

Guide to Relationships and Sex UK



Type of intervention



Film



Classroom

Target group/s, level/s of prevention and sub-group/s:

Primary prevention

(Potential)
Offenders

Children (6-11 Years), Young People (12-17 Years), Young Adults (18-20 Years) | Male & Female | Film, Classroom Setting | Interventions for those with disabilities/learning difficulties | English, Spanish

Primary prevention

Children and Young People (Victims)

Children (6-11 Years), Young People (12-17 Years), Young Adults (18-20 Years) | Male & Female | Film, Classroom Setting | Interventions for those with disabilities/learning difficulties | English, Spanish

Target population

This DVD is aimed for children and young people, aged nine years and above, including those with disabilities and learning difficulties.

Delivery organisation

Life Support Productions, who distribute the DVDs to health and education organisations, schools (including special needs schools) public health/health promotion teams, learning disability teams, family planning and sex education organisations, youth services and parents.

Mode and context of delivery

A range of five sex and relationship education DVDs, each featuring a series of video animations and used in both educational and residential settings.

Level/Nature of staff expertise required

It is essential that staff and carers supporting young people as they use the DVDs have the appropriate skills and resources to respond to any reporting of issues around abuse that young people may report. Staff/carers may need to pre-plan each session's viewing and offer support appropriate to the specific needs of individual young people. Their role is also educative and involves answering any questions that young people raise in response to the DVDs.

Intensity/extent of engagement with target group(s)

Presented on a theme by theme basis, the DVDs are ideally used across a number of sessions enabling each topic to be fully addressed and concepts such as consent and privacy to be fully understood.

Description of intervention

Each DVD includes an information and resource pack with useful viewing notes and guidance.

'The New Guide to Relationships and Sex' DVD:

A sex education/PSHE* DVD for young people facing transition and it suitable for use in a mainstream setting. Divided into five main subject areas, each has a menu featuring a series of video sequences that explore the full range of issues facing young people in transition in an informative and sensitive way. Each topic is dealt with in a clear and unambiguous way, in a modern format that young people readily relate to. It also has subtitles in large, clear text.

The DVD covers the following topics:

- growing up and body changes
- menstruation and periods
- masturbation and privacy
- hygiene
- first dates and petting
- self-examination and privacy
- sex and attitudes
- consent and unwanted sexual advances
- pregnancy and birth (clearly but sensitively shows sexual intercourse, conception and birth)
- sex, virginity, consent and condoms
- 'Yes' and 'No'
- gay and straight relationships
- sexual pleasure and contraception
- gay sex

**Personal Health and Social Education*

'The Primary Guide to Growing up, Relationships and Sex' DVD:

Based on 'The New Guide to Relationships and Sex', this DVD is tailored to the needs of children aged 9 years and above and is suitable for use in a mainstream school setting. Produced using 3D animation throughout,

the DVD is divided into five main topics. Each subject area has a menu featuring a series of video sequences that illustrate the essential 'facts of life' in an informative and sensitive way. It also has subtitles in large, clear text.

The DVD covers the following topics:

- growing up and body changes
- menstruation and periods
- hygiene
- self-examination and privacy
- sex and attitudes
- consent and unwanted sexual advance
- pregnancy and birth
- 'Yes' and 'No'
- relationships

'You, Your Body & Sex' DVD:

This is a comprehensive sex education guide for people with learning disabilities and learning difficulties. It also has subtitles with large, clear text. It is based on 'Jason's Private World' and 'Kylie's Private World' and has an easy to use menu system that allows carers and educators to match the needs of viewing groups and individuals.

The DVD covers the following topics:

- growing up and the changes from childhood to adulthood
- periods & sanitary protection
- masturbation
- keeping clean and personal hygiene
- relationships, love and affection
- Kylie and Jason, loneliness
- consent and meeting someone
- safer sex and condoms
- consent and saying 'No'
- sex and people's attitudes

'Jason's Private World' DVD:

This is a sex education DVD for boys and young men with learning disabilities. It has a strong emphasis on consent and how to both say "No" and understand when someone else says "No". It also emphasises the use of condoms for safer sex.

The topics covered are:

- growing up and body changes from childhood to adulthood
- self-examination & privacy
- masturbation & privacy

- personal hygiene, bathing & privacy
- sex, relationships, love and affection
- introduction to Kylie (Jason's girlfriend)
- consent, privacy, trust and how to deal with unwanted sexual advances
- consent, approaching someone and understanding "Yes" and "No"
- being alone and loneliness
- when Jason met Kylie, consent, love and affection in relationships
- sex and consent within relationships, safer sex and condoms, privacy
- consent and how to use condoms, disposal of condoms
- love and affection in relationships
- where to get condoms and advice
- sex and people's attitudes, privacy and consent

'Kylie's Private World' DVD:

This is a sex education DVD for girls and young women with learning disabilities. The DVD has a strong emphasis on consent and how to say "No". It also emphasises the use of condoms for safer sex.

The topics covered are:

- growing up and bodily changes from childhood to adulthood
- periods & sanitary protection
- consent and trust, how to deal with unwanted sexual advances
- personal hygiene, bathing & privacy
- self-examination & privacy
- masturbation & privacy
- sex, relationships, love and affection
- introduction to Jason (Kylie's boyfriend)
- being alone and loneliness; when Kylie met Jason, consent, love and affection in relationships
- sex and consent within relationships, safer sex and condoms, privacy
- consent and how to use condoms, disposal of condoms
- love and affection in relationships
- where to get condoms and advice
- sex and people's attitudes, privacy and consent

Evaluation

Reviews can be found on: <http://www.lifesupportproductions.co.uk/reviews.php>

References

N/A

Contact details

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