

# Resource list

## Parents & carers



### About this list

This resource list aims to provide easy reference to a wide range of available resources and teaching materials for sex and relationships education (SRE) suitable for use with young people aged 16 and above. A suggested age-range is given for each resource; however the maturity young people varies so this should be used as a guide only. Resources designed for young people aged 16+ with special needs and disabilities are listed from page 9.

The list includes materials produced by Sex Education Forum member organisations and other organisations both not-for-profit and commercial. It is not a comprehensive list but we have prioritised resources that are up-to-date and available.

The Sex Education Forum advises professionals to make their own choices about which resources to use. We do not endorse the resources on this list. The questions in the box below can help to choose and use a resource that will contribute to good quality sex and relationships education.

#### Choosing a resource

- Is the resource consistent with the values set out in the school or college SRE policy?
- Is it factually correct and up-to-date?
- Does it encourage active and participatory learning?
- Is the resource contemporary in terms of the realities of young people's lives?
- Does the resource portray positive images of a range of young people?
- Does the resource show positive role models for young men and young women – and avoid stereotypes relating to gender and sexual orientation?
- Is the resource inclusive on the basis of home and family circumstance, gender, sexual orientation, race, faith, culture and disability?
- Is it appropriate for the age, ability and maturity of the young people?
- Have resources been evaluated by young people and feedback acted upon?
- Have parents and carers been consulted about resources?
- Are teachers / tutors confident about using the resource?

#### Using a resource

- Will the resource be used in its entirety or will it be more appropriate to adapt it or select from it?
- Does use of the resource fit into a planned and developmental programme of SRE?
- Is there a range of types of resource being used across the SRE programme including a variety of formats such as video, audio, visual, games, and models?



## Obtaining resources

Most of the resources on the list are **not** available from the Sex Education Forum. Links to web-sites and publisher information are given. You may be able to view and borrow these resources from your local health promotion or local authority advisory service library.

Lists are also available for primary level, secondary level, special needs/disabilities and resources for parents & carers.

We welcome suggestions for new resources to add to the list. Please email [sexedforum@ncb.org.uk](mailto:sexedforum@ncb.org.uk)

## The list

### **Babies: all about conception, birth and the first years**

*Usborne (2004) Meredith, S*

Part of the Facts of Life series, this book traces the development of a baby from conception to birth and the first years of life, and the effects of pregnancy on the mother.

Suitable for: 10 years and above

Format: Book

Cost: £5.99

Available from: <http://www.usborne.com/>

### **Bill's New Frock**

*Egmont Books (2002) Fine, A*

Bill Simpson wakes up to find he's a girl, and worse, his mother makes him wear a frilly pink dress to school. How on earth is he going to survive a whole day like this? Everything just seems to be different for girls...

Suitable for: Primary

Format: Book

Cost: £4.99 + £1.80 P&P

Available from: [www.egmont.co.uk](http://www.egmont.co.uk)

### **Dr Xargle's Book of Earthlets**

*Andersen Press (2001) Willis, J and Ross, T*

Dr Xargle, our friendly alien teacher, begins to teach his class about humans and babies.

Suitable for: Primary

Format: Book

Cost: £5.99 + £2.75 P&P

Available from: [www.rbooks.co.uk](http://www.rbooks.co.uk)

### **Flour babies**

*Puffin (1994) Fine, A*

When the annual school science fair comes round, Mr Cartright's class don't get to work on the Soap Factory, the Maggot Farm or the Exploding Custard Tins. To their intense disgust they get the Flour Babies - sweet little six-pound bags of flour that must be cared for at all times.

Suitable for: KS2

Format: Book

Cost: £6.99

Available from: [www.puffin.co.uk](http://www.puffin.co.uk)

### **Great answers to difficult questions about sex: what children need to know**

*Jessica Kingsley (2010) Goldman, L*

Book to help parents talk to their children about sex. Covers topics such as how babies are made, relationships, and puberty.

Suitable for: Early years, primary and secondary

Format: Book

Cost: £10.99

Available from: [www.jkp.com/catalogue/book/9781849058049](http://www.jkp.com/catalogue/book/9781849058049)

### **Growing up: all about adolescence, body changes and sex**

*Usborne (1997) Meredith, S*

Part of the Facts of Life series, this book covers puberty, sex, STIs and contraception.

Suitable for: 10 years and above

Format: Book

Cost: £5.99

Available from: <http://www.usborne.com/>

### **How are babies made?**

*Usborne (2000) Smith, A*

Find out how a baby grows inside its mother – with the help of fantastic fold-out flaps. Bold cartoon-style illustrations show where a baby comes from, how long it takes to grow and what a newborn baby does, and flaps reveal hidden processes and amazing facts.

Suitable for: KS1

Format: Book

Cost: £4.99 + £3.50 P&P

Available from: [www.usborne.com](http://www.usborne.com)

### **How did I begin?**

*Franklin Watts (2004) Manning, M & Granstom, B*

Illustrated book explaining how babies are made.

Suitable for: 7 to 11 years

Format: Book

Cost: £5.99

Available from: [http://www.franklinwatts.co.uk/CITIZENSHIP-AND-PSHE\\_Books\\_26387\\_Page\\_1.htm](http://www.franklinwatts.co.uk/CITIZENSHIP-AND-PSHE_Books_26387_Page_1.htm)

### **Lets Talk...about sex and relationships!**

*Centre for HIV & Sexual Health (2003)*

Booklet for parents on talking and listening to children about sex and relationships.

Suitable for: All ages

Format: Booklet

Cost: £30 per 50

Available from: [www.sexualhealthsheffield.nhs.uk/publications/4-1.php](http://www.sexualhealthsheffield.nhs.uk/publications/4-1.php)

### **Lets Talk...about sex and relationships! Ten top tips for parents and carers**

*Centre for HIV & Sexual Health (2007)*

Postcard for parents with tips from children and young people on talking to them about sex and relationships.

Suitable for: All ages

Format: Postcard

Cost: £15 per 100

Available from: [www.sexualhealthsheffield.nhs.uk/publications/4-1.php](http://www.sexualhealthsheffield.nhs.uk/publications/4-1.php)

### **Mummy laid an egg!**

*Red Fox (2000) Cole, B*

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

Suitable for: 5-7 years

Format: Book

Cost: £5.99

Available from: [www.randomhouse.co.uk/](http://www.randomhouse.co.uk/)

### **Sex and relationships**

*Parentchannel.tv*

Series of short videos for parents on talking to their children about sex and relationships and how best to provide support.

Suitable for: All ages

Format: Online films

Cost: Free

Available from: <http://www.parentchannel.tv/sexandrelationships>

### **Sex, puberty and all that stuff: a guide to growing up**

*Franklin Watts (2005) Bailey, J*

A comprehensive and inclusive guide that is packed with useful information, presented in a way that teenagers will find user-friendly and appealing.

Suitable for: 12 to 16 years

Format: Book

Cost: £8.99

Available from: [http://www.franklinwatts.co.uk/CITIZENSHIP-AND-PSHE\\_Books\\_26387\\_Page\\_1.htm](http://www.franklinwatts.co.uk/CITIZENSHIP-AND-PSHE_Books_26387_Page_1.htm)

### **Speakeasy: talking with your children about growing up**

*FPA (2009)*

Based on the established SRE training course for parents and written in consultation with parents, this book is designed to help parents and carers talk to children of all ages about all aspects of sex and relationships.

Suitable for: All ages

Format: Book

Cost: £9.99

Available from: [www.fpa.org.uk](http://www.fpa.org.uk)

### **Talking to your child about sex and relationships**

*FPA (2007)*

A guide for parents and carers of children of all ages, Helps parents to start talking about these topics, advised them about what schools teach and includes a comprehensive list of further resources.

Suitable for: All ages

Format: Booklet

Cost: 50p

Available from: <http://www.need2knowbooks.co.uk/>

### **Teenage pregnancy: the essential guide**

*Need2Know (2007) Heaton-Harris, N*

This book is for parents of pregnant teenagers and provides advice and useful information.

Suitable for: 12 to 16 years

Format: Book

Cost: £8.99

Available from: [www.fpa.org.uk](http://www.fpa.org.uk)

### **Understanding the facts of life**

*Usborne (1997) Meredith, S*

Brings together the two titles in the Facts of Life series: 'Babies' and 'Growing up'.

Suitable for: 10 years and above

Format: Book

Cost: £8.99

Available from: <http://www.usborne.com/>

### **What's happening to me? (girls)**

*Usborne (2006) Meredith, S*

Illustrated guide to female puberty.

Suitable for: 9 years and above

Format: Book

Cost: £6.99

Available from: <http://www.usborne.com/>

### **What's happening to me? (boys)**

*Usborne (2006) Frith, A*

Illustrated guide to male puberty.

Suitable for: 9 years and above

Format: Book

Cost: £6.99

Available from: <http://www.usborne.com/>

### **Where Willy went**

*Red Fox (2006) Allan, B*

Picture book about Willy, one of 300 million sperm living in Mr Browne, and the race he embarks on.

Suitable for: 5 to 7 years

Format: Book

Cost: £5.99

Available from: <http://www.randomhouse.co.uk/>

### **Talking to your child about sex and relationships**

*FPA (2007)*

A guide for parents and carers of children of all ages, Helps parents to start talking about these topics, advised them about what schools teach and includes a comprehensive list of further resources.

Suitable for: All ages

Format: booklet

Cost: £0.50

Available from: [www.fpa.org.uk](http://www.fpa.org.uk)

### **The parents' pack**

*FPA (Various)*

A pack for parents and carers to help them talk to their children about sex, relationships and growing up. Includes Talking to your child about sex and relationships and nine FPA booklets for young people.

Suitable for: All ages

Format: Plastic pack and booklets

Cost: £7.50

Available from: [www.fpa.org.uk](http://www.fpa.org.uk)

## **Yellow Back Book - The Sneetches and Other Stories**

*Collins (2003) Dr Seuss*

The Star-Bellied Sneetches have bellies with Stars, but the Plain-Bellied Sneetches have none upon thars! Rivalries rocket when Sylvester McMonkey McBean steps in to prey on their prejudices, but in the end we realise that prejudice is nothing more than a ridiculous waste of time.

Suitable for: Primary

Format: Book

Cost: £4.99 + £2.95 P&P

Available from: [www.collinseducation.com](http://www.collinseducation.com)

### **Events Calendar; *to support you in planning seasonal sex and relationships related events and activities***

- LGBT History Month – February
- International Day against Female Genital Mutilation – February 6<sup>th</sup>
- International Day against Homophobia and Transphobia – May 17<sup>th</sup>
- Men's Health Week – 2nd full week of June
- World Population Day – July 11<sup>th</sup>
- FPA Sexual Health Week – 2nd full week of September
- World Contraception Day – September 26<sup>th</sup>
- Parent's Week – 3rd full week of October
- International Day for the Elimination of Violence against Women – November 25<sup>th</sup>
- World AIDS Day – December 1<sup>st</sup>
- Human Rights Day – December 10<sup>th</sup>

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For more information contact

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