang and more "correct" language.' (professional)

'Illustrations keep it quite light and help to balance all the information in the text.' (professional)

'It looks at both the physical, mechanical side of sex as well as relationships and feelings. Also considers sexual pleasure.' (professional)

'The dictionary format means you can find a topic of interest easily.' (professional)

Accessibility and inclusiveness:

'Talks about different sexualities, cultures and religions.' (professional)

'Straightforward language, but the small text will perhaps be challenging for some people.' (professional)

Problems, omissions or notes of caution:

Nothing noted.

Author: **Jane Pavanell**
Publisher: **Wizard Books**
Year: **2003**
ISBN: **978-1840464720**
Format: **paperback book**
195 x 160 mm
200 pages
illustrated
two colours

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £7.99

Sex education and children and young people with an ASD



This information sheet guides parents of a child with an autism spectrum disorder through a number of issues from ‘when should I start talking to my child about puberty?’ through to identifying which professional people a parent should be in contact with. Other subjects addressed include menstruation, masturbation, personal hygiene, concerns about behaviour and understanding what is private and what is public.

Resource suggested for:

Parent of child with an autism spectrum disorder.

Good things about it:

A comprehensive introduction to the subject.

Accessibility and inclusiveness:

Requires a confident reader.

Problems, omissions or notes of caution:

A very general information sheet which highlights issues without going into depth. Some contact details given for national organisations but none are specifically Scottish.

Publisher: **National Autistic Society**
Last updated: **March 2008**
ISBN: **n.a.**
Format: **online A4 sheets**
10 pages
illustrated
one colour

Availability

Free

www.autism.org.uk – publications and web resources

Sex Education in Scottish Schools

A guide for parents and carers

A very brief and general guide for parents about the sex education Scottish schools are expected to teach and what a parent can do if they have concerns about this.

Resource suggested for:

Parents of school-age children.

Good things about it:

'This is a broad guide which aims to encourage parents to find out about their child's learning in school and begin a dialogue.' (professional)

Accessibility and inclusiveness:

'It's fine for those with reasonable reading skills.' (professional)

Problems, omissions or notes of caution:

Parents should be aware that this is only a guide and that every school will have a different curriculum for this subject. Parents should be encouraged to contact their child's school if they want more detailed information.



Publisher: **Learning and Teaching Scotland**

Year: **2001**

ISBN: **n.a.**

Format: **booklet
A5**

**8 pages
two colours
stapled**

Availability

Free

To order or download online
Learning and Teaching Scotland
Gardyne Road
Dundee DD5 1NY
t: 01382 443600
e: enquiries@LTScotland.com
www.ltscotland.org.uk

Available in different languages as well as Braille and on cassette.

Sex Explained

Honest answers to your questions about guys & girls, your changing body, and what really happens during sex

A book about the physical and emotional aspects of puberty and sex.

Resource suggested for:

Young people aged 13 and over. Parents may want to read this with them.

Good things about it:

'It reinforces the positive side of sexual health.' (professional)

'A light-hearted book with lots of information and advice, a good layout and excellent illustrations.' (professional)

'It has a very good index, so you can dip in and out.' (professional)

Accessibility and inclusiveness:

'The language is easily understandable and there is no jargon but a young person would need confident literacy skills.' (professional)

Inclusive of diverse sexualities but no diversity of abilities or ethnicities.

Problems, omissions or notes of caution:

The references for further information are American.



Authors: **Magali Clausener-Petit and Melissa Daly**

Publisher: **Amulet Books**

Year: **2004**

ISBN: **08109-9162-4**

Format: **paperback book**
223 x 140 mm
112 pages
illustrated
full colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £6.95

Sex, Relationships and Teenagers

Top ten tips for parents and families

A small booklet giving 10 simple suggestions for discussing sex and relationships with young people. Includes a helpline for more information or support.

Resource suggested for:

Parents of children aged 13 and over.

Good things about it:

'Concise and easy to implement good advice.' (parent)

'It gives good guidance about using everyday things to bring subjects up and grow a talking relationship. It's also a good tip to be honest and say you don't always have the answers.' (professional)

Accessibility and inclusiveness:

Mixed ethnicities illustrated on the cover.

'It is nice and small, a good size to pick up and put in your pocket.' (parent)

'Very clear and easy to read.' (parent)

Problems, omissions or notes of caution:

Nothing noted.



Publisher: **Parenting Across Scotland**

Year: **2008**

ISBN: **n.a.**

Format: **booklet**
130 x 95 mm
16 pages
full colour
stapled

Availability

To buy

Free to order or download online
Parenting Across Scotland
c/o Children 1st
1 Boroughloch Square
Edinburgh, EH8 9NJ
t: 0131 319 8060
e: alison.clancy@children1st.org.uk
www.parentingacrossscotland.org

Sex Small Talk

For parents and carers of children aged between 4 and 11

This booklet suggests ways to approach questions from children about growing up, sex and relationships and keeping safe which are often awkward to answer for parents. It also gives guidance about what sex and relationships knowledge is helpful and appropriate for children to know by the age of 11.

Resource suggested for:

Parents of children aged 4–11.

Good things about it:

'The question and answer section is splendid.' (professional).

Accessibility and inclusiveness:

Includes discussion about gay and lesbian relationships.
Clearly written with minimal jargon.

Problems, omissions or notes of caution:

Nothing noted.



Author: **Highland Sexual Health Strategy Group**
Publisher: **Highland NHS Board**
Year: **2003**
ISBN: **n.a.**
Format: **booklet**
200 x 200 mm
24 pages
one colour
stapled

Availability

To buy

Contact to inquire:
NHS Highland
Beechwood Park
Inverness, IV2 3BWn.a.
t: 01463 717123
e: nhs.highland@nhs.net
www.nhshighland.scot.nhs.uk

Sex the Truth



Frank answers to real questions about puberty and sex submitted by young people to the website www.teenagehealthfreak.org

Resource suggested for:

Young people aged 13 and over. Parents may find it useful to read for themselves to help understand worries and concerns young people have. Some parents may want to read this with young people.

Good things about it:

'Answers questions they would like to ask parents but are too embarrassed.' (professional)

'I would never cover masturbation, I wouldn't bring it up. But if it's in a book like this I'd give it to them to read.' (parent)

'I think young people would find it funny, they'll like the agony aunt style.' (professional)

'Good to help girls and boys talk about sex in a positive way.' (professional)

'Looks at questions that wouldn't be covered in more run-of-the-mill books.' (professional)

'There's a wide variety of questions – a question in it for everyone.' (professional)

'The quizzes are good, they help reinforce the learning.' (professional)

'Answers young people's questions in their language.' (professional)

'Dispels myths and playground banter.' (professional)

Accessibility and inclusiveness:

Includes a chapter on diverse sexualities.

Questions are asked in teenage vernacular and answered using straightforward, jargon-free language.

Problems, omissions or notes of caution:

'Some parents may find the frank content embarrassing to discuss with a teenager.' (professional)

'I wouldn't give it to my 15-year-old boy to use alone, but I would use it with him, to discuss in more depth, because I wouldn't agree with some of the answers.' (parent)

'It wouldn't be a book I'd start with – it gives too much information at once.' (parent)

Authors: **Aidan MacFarlane and Ann McPherson**
Publisher: **Oxford University Press**
Year: **2003**
ISBN: **0-19-911171-5**
Format: **paperback book**
110 x 178 mm
128 pages
one colour

Availability

To buy

Out of print, except for certain sections which have been reissued as *The Truth: A teenager's survival guide* and combines sex, stress, bullying, weight, relationships and drugs.

ISBN – 9780192727039

Price – £7.99

Format – 216 x 165 mm

Extent – 96 pages

Sexperience website



This site was created to complement a series on Channel 4 television called The Sex Education Show. You can watch all 10 episodes here.

The episodes are a combination of interviews with people of all ages talking frankly about their sexual experiences, with advice and information from professionals. Four of the episodes discuss pornography and young people and the site includes a page about how to protect children from porn. The website also has numerous short video clips of people talking candidly about their sexual experiences, a forum for people to send in questions about sex and post answers, and the results of a survey of teenagers in Britain. There are also photographs of genitalia with anatomical and health information and clips of sex education videos used in the series such as how to put a condom on, male and female anatomy, female orgasm, virginity, pregnancy and STIs.

(Review continued on next page.)

Developer: **Channel 4**

Availability

To buy

www.sexperienceuk.channel4.com

Resource suggested for:

Parents to use with children aged 13 and over. Parents may also find the site useful for their own information.

Good things about it:

This site attempts to give an honest and representational view of the sex life of a broad range of people of all ages across Britain in order to open up discussion and improve people's sexual health. You can find clear information delivered by health professionals in video clips as well. The television episodes use a sense of humour and a pop-vox approach to deliver serious messages about sexual health.

'Asks all the embarrassing questions people might not be able to ask themselves.' (parent)

'The real life experiences are good to hear about.' (parent)

'A comprehensive guide to everything – I mean everything!' (parent)

Accessibility and inclusiveness:

Inclusive of diverse sexualities, ethnicities and ages. Currently the television episodes and video clips are not inclusive of people with different abilities.

Problems, omissions or notes of caution:

This site is prefaced with the warning 'This site features very frank and occasionally explicit accounts of personal experiences of sex – parental guidance is recommended.'

Sexuality

Your sons and daughters with intellectual disabilities

This comprehensive book uses case samples from interviews with parents and people with learning disabilities to discuss sex and relationships. The wide range of subjects includes the recognition of the sexuality of people with learning disabilities and their rights to relationships, self-esteem, boundaries, sex education, gender differences, STIs, abuse and exploitation, marriage and pregnancy.

Resource suggested for:

Parents of people with learning disabilities or professionals.

Good things about it:

'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.' (professional)

'Discusses how to interact with children and 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.' (professional)

'Gives examples, advice and space to use as a personal workbook also.' (professional)

Accessibility and inclusiveness:

'Fairly dense book requiring high literacy skills.' (professional)

Discusses homosexuality but lacks images of diverse ethnicities.

Problems, omissions or notes of caution:

Refers to Canadian legislation.



Authors: **Karin Melberg Schwier and Dave Hingsburger**

Publisher: **Jessica Kingsley**

Year: **2000**

ISBN: **978 185 302 896 0**

Format: **paperback book
234 x 156 mm
223 pages
photographs
one colour**

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £14.95

Sexually Transmitted Infections

i. A series of booklets from NHS Health Scotland titled Your Questions Answered about...

- | | |
|-------------------|-------------------|
| 1. Chlamydia | 4. Gonorrhoea |
| 2. Genital herpes | 5. Vaginal health |
| 3. Genital warts | |

Note: some of these resources were not completed and available for review at the time but were included for use.



Publisher: **NHS Health Scotland**
Year: **2000–09**
ISBN: **not known**
Format: **booklets**
130 x 270 mm
6–8 pages

Availability

To buy

To buy or download for free
NHS Health Scotland
Woodburn House, Canaan Lane
Edinburgh EH10 4SG
t: 0131 536 5500
e: publications@health.scot.nhs.uk
www.healthscotland.com

Price: 10p each

Free

Single copies available for free from NHS Health Scotland Library

Sexually Transmitted Infections



ii. A series of booklets from the FPA titled:

- | | |
|-------------------|------------------------------------|
| 1. Chlamydia | 6. Non-specific urethritis |
| 2. Genital herpes | 7. Pubic lice and scabies |
| 3. Genital warts | 8. Syphilis |
| 4. Gonorrhoea | 9. Trichomonas vaginalis |
| 5. HIV | 10. Thrush and Bacterial vaginosis |

Note: some of these resources were not completed and available for review at the time but were included for use.

Publisher: **FPA**
Year: **2007–09**
ISBN: **1. 1905506201**
2. 1905506228
3. 1905506236
4. 1905506244
5. 1905506295
6. 1905506252
7. 1905506198
8. 1905506260
9. 1905506279
10. 1905506287
Format: **booklets**
210 x 99 mm
16–20 pages

Availability

To buy

To buy or download for free
FPA
50 Featherstone Street
London EC1Y 8QU
t: 0845 122 8600
e: fpadirect@fpa.org.uk
www.fpa.org.uk

Price: 50 copies for £6.50

[BACK TO RESOURCES](#)

Speakeasy training course



This is an eight-week training course for parents in which they learn about puberty, sexually transmitted infections, contraception, keeping safe and talking about sex and relationships in the context of family life. Parents and carers also receive age-appropriate resources which, together with learning, can stimulate discussions in the home and within their wider social networks. The courses are held within local community facilities and can be delivered in partnership with other local partners. Speakeasy is running courses in health board areas across Scotland.

Resource suggested for:

Parents of children and young people from pre-school through to teenagers.

Good things about it:

The Speakeasy course is accredited and this means participants can also gain an award in a supportive and friendly environment. Parents can take part in the course whether they want to do the qualification or not. 'Speakeasy has made a big difference with my relationship with my son, not just about being able to talk to him about this but being able to talk to him better about everything.' (parent participant)
'Just telling the kids about the course triggered lots of questions at home over tea.' (parent participant)
'I spoke to my child about things and they speak to their friends like they have always done, but now I know that they have the right information.' (parent participant)
'Opens up doors to other subjects. Kids can feel its safe to talk about X so maybe it would be ok to also bring up Y.' (parent participant)

Accessibility and inclusiveness:

Courses are held locally.
Literacy support and crèche facilities can be made available.

Problems, omissions or notes of caution:

Nothing noted.

Organisation: **FPA Scotland**

Availability

Free

Contact:
FPA Scotland office
Unit 10, Firhill Business Centre
76 Firhill Road
Glasgow G20 7BA
Tel: 0845 122 8676

www.fpa.org.uk > in the community >
speakeasy > Scotland

Taking Care of Myself

A hygiene, puberty and personal curriculum for young people with autism

Specifically designed to address the health and safety needs of students aged five to young adult with autism spectrum disorders. Through social stories and easy-to-understand activities the book aims to reduce fear and confusion surrounding issues of health, hygiene, modesty, puberty, menstruation, touching and personal safety and masturbation. The intention is to support an expectation of independence by establishing appropriate self-care routines.

Resource suggested for:

Parents or professionals with an individual child or young person or with a group.

Good things about it:

Information and social rules are explained in simple, precise detail.

Accessibility and inclusiveness:

Large print and simple, clear illustrations.

Problems, omissions or notes of caution:

Nothing noted.



Author: **Mary Wrobel**
Publisher: **Future Horizons**
Year: **2003**
ISBN: **1-885477-94-5**
Format: **paperback book**
208 x 280 mm
270 pages
illustrated
one colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £17.95

Talk 2 training course and website

Primary Sex & Relationship Education

Talk 2 offers a range of support for parents in Glasgow, including a training course and website to help parents feel prepared to discuss growing up, puberty, sexual health and relationships with children and young people.

The project runs short training programmes in community settings. Parents are encouraged to attend a taster session. There is a standard (but flexible) seven-session course. Sessions cover:

- The messages children/teenagers get from the world around them.
- Learning what children say about this topic.
- What children/teenagers need to know at each age and stage.
- Knowledge about physical and emotional changes at puberty.
- Knowledge about reproductive organs and sexual body parts.
- What words to use to talk about bodies, puberty and growing up.
- Why talking with our children/teenagers about these things helps protect them.
- Practise answering children's/teenagers' questions and initiating discussion.
- Talking with pre-teens and teenagers about relationships.
- How to help teenagers delay sexual activity until they are ready.
- What teenagers need to know about safer sex.
- Knowledge about STIs, contraception, pregnancy and local support.

Resource packs (one for under 12s and one for over 12s) can also be ordered via the website which gives parents a number of leaflets for them and their child. Talk 2 also run an information phone-line twice a week at 0141 287 2841.

(Review continued on next page.)



Organisation: **NHS Greater Glasgow and Clyde and Glasgow City Council**

Availability

Free

Talk 2

t: 0141 287 2841

www.talk2glasgow.com

Resource suggested for:

Parents of children aged from pre-school to 16.

Good things about it:

The following comments are from parents attending the course:

'It was a really good laugh – I thought I would be embarrassed but the Talk 2 staff made everyone feel comfortable.' (parent participant)

'People call it sex education, but it's not really about sex, it's all about emotions and growing up and them [children] feeling good about who they are.' (parent participant)

The website has pages for different age ranges of children which tell parents what to expect from children at that age and what sort of information and advice they need from parents. There are good lists of resources such as books, leaflets and websites recommended for each age range as well. Some of the books listed are available in Glasgow City Libraries. Parents can search for information on specific subjects from an extensive A-Z database.

Accessibility and inclusiveness:

Courses can be designed to fit the particular needs of a group of parents and/or the time they have available. Predominantly discussion based with minimal writing involved.

'Most of the website is audio linked so people with reading difficulties can have the text read to them.'
(professional)

Problems, omissions or notes of caution:

Courses only available for parents in the Glasgow City area.

Talking to Your Child about Sex and Relationships



A booklet to help parents discuss growing up, sex and relationships with children and young people.

Resource suggested for:

Parents of children aged from birth to 16.

Good things about it:

'It's a good starting point for parents.' (parent)

'It gives good examples and guidelines to help parents approach the subject of sex and relationships.' (professional)

'Covers both physical as well as emotional and relationship aspects.' (parent)

Accessibility and inclusiveness:

'It is easy to use.' (parent)

'It discusses various sexualities and touches on religious views. It also mentions resources for young people with learning disabilities.' (parent)

Different ethnicities portrayed.

Problems, omissions or notes of caution:

'A general guide, so it does not always have much detailed information.' (parent)

Publisher: **FPA**
Year: **2007**
ISBN: **1905506 04 X**
Format: **A5 booklet**
210 x 145 mm
24 pages
photographs
full colour
stapled

Availability

To buy

FPA
50 Featherstone Street
London EC1Y 8QU
t: 0845 122 8600
e: fpadirect@fpa.org.uk
www.fpa.org.uk

Price: 50p each. It also comes in FPA's Parents Pack (see this review), which costs £6.

Talking Together... about Contraception

1. Book One

2. Book Two

Book One is a practical resource for staff and parents working with young people with learning disabilities. Book Two is an illustrated guide to contraception designed for young people with learning difficulties.

Resource suggested for:

Book One is for parents and professionals and Book Two is for people with learning disabilities aged 13 and over. Parents or professionals may want to read Book Two with them.

Good things about it:

Comments about Book Two:

'A good layout with a mix of stories and pictures, there's not too much text on the page.' (parent)

'The stories are realistic and cover a variety of situations.' (parent)

'There's a good section about which type of contraception might suit different couples.' (parent)

'Usefully covers what might go wrong with contraception and what you can do about it.' (parent)

'Good messages about subjects such as personal choice, choosing contraception which suits the individual, safer sex and pressure from peers. Very comprehensive.' (professional)

Accessibility and inclusiveness:

'It's easy to follow and clearly laid out.' (parent)

'Simple pictures show step-by-step use of contraception.' (parent)

'Shows different abilities and ethnicities and mentions same-sex relationships.' (professional)

Problems, omissions or notes of caution:

'I'd be cautious about giving Book Two out unsupported, it needs to be undertaken in a supportive environment with a worker or parent available.' (professional)



Author: **Lesley Kerr-Edwards and Lorna Scott**

Publisher: **FPA**

Year: **2005**

ISBN: **1 899194 79 7**

Format: **paperback book
210 x 297 mm
1. 36 pages, 2. 68 pages
illustrated
one colour
ring bound**

Availability

To buy

FPA
50 Featherstone Street
London EC1Y 8QU
t: 0845 122 8600
e: fpadirect@fpa.org.uk
www.fpa.org.uk

Price: £13.99

To loan

NHS Health Scotland Library

This resource has been updated since this review was undertaken.

[BACK TO RESOURCES](#)

Talking Together... about Growing Up



A workbook with illustrated activities and scenarios about emotional and physical changes at puberty.

Resource suggested for:

Parents or professionals to read with children with learning disabilities. Sections on keeping safe are suitable for ages five+ but the book is particularly aimed at boys and girls aged 10 and over to help them prepare for puberty.

Good things about it:

'The section about keeping children safe through discussing public and private is good. The diagrams are simple and clear. There are clear instructions for activities to help get a point across and to get children to talk. It also uses language familiar to children.' (parent)

'The ideas on how to raise subjects with a child are good. The activities can be tailored and it is interactive and not just for reading, so it can capture different needs and abilities.' (professional)

'This easy-to-follow style is suitable for young children who may not be able to read. It could also help schools working in partnership with parents.' (professional)

'The exercises are short and simple and would fit into a daily routine.' (professional)

'It stresses that all young people are at different stages of development.' (professional)

'There are helpful hints for each activity about what to do if you or your child are struggling with it.' (professional)

'I like that a lot of the activities are based on personal visual aids such as photos or clothes.' (professional)

Accessibility and inclusiveness:

Images of different ethnicities but no diversity of physical abilities. No mention of sexual diversity.

'Clearly laid out and easy to follow.' (professional)

'Parents would need to have a reasonable amount of literacy.' (professional)

Problems, omissions or notes of caution:

'Parents would need to make time to prepare themselves before each activity.' (professional)

'In the chapter about keeping safe it emphasises that strangers can be dangerous, but there's actually more danger from a trusted person.' (parent)

Author: **Lesley Kerr-Edwards and Lorna Scott**

Publisher: **FPA**

Year: **1999**

ISBN: **1 899194 96 7**

Format: **paperback book
210 x 297 mm
82 pages
illustrated
one colour
ring bound**

Availability

To buy

FPA
50 Featherstone Street
London EC1Y 8QU
t: 0845 122 8600
e: fpadirect@fpa.org.uk
www.fpa.org.uk

Price: £12.99

This resource has been updated since this review was undertaken.

Talking Together... about Sex and Relationships



A teaching aid with illustrated scenarios, points to discuss and fact sheets.

Resource suggested for:

Parents or professionals to read with young people with learning disabilities aged 13 and over.

Good things about it:

'This is very comprehensive and packed full of teaching ideas. Loads of good visual reinforcements.' (parent)
'Teachers can copy pages to send home to parents.' (professional)

Accessibility and inclusiveness:

'Just tokenistic references to 'being gay' on one page.' (professional)
There are images of different ethnicities and physical abilities.

Problems, omissions or notes of caution:

'A lot of the solutions to the young people's dilemmas in the scenarios are very simplistic and very much in a 'perfect world'.' (professional)

Author: **Lesley Kerr-Edwards and Lorna Scott**
Publisher: **FPA**
Year: **2007**
ISBN: **1 905506 12 0**
Format: **paperback book**
210 x 297 mm
120 pages
illustrated
one colour
ring bound

Availability

To buy

FPA
50 Featherstone Street
London EC1Y 8QU
t: 0845 122 8600
e: fpadirect@fpa.org.uk
www.fpa.org.uk

Price: £14.99

To loan

NHS Health Scotland Library

This resource has been updated since this review was undertaken.

[BACK TO RESOURCES](#)

Talking with Your Child about Relationships and Sexual Health

For parents and carers of children between 4 and 9 years old

A booklet to help parents discuss growing up, sex and relationships with children. It also suggests how to answer common questions.

Resource suggested for:

Parents of children aged 4–9.

Good things about it:

'This explores a range of issues children may ask questions about, and gives helpful hints about how a parent can answer these. It covers sexual health and relationships together, firmly showing that the two areas are both important and go hand in hand when talking to children about sexuality.' (professional)

'It is good that it includes information about sex education in schools.' (professional)

Accessibility and inclusiveness:

Different ethnicities portrayed and there is discussion about what being gay means.

'It offers further information about publications for more specialist areas such as information for parents of children with particular needs.' (professional)

'Too much text, too wordy.' (professional)

'Some phrases, like "self-esteem" and medical terms might be hard for some parents to understand.' (professional)

Problems, omissions or notes of caution:

'It is too general, it would be better if it had different sections for different age groups.' (professional)



Publisher: **NHS Health Scotland**

Year: **2006**

ISBN: **1-84485-345-2**

Format: **booklet**
150 x 105 mm
39 pages
colour
stapled

Availability

Free

Order or download for free
See your local health board or contact
Health Scotland
Woodburn House, Canaan Lane
Edinburgh, EH10 4SG
t: 0131 536 5500
e: publications@health.scot.nhs.uk
www.healthscotland.com

Single copies available for free from NHS
Health Scotland Library

Talking with your Child about Sex and Relationship Education



A leaflet with very general information about what primary schools may cover about growing up, puberty, relationships and sexuality as well advice about what parents can do to discuss these subjects at home. Also recommends books, websites and DVDs.

Resource suggested for:

Parents of primary school children. Designed for NHS Tayside and partner local authorities but as the information is very general it reflects curricular guidance for all Scottish primary schools from the Scottish Government.

Good things about it:

'The idea of promoting openness and honesty is good. It's small and concise.' (professional)

'It outlines possible topics for the early years, the middle stages and the upper stages of primary school. Parent quotes are informative and reassuring. There is encouragement and guidance on how to answer children's questions at this young age and good resources are signposted.' (professional)

Accessibility and inclusiveness:

Easy to read.

Problems, omissions or notes of caution:

Nothing noted.

Publisher: **NHS Tayside**
Year: **2008**
ISBN: **n.a.**
Format: **A4 leaflet
full colour**

Availability

Free

NHS Tayside
Julie Redman
Senior Health Promotion Officer
Schools Team, Directorate of Public
Health
King's Cross, Clepington Road, Dundee
t: 01382 424019
e: julie.redman@nhs.net

Also available with the pack Sex and Relationships Education in the Primary School

Talking with Your Teenager about Relationships and Sexual Health



A booklet to help parents discuss growing up, sex and relationships with children. It also suggests how to answer common questions.

Resource suggested for:

Parents of young people aged 10–13.

Good things about it:

'They are the sort of questions I would have wanted to ask myself at that age.' (parent)

'Answers to questions are worded in a way that you could use as a parent.' (parent)

'It's concise with good accurate information.' (professional)

'It's good that it covers relationship issues as well.' (parent)

Accessibility and inclusiveness:

Different ethnicities portrayed and there is discussion about what being gay means.

'It recognises that you may have your own beliefs.' (parent)

'Easy to read, simple language.' (parent)

'Some parents would find it too wordy. A lot of text.' (parent)

'Aimed at educated readers. Very formal language.' (professional)

Problems, omissions or notes of caution:

Nothing noted.

Publisher: **NHS Health Scotland**
Year: **2006**
ISBN: **1-84485-344-6**
Format: **booklet**
105 x 147 mm
40 pages
full colour
stapled

Availability

Free

Order or download for free
See your local health board or contact
Health Scotland
Woodburn House, Canaan Lane
Edinburgh, EH10 4SG
t: 0131 536 5500
e: publications@health.scot.nhs.uk
www.healthscotland.com

Single copies available for free from NHS
Health Scotland Library

Teaching Children with Down Syndrome about their bodies, boundaries and sexuality



A step-by-step format guides the reader through the process of helping a child deal with topics such as independent bathing and hygiene, to the physical and emotional changes of puberty.

Resource suggested for:

Professionals and parents of children with Down's syndrome.

Good things about it:

'A good reference book.' (parent)

'I think this resource would be really helpful over a period of time for parents of children with Downs. It tackles some really sensitive issues such as inappropriate touching, public versus private and masturbation.' (professional)

'Easy to find information.' (parent)

'Teaching activities throughout the chapters are simple, realistic and helpful. The index is comprehensive.' (professional)

Accessibility and inclusiveness:

Some parents feel it is better suited for use by professionals: 'It's not easy for me to understand.' (parent)

'The size and thickness of the book is off-putting. However once opened it is interesting, appealing and readable, without unnecessary use of jargon.' (professional)

'It is inclusive of boys and girls, different ethnicities, sexualities and religions.' (professional)

Problems, omissions or notes of caution:

Nothing noted.

Author: **Terri Couwenhoven**
Publisher: **Woodbine House**
Year: **2007**
ISBN: **978-1-890627-33-1**
Format: **paperback book**
278 x 215 mm
332 pages
photographs
one colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £16.99

To loan

NHS Health Scotland Library

Teenage Health Freak website



On this website doctors Ann McPherson and Aidan Macfarlane give frank answers in the style of an agony aunt to questions submitted by young people. Subjects extensively cover most aspects of health in general, including puberty, sex and relationships.

Resource suggested for:

Young people aged 12+. Parents may find the site of interest to see some of the common concerns and worries young people have and find ideas about how to answer questions about sexual health and relationships.

Good things about it:

The doctors answer the questions in a straightforward, frank way but keep the tone light-hearted. The site also has a good index to a very wide range of subjects.

'Fun. Great graphics. Lots of useful questions and answers.' (professional)

'I like the chatty way questions are answered. A lot of general health issues are included. This is good information for parents to access.' (professional)

'It is interesting, fun and informal and will appeal to teenagers.' (professional)

Accessibility and inclusiveness:

Questions are submitted by a very wide range of young people and different ethnicities are illustrated. There is discussion about diverse sexualities.

'The site is easy to navigate.' (professional)

Problems, omissions or notes of caution:

Nothing noted.

Developers: **Dr Ann McPherson
and Dr Aidan Macfarlane**

Availability

www.teenagehealthfreak.org

A book based on common questions submitted to the site is also available (see the review for *Sex the Truth*).

Teenagers in the Family

Skills for parents

This 45-minute DVD has been created to help parents understand and communicate with teenagers. There are six 4-minute dramatisations showing families with teenagers, each followed by 3-4 minute discussions amongst a group of parents and professionals. The films can help parents reflect on teenage behaviour, emotional changes, peer pressures, communication with parents, keeping safe, talking about sex, alcohol and changing families. Includes a booklet with discussion points and advice.

Resource suggested for:

Professionals to use with parents of children aged 13 and over.

Good things about it:

'Every parent with a teenager would relate to it and have a wee laugh about it.' (professional)

'The scenarios are easy to understand and show typical teenage behaviour. They're good for provoking discussion. Easy to watch and funny.' (professional)

'Parents aren't going to get answers from this, but that's good, it doesn't give definitive answers. It's not meant to be a guide.' (professional)

'I think it would be a great DVD to show people, the scenarios are very good for professionals to use as a discussion point, but as a professional I wouldn't use the film's discussion scenes, I'd lead my own discussions with parents.' (professional)

Accessibility and inclusiveness:

Includes different ethnicities and a diversity of social classes. Sexual diversity not discussed.

'The people in the discussion scenes are all confident professionals with definite opinions – there are no parents struggling. Certain families would have trouble understanding the language used.' (professional)

Problems, omissions or notes of caution:

Nothing noted.



Writer: **John Coleman**
Producer: **Trust for the Study of Adolescence, now known as Young People in Focus, and Dawson Films**
Year: **2001**
ISBN: **978 1871 504 750**
Format: **DVD with booklet**

Availability

To buy

TSA Publications
23 New Road
Brighton
East Sussex BN1 1WZ
t: 01273 693311
e: info@tsa.uk.com
www.tsa.uk.com

Price: £35.25

To loan

NHS Health Scotland Library

think u know website



A website to help keep children and young people safe when using technology, with information on the internet, using mobiles, chatrooms, social networking, gaming and grooming.

Resource suggested for:

Children and young people aged 5–16 as well as parents and professionals. There are sub-sites for different age ranges of children and young people: 5–7, 8–10 and 11–16 year olds.

Good things about it:

A good source of information for parents who want up-to-date information about the latest technology and how to keep children safe when they use it. The sub-sites for different ages of children are good because they've each been designed to appeal to those age groups.

Accessibility and inclusiveness:

Nothing noted.

Problems, omissions or notes of caution:

Nothing noted.

Developer: **The Child Exploitation
and Online Protection Centre**

Availability

www.thinkuknow.co.uk

Tiger Flowers



A short illustrated book about a boy reflecting on the death of his gay uncle and uncle's partner through HIV/AIDS.

Resource suggested for:

Children aged 5–12 or parents to read with younger children.

Good things about it:

'This beautifully illustrated storybook brings up the issue of AIDS and that it shouldn't isolate sufferers from their families, and that death is part of life. It can be read just as a story, but it can be helpful if children ask questions.' (parent)

'It explores the sensitive subjects of both AIDS and death extremely well.' (professional)

'It's a good length – not too long, but enough detail not to omit any issues.' (professional)

'I really like this book and the way in which it explores feelings of loss.' (professional)

Accessibility and inclusiveness:

'It's very accessible, easy to use and understand. It is interesting and appealing for young children.' (professional)

Problems, omissions or notes of caution:

This is a book about the emotions of love and loss relating to AIDS but not about the sexual health aspects of it so parents may need to be prepared to answer any questions a child raises about this.

Author: **Patricia Quinlan**
Publisher: **Fitzhenry and Whiteside**
Year: **2005**
ISBN: **978-1-55005-139-1**
Format: **paperback book**
210 x 210 mm
32 pages
illustrated
full colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £5.61

Totally Pants

(previously entitled 'Everything You Ever Wanted to Ask About... Willies')

This book discusses emotional and physical changes at puberty for boys as well as general advice on how to keep healthy and advice and information on sex and sexual health. There is also a chapter about puberty changes in girls.

Resource suggested for:

Boys aged 10+.

Good things about it:

'Boys could relate to the real-life experiences in the book. It shows that everyone's going through it.' (parent)

'It covers questions you might not want to ask your mum or dad.' (parent)

'They'll learn everything – there's quite a bit in it.' (parent)

'I like the glossary. And it's got a big list of contacts.' (parent)

'Covers all subjects, including self-harm, and also covers girls' stuff.' (parent)

Accessibility and Inclusiveness:

'It covers religion.' (parent)

Problems, omissions or notes of caution:

'A bit too much writing, we would like more pictures.' (parents)



Authors:	Tricia Kreitman, Dr Neil Simpson and Dr Rosemary Jones
Illustrator:	Kathryn Lamb
Publisher:	Piccadilly Press
Year:	2002
ISBN:	9781848120310
Format:	paperback book 197 x 130 mm 192 pages illustrated one colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £6.99

We Belong Together

A book about adoption and families



A short, humorous picture book with very little text about children being welcomed into a new family.

Resource suggested for:

Parents to read with children seven and under, including under fives. Children could also read this on their own. The book is particularly helpful for children who are fostered, adopted or living in kinship care.

Good things about it:

'Very colourful and easy for young children to read.' (parent)

'I like the message that it takes more than one person to be happy.' (parent)

Accessibility and inclusiveness:

Different family types and ethnicities illustrated.

'It is very clear, easy to read, easy for a child to use.' (parent)

Problems, omissions or notes of caution:

Nothing noted.

Author: **Todd Parr**
Publisher: **Little, Brown and Co.**
Year: **2007**
ISBN: **0-316-01668-3**
Format: **hardback book**
260 x 260 mm
32 pages
illustrated
full colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £9.99

We like to nurse



A picture book which shows a series of animals breastfeeding before illustrating a mother breastfeeding, intended to normalise the idea of breastfeeding to young children.

Resource suggested for:

Parents to read to children under five.

Good things about it:

'It's a good idea.' (parent)

'The colourful pictures would engage this age group.' (professional)

Accessibility and inclusiveness:

Very simple language and clear illustrations.

Problems, omissions or notes of caution:

Nothing noted.

Author: **Chia Martin**
Publisher: **Hohm Press**
Year: **1995**
ISBN: **0-934252-45-9**
Format: **paperback book**
215 x 150 mm
32 pages
illustrated
full colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £8.50

What's Going on Down There?

Answers to questions boys find hard to ask

A book about emotional and physical changes during puberty for boys. It includes a good amount of information about puberty changes that girls go through as well as information about sexual health and contraception.

Resource suggested for:

Boys aged 10–15. Parents may want to read through this with them or read it themselves for reference.

Good things about it:

'Tells boys to be confident, and that things like penis size doesn't matter, which is important.' (parent)

'The chapter called 'Is this normal?' is good, it gives reassurance. Illustrations make it quite light. There's a lot of information in a compact package, it's straightforward and easy to understand.' (professional)

'It could do for quite a lot of years, you could keep going back to it.' (professional)

Accessibility and inclusiveness:

Discusses diverse sexualities and different ethnicities illustrated.

'The language is informal and there's not too much jargon. Includes careful phonetic guides for different words.' (professional)

Problems, omissions or notes of caution:

Nothing noted.



Authors: **Karen Gravelle and Nick and Chava Castro**

Publisher: **Walker & Company**

Year: **1998**

ISBN: **0-8027-7540-3**

Format: **paperback book**
185 x 140 mm
160 pages
illustrated
one colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £8.95

What's Happening to Me?

An illustrated guide to puberty

First published in 1975, this light-hearted book uses humorous illustrations to discuss physical puberty changes in boys and girls. Does not discuss sex or relationships.

Resource suggested for:

Young people aged 10–13. Parents may want to read this with them.

Good things about it:

A good book to reassure children about puberty changes to come.

'It takes you through all stages of puberty, gives you an understanding of the changes in your body that everyone experiences – not just yourself.' (parent)

Accessibility and inclusiveness:

Easy to read with large print.

Does not discuss diverse sexualities.

Problems, omissions or notes of caution:

Primarily focuses on physical rather than emotional changes at puberty.



Author: **Peter Mayle**
Publisher: **Citadel Press**
Year: **2003 (first published 1975)**
ISBN: **0-8184-0312-8**
Format: **paperback book**
230 x 235 mm
188 pages
illustrated
full colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £7.99

The 'What's Happening to My Body?' Book for Boys



A detailed and comprehensive book about puberty for boys.

Resource suggested for:

Boys aged 10 and over. Parents may want to read this with them or use the book as reference for themselves.

Good things about it:

A thorough overview about puberty in boys, particularly about the physical changes.

'This is a really informative, in-depth book which presents the facts about puberty but also discusses common concerns boys experience.' (professional)

'This book begins with an introduction for parents. It includes suggestions for how to approach the issues of sex education with boys.' (professional)

'The contents section is in-depth and clear and there's a good index.' (parent)

'It also has a useful chapter on girls and puberty to help boys understand what's happening to girls too.' (professional)

'Very useful and very well explained.' (parent)

Accessibility and inclusiveness:

A very dense book with large amounts of text, detailed medical information and no illustrations but includes many clear diagrams. Parents and boys with good literacy skills may find this book useful.

Inclusive of diverse sexualities.

Problems, omissions or notes of caution:

Negligible mention of contraception and STIs.

Author: Lynda Madaras
Publisher: Newmarket Press
Year: 2008
ISBN: 1-55704-765-0
Format: paperback book
202 x 132 mm
272 pages
illustrated
one colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £6.99

Where Did I Come From?



First published in 1973, this frank and humorous illustrated book about sex covers sexual pleasure, conception, birth and pregnancy.

Resource suggested for:

Children aged 5–10. Parents may want to read this with them.

Good things about it:

A positive book for young children which celebrates the pleasures of sex as well as its function.

'The humour makes it readable – if you're a parent and embarrassed this would be good.' (professional)

'It is straight to the point. No sidetracks. Straight and honest.' (parents)

'The language and descriptions are good, such as an orgasm being described as a tremendous big lovely shiver.' (professional)

'The illustrations are funny.' (professional)

'Uses correct language whilst recognising there are other words people use.' (professional)

'Explains sex as more than merely a biological function, it talks about feelings of pleasure, enjoyment and love.' (professional)

'It's not an embarrassing book, it's informative without being too adult.' (parent)

'The illustrations of bodies are realistic, people are not skinny and perfectly formed.' (parent)

Accessibility and inclusiveness:

Diverse sexualities not discussed and different ethnicities not portrayed.

'The style of writing is clear, conversational and readable for children.' (parent)

'Easy-to-read text and large fonts.' (parent)

Problems, omissions or notes of caution:

Some parents in the review had concerns about some of the light-hearted metaphors used, for example that sexual activity is compared to children's play: 'Sex is like skipping – you'd get tired if you did it all day'.

Author: Peter Mayle
Publisher: Macmillan Children's Books
Year: 2006 (first published 1973)
ISBN: 978-0-230-01549-4
Format: paperback book
214 x 214 mm
56 pages
illustrated
full colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £6.99

Who's in a Family?



An illustrated book about different family types, including single parents, mixed race, gay and lesbian parents, grandparents as carers and two sets of parents.

Resource suggested for:

Children under eight. Parents to read to younger children.

Good things about it:

A positive book that celebrates diversity with colourful illustrations. Particularly reassuring for children who aren't in a conventional nuclear family.

Accessibility and inclusiveness:

Inclusive of diverse family types, ethnicities and sexualities. Doesn't explicitly mention adopted children or children in care but some of the families in the book could be considered as such.

Problems, omissions or notes of caution:

Nothing noted.

Author: **Robert Skutch**
Publisher: **Tricycle Press**
Year: **1995**
ISBN: **978-1-883672-66-9**
Format: **paperback book**
250 x 215 mm
32 pages
illustrated
full colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £7.50

Your Body Belongs to You



A short illustrated book to help children keep safe from unwanted touching.

Resource suggested for:

Parents to read with children under six.

Good things about it:

A positive and gentle book which says it's OK to get a cuddle sometimes. It won't frighten children but will help them feel more confident about what to do if they don't want to be touched. It will help them understand the difference between touching which is acceptable and that which is not. Gives a concise and very clear message that a child's body belongs to them without explicitly mentioning terms like sexual abuse. Includes a helpful introductory note for parents.

Accessibility and inclusiveness:

Different ethnicities illustrated.

Problems, omissions or notes of caution:

Nothing noted.

Author: **Cornelia Spelman**
Publisher: **Albert Whitman and Co.**
Year: **2000**
ISBN: **978-0-8075-9473-5**
Format: **paperback book**
250 x 210 mm
24 pages
illustrated
full colour

Availability

To buy

Check your local bookshop or order using an online retailer.

Price: £6.99

Appendix 1: Curriculum for Excellence

Curriculum for Excellence describes the purposes of learning from 3 to 18 and entitlements for all learners. Guidance on how and what children and young people learn from the early years to the end of S3 is presented through **experiences** and **outcomes**. The curriculum includes all of the experiences that are planned for children and young people. These include: The ethos and life of the school; Curriculum areas and subjects; Interdisciplinary learning; Opportunities for personal achievement.

Curriculum for Excellence has identified eight key curricular areas of which **health and wellbeing** is one. Within health and wellbeing six overarching sets of experiences have been identified; this includes a focus on **relationships, sexual health and parenthood** where a range of outcomes have been articulated for learning. *Curriculum for Excellence* identifies that across their school experience children and young people should be able to:

- Develop knowledge, skills and understanding of relationships, sexual health and parenthood.
- Explore and debate values, attitudes and behaviours.
- Recognise their own identity and develop a sense of self worth.
- Establish and maintain healthy relationships.
- Understand the impact of risk-taking behaviour on life choices.
- Respect uniqueness and acknowledge diversity.
- Understand the importance of family relationships to help nurture health and wellbeing.

Within these overarching statements school must address issues such as commitment and trust, power within relationships, pressure, empathy, choice, personal responsibility and finding help and support. The experiences and outcomes are written at five levels with progression to qualifications described under a senior phase. Some children and young people will start learning at these levels earlier and others later, depending upon individual needs and aptitudes.

Level	Stage
Early	The pre-school years and P1, or later for some.
First	To the end of P4, but earlier or later for some.
Second	To the end of P7, but earlier or later for some.
Third and Fourth	S1 to S3, but earlier for some. The fourth level broadly equates to Scottish Credit and Qualifications Framework level 4. The fourth level experiences and outcomes are intended to provide possibilities for choice and young people's programmes will not include all of the fourth level outcomes.
Senior	S4 to S6, and college or other means of study.

The full health and wellbeing experiences and outcomes in relation to **relationships, sexual health and parenthood** follow. Health and wellbeing experiences and outcomes which are the responsibility of all adults working together are shown in italics.

Relationships, sexual health and parenthood

Learners develop an understanding of how to maintain positive relationships with a variety of people and are aware of how thoughts, feelings, attitudes, values and beliefs can influence decisions about relationships and sexual health. They develop their understanding of the complex roles and responsibilities of being a parent or carer.

Early	First	Second	Third	Fourth
<p><i>I am aware of how friendships are formed and that likes, dislikes, special qualities and needs can influence relationships.</i> HWB 0-44a / HWB 1-44a</p> <p><i>I understand positive things about friendships and relationships but when something worries or upsets me I know who I should talk to.</i> HWB 0-44b / HWB 1-44b</p>	<p>I understand that a wide range of different kinds of friendships and relationships exist. HWB 2-44a</p> <p><i>I am aware that positive friendships and relationships can promote health and the health and wellbeing of others.</i> HWB 2-44b</p>	<p>I understand the importance of being cared for and caring for others in relationships, and can explain why. HWB 3-44a / HWB 4-44a</p> <p><i>I understand and can demonstrate the qualities and skills required to sustain different types of relationships.</i> HWB 3-44b / HWB 4-44b</p> <p>I understand and can explain the importance of, and need for, commitment, trust and respect in loving and sexual relationships. I understand the different contexts of such relationships including marriage. HWB 3-44c / HWB 4-44c</p>		
<p>I know that there are people in our lives who care for and look after us and I am aware that people may be cared for by parents, carers or other adults. HWB 0-45a / HWB 1-45a</p>	<p>I am identifying and practising skills to manage changing relationships and I understand the positive impact this can have on my emotional wellbeing. HWB 2-45a</p>	<p>I recognise that power can exist within relationships and can be used positively as well as negatively. HWB 3-45a / HWB 4-45a</p>		
<p><i>I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication.</i> HWB 0-45b / HWB 1-45b / HWB 2-45b / HWB 3-45b / HWB 4-45b</p>				

Source: Curriculum for Excellence: health and wellbeing – experiences and outcomes.

Early	First	Second	Third	Fourth
		<p>I reflect on how my attitudes, beliefs, values and morality can influence my decisions about friendships, relationships and sexual behaviour. HWB 3-46a / HWB 4-46a</p> <p>I know that popular culture, the media and peer pressure can influence how I feel about myself and the impact this may have on my actions. HWB 3-46b / HWB 4-46b</p> <p>I am developing skills for making decisions about my relationships and sexual behaviour. I am able to apply these to situations that may be challenging or difficult. HWB 3-46c / HWB 4-46c</p>		
<p>I recognise that we have similarities and differences but are all unique. HWB 0-47a / HWB 1-47a</p> <p>I am aware of my growing body and I am learning the correct names for its different parts and how they work. HWB 0-47b / HWB 1-47b</p>	<p>I recognise that how my body changes can affect how I feel about myself and how I may behave. HWB 2-47a</p>	<p>I understand my own body's uniqueness, my developing sexuality, and that of others. HWB 3-47a / HWB 4-47a</p> <p>Using what I have learned I am able to make informed decisions and choices that promote and protect my own and others' sexual health and wellbeing. HWB 3-47b / HWB 4-47b</p>		
<p>I am learning what I can do to look after my body and who can help me. HWB 0-48a / HWB 1-48a</p>	<p>I can describe the physical and emotional changes during puberty, understand why they are taking place and the importance of personal hygiene. HWB 2-48a</p>	<p>I know how to access services, information and support if my sexual health and wellbeing is at risk. I am aware of my rights in relation to sexual health including my right to confidentiality, and my responsibilities, including those under the law. HWB 3-48a / HWB 4-48a</p>		

Source: Curriculum for Excellence: health and wellbeing – experiences and outcomes.

Early	First	Second	Third	Fourth
I am learning about respect for my body and what behaviour is right and wrong. I know who I should talk to if I am worried about this. HWB 0-49a / HWB 1-49a	I know that all forms of abuse are wrong and I am developing the skills to keep myself safe and get help if I need it. HWB 2-49a	I know how to manage situations concerning my sexual health and wellbeing and am learning to understand what is appropriate sexual behaviour. HWB 3-49a / HWB 4-49a I know where to get support and help with situations involving abuse and I understand that there are laws which protect me from different kinds of abuse. HWB 3-49b / HWB 4-49b		
I am learning about where living things come from and about how they grow, develop and are nurtured. HWB 0-50a / HWB 1-50a	I am able to describe how human life begins and how a baby is born. HWB 2-50a			
I am able to show an awareness of the tasks required to look after a baby. HWB 0-51a / HWB 1-51a	I can describe the role of a parent/carer and the skills, commitment and qualities the role requires. HWB 2-51a	I can explain the importance and the enduring and complex responsibility of being a parent/carer, and the impact on life choices and options. HWB 3-51a / HWB 4-51a		
		I can explain the support and care necessary to ensure a child is nurtured through the different stages of childhood. HWB 3-51b	Through investigation I can explain the support available for parents and carers looking after babies and bringing up children. HWB 4-51b	

Source: Curriculum for Excellence: health and wellbeing – experiences and outcomes.

Appendix 2: Gaps and shortfalls

While discussing the resources in this review parents and professionals also discussed what more needs to be done to support children's learning and the parental role in that learning.

Parents and professionals identified a need for:

- More information and improved regular communication about what schools are doing in relation to sex and relationship education. This will help parents be supportive and reinforce learning at home. Specifically, schools should give ideas about books and other resources which parents could be reading with or sharing with their child.
- Resources which meet the needs of children and young people with disabilities. This includes the need to positively build understanding and skills to keep safe. Information and resources for young people/young adults with disabilities also need to see them as having choices in the realm of personal and sexual relationships and answer their questions on these matters.
- Resources which help children to learn, understand and accept diversity; specifically in relation to diverse family structures and lesbian/gay identities.
- Courses for parents that help them explore their own feelings about their role as co-educators and support them to build confidence and skills. While this would be important when children are young the parents of teenagers would also benefit.
- Every educator in the child's life – parent and professional – needs to help the child to learn about relationships as well as sex and sexual health.

In addition, parents identified a need for:

- Early consideration of the role parents have, with the provision of information that helps parents to think about what their child might be interested in and what they might ask, so that they can feel confident and prepared to talk about sex and relationships from the early years.
- Guidance on when a particular resource might be used with your child.
- Resources which address parental and childhood worries about safety and harm. Resources which deal with personal safety clearly but sensitively and which are targeted at specific ages would help.
- Confidential advice and support for children and young people at school. Parents recognise that there may be questions or worries that children don't feel they can take home.

In addition, professionals identified a need for:

- A focus on parents of children in the early years so we can start to embed new ways of working and increase confidence.
- Resources which support parents and older children to think about fundamentally important issues like: what they want from relationships, making choices, consent, regret and delaying sex.
- A focus in resources and programmes for children, young people and parents on self-respect and self-esteem.
- Resources which have reviewed positively need to be in formats which are accessible for visually impaired/blind children, young people and parents.
- Key leaflets to be translated into community languages.
- Resources which promote condom use as a health issue, not just a contraceptive.
- Use of new media and technology (for example short DVDs and podcasts), all of which might appeal to children and young people and parents – these are especially helpful when they feel like real stories.
- Improved support for foster carers and kinship carers in their role as co-educators.

Some of these gaps and shortfalls are being addressed by some of the resources we have identified and reviewed in this publication. Other gaps and shortfalls may be seen as an opportunity for further work by agencies working together in Scotland.

Appendix 3: NHS sexual health and relationships websites

Scottish Government Sexual Health Information

Launched in June 2009, this site has a searchable database of services which allows searches to be done by postcode or by region.

The following Health Boards have developed websites dedicated to sexual health and relationships. Most other NHS Health Board websites list some local services but their information is limited.

Ayrshire and Arran	www.shayr.com
Borders	www.borderssexualhealth.org.uk
Dumfries and Galloway	www.C4urself.org.uk

This site (www.sexualhealthscotland.co.uk) focuses on on the medical and physical aspects of sexual health. There is also information about sexual identity and about local services for young people. 'It is very interesting. I would use this site if I needed questions answered.' (parent)

Greater Glasgow and Clyde	www.yoursexualhealth.org.uk
Lanarkshire	www.lanarkshiresexualhealth.org
Lothian	www.healthyrespect.co.uk
Tayside (for adults)	www.sexualhealthtayside.org
Tayside (for young people)	www.cool2talk.org

Young people can confidentially text or email in questions about any worries they have in their lives, including questions about relationships and sexual health. Replies from health workers are texted or emailed back and their questions are posted on the site for others to see along with the answers. 'There are questions around all aspects of health here from young people.' (professional)



Developer: **The Scottish Government**

Availability

www.sexualhealthscotland.co.uk

