

## Friendships & Relationships

This listing includes selected resources which are suitable for adults with an intellectual disability, or can be used in conjunction with adults with an intellectual disability.

To request an item please phone 9387 0458 or email us at [library@activ.asn.au](mailto:library@activ.asn.au)

The complete library catalogue can be searched via the Activ Library website: <http://www.activ.asn.au/library>

**Falling In Love** / Hollins, Sheila; Perez, Wendy; Abdelnoor, Adam.

London, Royal College of Psychiatrists St George's Hospital Medical School : 1999. 49p

Using this story about Mike and Janet's relationship, and its various ups and downs, readers can start to explore their own relationships, and the roles of families, friends and carers in supporting them. Suitable for people with an intellectual disability

CC 375.4 HOL

P09175 P09376

**Helping People With A Learning Disability Explore Relationships** / Jackson, Eve; Jackson, Neil.

London, Jessica Kingsley : 1999. 92p

This book is designed for people with intellectual disability to read alone or with a carer. It focuses on the nature of relationships with other people and is written as a story about five people living in a house. Short notes provide guidance to carers as to how they may use the material.

CC 375.4 JAC

p08764 P11791

**Love And Kisses : The Dvd : Relationships & Sexuality Featuring People With Disabilities** / FAMILY PLANNING NSW.

[Sydney], Family Planning NSW : 2007. 1 DVD

This is a positive look at the intimate lives of people with disabilities. Personal stories are told through drama and interviews and reveal the joy and heartbreak of love, sex and relationships. Areas covered include the first date, safe sex, getting married, living independantly, building relationships, sex and intimacy, sex education, unwanted touching, and rights. It provides information, education and notes that raise questions for discussion.

CC 612.6 LOV

P12901

**Making Friends** / Hollins, Sheila; Roth, Terry.

London, St George's Mental Health Library : 1995. 1v.(unpaged), col. ill.

Written for people with an intellectual disability this book illustrates appropriate and inappropriate ways of interacting with people and making friends. The story is told in pictures alone to allow for individual interpretation. A suggested text is included at the end of the work.

CC 375.4 HOL

P06152

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**Our House Rules** / Morgan, Alec.

Brushgrove, NSW, Morgan Key Training Resources : 1996. 1 kit: manual, 4 sheets, 20 orange cards, 35 yellow cards

A kit designed to provide a simple to use learning tool about social rules in living situations. The kit consists of a manual and a series of cards which describe behaviours, these are placed onto mats representing things you must do, things you should do, things which are just ok and things which are not ok.

Undertaking this process prompts discussion about issues

CC 362.3082 MOR

P09538

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**Preparing For Life : The Complete Guide For Transitioning To Adulthood For Those With Autism And Asperger's Syndrome** / Baker, Jed.

Arlington, Tex., Future Horizons, Inc. : 2005. ix, 357 p.

The author claims that the skills lessons described in this book are not meant to represent a model of social correctness or aim to change 'faulty' behaviours but rather they are ideas about how to behave in order that students transitioning to adulthood may reach their own goals. Skill lessons include: nonverbal cues/body language; dealing with anger, frustration and anxiety; conversation; building and maintaining friendships; dating; school and family demands; employment skills; money matters; emergencies; and transportation.

SC/AUT BAK

P12495

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**Sex And Sexuality : An Accessible Guide To Sexuality, Relationships And Sex For People With Learning Difficulties And Their Supporters** / Fletcher, James; Forgacs, Ames; Hutchinson, John; Moore, Darren; Barker, Vicky ed.

Cambridge, Speaking Up : 2006. 39 p.

Written for people with an intellectual disability, this booklet provides information and pictures to help answer any questions about sex. It discusses private parts, puberty, masturbation, staying safe, pregnancy, contraception, sexually transmitted diseases, sexuality, relationships, and having sex.

CC 612.6 SEX

P12435

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**Sex, Sexuality And The Autistic Spectrum** / Lawson, Wendy.

London, Jessica Kingsley : 2005. 175 p.

By discussing aspects of sexuality and relationships from the viewpoint of a person who has autism, this book provides an understanding of the difficulties and frustration felt by people with autistic spectrum disorders caused by poor communication and social skills. The book provides positive strategies and advice on starting and maintaining personal relationships for people with autism. Sexual orientation is discussed and include topics on bisexuality, homosexuality and transgender dispositions. Includes worksheets and activities on relationships.

SC/AUT LAW

P10924

**Talk To Me: A Personal Development Manual For Women And Girls With Down Syndrome, And Their Parents** / D'aegher, Lel; Robinson, Pier; Jones, Susan. / DOWN SYNDROME ASSOCIATION OF NSW INC.

North Parramatta, Down Syndrome Association of NSW Inc. : 1999. 98p., ill.

A manual for adolescents with Down syndrome and their mothers, which enables them to explore issues of adolescence together. Topics covered include appropriate behaviour, sexual awareness, exploitation, friendship and relationships. A series of worksheets is included

SC/DOW DOW

P08749 P10836

**Talking Together...About Sex And Relationships: A Practical Resource For Schools And Parents Working With Young People With Learning Disabilities** / Kerr-Edwards, Lesley; Scott, Lorna.

London, fpa : 2007. xii, 120 p. ; 30cm.

This book is intended to help older adolescents to understand more about sex and relationships. Early chapters deal with their growing independence, managing risk taking and the need for assertiveness. The rest concerns relationships, sex, sexual choices and sexual health and what the future holds. It is written mainly for use in school and college settings, but has supporting pages which can be used in partnership with parents.

CC 612.6 KER

P12420

**Teenagers' Guide To The Galaxy. Friendships - Making And Breaking**

South Yarra, Vic., Seven Dimensions : 1994. 1 videocassette (14 min.) + teachers' guide

An Australian video about teenagers and the value of friendship. Issues such as trust, loyalty, jealousy and the making and breaking of friendships are explored. Suitable for people with an intellectual disability.

CC 375.4 FRI

P08256 P10931

**Teenagers' Guide To The Galaxy. Part 2. Assertive With Adults. Puberty, Periods And Pimples. Girls, Boys And Sex. Friendships, Making And Breaking. Bullying And Teasing**

Eight Mile Plains, QLD, Marcom Projects Pty Ltd : [2005]. 1 DVD (80 mins)

Episode 6 - Assertive with adults. Explores how to negotiate with adults and work toward a positive outcome incorporating role play with many examples. Episode 7 - Puberty, periods and pimples. Episode 8 - Girls, boys and sex. Discusses sexuality and sexual identity. Episode 9 - Friendships, making and breaking. Looks at how people make friends as young people discuss their friendships openly. Explores making friends, staying friends and assessing the value of friendship. Episode 10 - Bullying and teasing. Explores how to cope with bullying and teasing in the playground.

CC 362.7 TEE

P11993 P12322

