

APPENDIX 5: SEX EDUCATION RESOURCES

The sex education resources in most common use are:

a) **McCarthy and Thompson's (1992; 1998; 2007) *Sex and the 3Rs***

This provides a series of pictures to guide discussion on a number of areas including:

- general biological education about sexual intercourse, appropriate and inappropriate masturbation, menstruation and menopause
- changes with age
- relationships and sexuality.
- keeping safe from sexual abuse: assertiveness, 'saying no,' and consent
- safe sex, including negotiating safer sex, sexually transmitted diseases, sexual and reproductive health screening
- contraception, marriage and divorce, parenting, abortion
- intimate personal care

Obtainable from Pavilion Publishing

b) **Cambridge's (1997) *HIV and Learning Disability pack***

This focuses on gay men and HIV and may be a useful adjunct in sex education. It contains explicit material, especially on gay men and this may be very useful for challenging commonly held homophobic attitudes. The line drawings depict a range of themes and issues (Cambridge, 1997):

- HIV risk behaviours and unsafe sex
- Safer sex and the use of condoms
- Implications of unsafe sex
- Consenting sex and mutuality
- Sexual abuse and exploitation
- Other risks of sexual behaviours
- Social and life skills
- Bodies and sexual parts.

c) **My Choice, My Own Choice.**

This is a DVD and follows a young woman and a young man, both with IDD, who are developing a relationship and considering a sexual relationship. The young woman lives in a shared house with other people with IDD. The video shows her discussions with her support worker and arguments with her mother (later resolved). It forms an excellent basis for group discussion, especially of consent issues, and has some lighter moments which groups usually appreciate.

Available through SOTSEC-ID (on the website).

d) Exploring sexual and social understanding: an illustrated pack designed for working with people with learning disabilities

Edited by Karen Dodd, Keith Jones, Heather Liddiard and James Stroud

This illustrated pack has been developed to provide a flexible visual resource that can be used to assess sexual knowledge and capacity to consent of people with learning disabilities. It will help to teach and discuss appropriate social and sexual behaviour.

The pack includes a CD-ROM containing 178 pictures which can be arranged into sequences to form stories that can represent conventional, unconventional, legal and illegal social and sexual activities. The stories can be created either by the person with learning disabilities or by the professional working with them.

The pack also includes a capacity assessment form to help determine whether the person with learning disabilities has the capacity to consent to a specific sexual relationship.

Available from BILD

e) Sexuality and Relationship Education for Children and Adolescents with Autism Spectrum Disorders

David Hartman.

This is a guide for professionals for understanding and supporting sexuality and preventing /responding to inappropriate sexual behaviours in young people with autism spectrum disorders. It includes a literature review and a series of teaching activities/workplans. Some of these are probably too basic for adults (eg working on which clothes are suitable for which genders) but

some would be fine for adults (eg those on puberty and growing up; those on masturbation). The illustrations are good and, though they are mostly of adolescents, they are not too childish for young adults.

Published by Jessica Kingsley, 2014

f) 'You're Under Arrest' and 'You're on Trial' by Hollins, Clare & Murphy and Hollins, Murphy & Clare (Books beyond Words)

These two books are part of the Books Beyond Words series. *You're Under Arrest* takes a man (committing an offence that is not specified) through from police arrest to waiting in the cell, to police interview and to charging at the police station, showing every stage and ending with the man going home to wait. *You're on Trial* takes the same man through the court appearance to trial and the outcome, making clear that several different outcomes are possible. These books are used towards the end of the sex education module and help the men start talking about what happened to them.

There is also now *You're in Prison* by Hollins, Giraud-Saunders & Ryan (same series).

Available from Books Beyond Words: www.booksbeyondwords.co.uk

g) Leaflets from local STD clinic and contraceptives

Information on STDs from the local clinic. Nurses in CLDTs often have these and they may also have a range of contraceptives, and a model penis (useful for practising with condoms).

h) Capacity to consent to sexual relationships by Ali O'Callaghan & G.H. Murphy

This pack arose from a research project funded by Nuffield Foundation, investigating capacity to consent to sex, including sexual knowledge and understanding of abuse in people with learning disabilities, compared to non-disabled peers. It contains some useful items such as a detailed sexual knowledge test (derived from McCabe's Sex-Ken-ID), a series of vignettes of abuse (with questions), and a set of 10 pictures from Sex and the 3Rs for

assessing understanding of abuse. There are norms for people with learning disabilities and young people (16 yr olds) without disabilities. It can be used to assess capacity to consent to sexual relationships and related matters.

Obtainable from g.h.murphy@kent.ac.uk.

i) Resources, links, and references created by Rowena Rossiter for ySOTSEC-ID

This list of resources are for working with young people and children with learning disabilities who behave in ways which are sexually harmful. This list is often updated, and contains new materials suggested by Keep Safe Development Group and ySOTSEC-ID members/e-list (thanks to Oliver Eastman, NCATS/Oxleas, Stephen Barry and Be Safe Team, Susie Dye, Paul Hamlyn Foundation ; Lorraine Lalor, Triangle, Sussex) and Lesley Ayland, WellStop, New Zealand.

These can be found on the following website:

<https://www.kent.ac.uk/tizard/sotsec/ySOTSEC/resources.html>