

Sex Education & Sexuality

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.

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

January 2010

Able To Love / Barrington, Anneke.

[New Zealand], Parallax Productions : 2005. 1 DVD (23 min.)

Three couples with intellectual disabilities discuss their relationship with each other. Candidly sharing the joys, challenges and support they have received in their lives together, this documentary explores the issues surrounding people with intellectual disabilities when they fall in love.

HS 375.4 ABL

P11814 P11815

About Periods – For Girls/Women With Learning Difficulty Or Disability / FAMILY PLANNING QUEENSLAND.

[Brisbane], Family Planning Queensland : 2006.

Information on puberty and periods for those with a disability with links to a Pdf brochure which includes instruction on changing a pad or tampon.

http://www.fpq.com.au/publications/fsBrochures/Br_About_Periods.php - Click link to access website

All About Sex / Rauch, Anne. / FAMILY PLANNING NSW. Education Unit.

Ashfield, NSW, Family Planning NSW : 1997. 56p., ill.

Previously published in kit form this book has been written specifically for people with an intellectual disability, to educate them about their sexuality

CC 612.607 RAU

P08018

A Book About Birth : An Easy-To-Understand Illustrated Guide To Childbirth / Collier, Merri.

Ashfield, NSW, FPA Health : 2000. 19p., col. ill.

Explains the process of labour and delivery in childbirth using self explanatory drawings, large type and limited words. Suitable for people with an intellectual disability

CC 612.607 COL

P09709

Depo-Provera / Affleck, Frances.

Leeds, West Yorkshire, CHANGE North : [2002]. 25p

A simply written and illustrated explanation about Depo-Provera which is a contraceptive injection. Suitable for people with an intellectual disability.

CC 612.607 AFF

P10382

Jason's Private World

[London?], Life Support Productions : 2002. 1 videocassette or DVD (18 min.)
+ teachers notes

An animated video for use by men and boys with an intellectual disability in conjunction with their carers. It discusses aspects of growing up as a man, puberty and personal hygiene. The video goes on to discuss relationships, love and sexual interactions. The information is clearly explained and there is accompanying notes. It should be noted that some of the material is of a sexually explicit nature and should be used with care.

CC 612.6071 JAS

P10548 P12457

Kylie's Private World

[London?], Life Support Productions : 2002. 1 videocassette or DVD (24 min.)
+ teachers notes

An animated video for use by girls and women with an intellectual disability in conjunction with their carers. It discusses aspects of growing up as a woman, menstruation, puberty and personal hygiene. The video goes on to discuss relationships, love and sexual interactions. The information is clearly explained and there are accompanying notes. It should be noted that some of the material is of a sexually explicit nature and should be used with care.

CC 612.6071 KYL

P10547 P12458

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

Planning A Baby / Affleck, Frances.

Leeds, West Yorkshire, CHANGE, North : 2002. 38p

The booklet outlines what is involved in planning to have a baby. With line drawings and in simple language it explains how you can prepare for getting pregnant, how you can get pregnant and how you can have a better chance of getting pregnant. Suitable for people with an intellectual disability

CC 612.607 AFF

P10381

The Puberty Book : A Guide For Children And Teenagers / Darvill, Wendy; Powell, Kelsey.

Sydney, Hachette Livre Australia : 2007. ix, 195 p.

This book aims to provide accurate and up-to-date information on all aspects of puberty and is based on thousands of questions children and teenagers ask every year. It examines changes to the body during these years, sex and sexuality, health (including mental health), personal care, relationships, pregnancy and birth. It also gives advice on where to go for help.

CC 612.6071 DAR

P12250

Puberty Plus

Fortitude Valley, Qld, Family Planning Queensland : 2000. 1 CD-ROM

Aimed at upper primary and lower secondary school ages, but suitable for a wide range of users of differing ages and abilities this interactive CD-ROM provides clear and simple information about: puberty including both emotional and physical changes; social issues and relationships with parents and peers; bodies and health; and reproduction. It also includes games and video footage of teenagers talking about their experiences and opinions. Users are also encouraged to seek more information from parents, teachers and books.

CC 612.6071 PUB

P12251

Secret Boys' Business / Angelo, Fay; Pritchard, Heather; Stewart, Rose.

Australia, Heather, Rose, Fay : 2006. 48 p.

Practical information that will assist boys to understand the changes occurring in their bodies as they go through puberty into adulthood. Presented in a fun, easy to understand way with clear illustrations, the book discusses body changes, male genitalia, hygiene, masturbation and emotional changes. A special chapter provides handy hints for teachers, parents and carers.

CC 612.6071 ANG

P11651

Secret Girls' Business / Angelo, Fay; Pritchard, Heather; Stewart, Rose.

Australia, Heather, Rose, Fay Whitehorse School Focused Youth Service : 2003. 32 p.

Presents a brief account of puberty and the transition from girl to young woman. Discusses changes to the female body in an easy to understand , colourful format. Provides an information section for parents, teachers, carers and a special section with hints for Dad. Suitable for girls from the age of eight years, this book will give confidence and self esteem through this important stage of life.

CC 612.6071 ANG

P10918

Sex / BRITISH INSTITUTE OF LEARNING DISABILITIES (BILD)

Kidderminster, Worcs., BILD Publications : 1998. 1 audiocassette (18 min.) + booklet

Uses an illustrated guide and an accompanying audiotape to explain sexual health and hygiene for men and women. Suitable for people with an intellectual disability

CC 612.607 BRI

P08319 P10235

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

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

Sexuality And Your Rights; A Book About Sexuality And The Law For People With An Intellectual Disability / Collier, Merri; Lawrence, Anne E.

Ashfield, NSW, Family Planning NSW : 1999. 21p., ill.

An illustrated booklet suitable for people with an intellectual disability explaining legal issues and rights to do with sexuality. Sections are included on contraception, unplanned pregnancy, privacy, AIDS, abuse, sexual harassment and sexual assault. A list of places where further help can be obtained is included

CC 612.607 COL

P10205

Special Boys' Business / Anderson, Heather; Angelo, Fay; Stewart, Rose.

Australia, Angelo, Prichard and Stewart : 2007. 51 p.

This book provides practical information about growing up and will help boys understand the changes occurring in their bodies as they go through puberty into adulthood. It is presented in a fun, easy to understand way with clear illustrations. Topics covered include physical changes, male genitalia, hygiene, masturbation, privacy and emotional changes. At the end are handy hints for teachers, parents and carers.

CC 612.6071 AND

P12203

Special Girl's Business / Angelo, Fay; Pritchard, Heather; Stewart, Rose.

Australia, Heather, Rose, Fay : 2005. 51 p.

This book is a step by step guide about the process of managing periods. Written for girls with special needs and their carers, the information is presented using clear pictures and limited text. Handy hints are provided for parents, carers and school staff.

CC 613.0424 ANG

P11257

Susan's Growing Up / Hollins, Sheila; Sinason, Valerie; Brighton, Catherine III.

London, Gaskell Press : 2001. 39 p. : col. ill.

Through the use of illustrations and no text, the story is told about Susan and her experiences when she gets her first period. The text and helpful suggestions with using the story are provided at the back of the book.

CC 612.6071 HOL

P09347

Taking Care Of Myself : A Healthy Hygiene, Puberty And Personal Curriculum For Young People With Autism / Wrobel, Mary J.

Arlington, Tex., Future Horizons, Inc. : 2003. 246 p.

Teaches students with autism and other disabilities the information and skills necessary to live as healthily and independently as possible. Designed for ages 5 years to adults this book is set out in simple and precise detail. Uses communication aids and assistive technology to describe made up stories emphasising social situations that discuss appropriate and inappropriate behaviour. The key issues focused on are hygiene, health, modesty, growth and development, menstruation, touching and personal safety and masturbation.

SC/AUT WRO

P10778

Talk To Me: A Personal Development Manual For Women And Girls With Down Syndrome, And Their Parents / D'aegher, LeI; 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 Contraception. Book Two: A Book About Contraception For Young People With Learning Disabilities / Kerr-Edwards, Lesley; Scott, Lorna.

London, fpa : 2005. 67 p. ; 30 cm.

This book is the second in a pack, has been written for young people with learning disabilities. It can be used with groups or individuals and is also accessible enough to be used by some young people on their own. It uses lots of clear pictures and easy-to-read stories and picture posters. Young people can follow the lives of people like Alisha and Errol to find out how they asked for advice and learnt to use contraception. It deals with understanding your body, making choices about sex and contraception, and making sure you don't get an illness or infection when you have sex.

CC 612.607 KER

P12896

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. 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

Touching Base

Touching Base : [2003].

Touching Base is committed to the advancement of sexual rights for people with disabilities and was developed out of the need to assist people with disabilities and sex workers to connect with each other. Focuses on access, discrimination, human rights, legal issues and the attitudinal barriers that these two marginalised communities can face. This website contains some material of a sexual nature suitable for adults only.

<http://www.touchingbase.org/> - Click link to access

Welcome To The Secca Website : Individual Situations, Unique Solutions / SECCA. SEXUALITY EDUCATION COUNSELLING AND CONSULTANCY AGENCY.

The secca website offers support to people with disabilities make informed choices about human relationships, sexuality and sexual health. There is information on secca's current projects, a library catalogue, access to counseling services and links to other relevant websites. There are workshops and seminars on topics such as disability and ethical issues, sexuality and disability, menstrual management, step families and people with disability and duty of care. A section on recommended resources provides current information on sexual and human relationship issues.

<http://www.secca.org.au/> - Click link to access website

What's The Big Secret? : Talking About Sex With Girls And Boys / Krasny Brown, Laurie; Brown, Marc.

New York, Little Brown & Co. : 2000. 31 p.; 28 p.

This book answers some of the most common questions children ask about sex and human development. It discusses how and why boys and girls differ covering topics such as names, clothes, hair, playing, feeling, bodies, and using the toilet. It addresses protective behaviour issues including privacy, touching and being touched. Finally it discusses reproduction, male and female anatomy and having babies. It is illustrated in a fun manner throughout.

CC 612.6071 KRA

P12584

Woman's Body / Stoppard, Miriam, Ed.

London, DK Publishing : 2001. 224 p.

Describes the ageing process of women from childhood to old age. Examines women's physical and mental make-up, the changing body, women's sexuality and medical issues related to women. Includes drawings, photographs and charts to illustrate every aspect of being a women

HS 613.0424 WOM

P11775

You, Your Body And Sex

London, Life Support Productions : 2008. 1 DVD + 1 booklet (24 p.)

An animated sex education DVD for use by people with an intellectual disability in conjunction with their carers. Topics covered include: growing up, menstruation, masturbation, personal hygiene, relationships, consent, safe sex, condoms, attitudes to sex. The information is clearly explained and there are accompanying notes. It should be noted that some of the material is of a sexually explicit nature and should be used with care.

CC 612.6071 YOU

P12459