

Central Sexual Health

Central Sexual Health have produced a number of useful resources which are presented here.



Managing Sexualised Behaviour Guidelines

These guidelines have been produced as a response to the sexual health needs of young people. Whilst sexualised behaviour can be a natural healthy part of growing up, some children and young people may develop inappropriate/problematic habits or display sexually harmful behaviour.

The purpose of the document is to allow staff whether in the role of teacher, learning assistant, janitor or administration, to use this as a reference and guide for their practice. It will support staff to understand how to respond and manage the sexual behaviours of the children and young people in their school.

https://centralsexualhealth.org/media/6505/msb_guidelines.pdf

Photostories

Photostories are resources for young adults with additional support needs. The stories follow four couples in different types of relationships, working through how the relationship develops, getting to know each other, risks and sexual health information. The stories can either be used online with audio or be printed off as a comic book. Guidance notes are also available to be downloaded to for educators/carers to use on an individual basis or within small groups.

<https://centralsexualhealth.org/professionals/photostories/>

ASN Workbook

This Sexual Health workbook is designed to assist teachers, parents, carers and other professionals in delivering Sexual Health, Relationship and Parenthood Education to young people with a learning disability. It contains a range of topics, guided by Curriculum For Excellence Health and Wellbeing outcomes. There is no single resource that can meet the needs of this diverse group of young people. Some exercises may need to be adapted, according to individual ability and learning styles.

<https://centralsexualhealth.org/professionals/asn-workbook/>

What is transgender? Booklet

This is an easy read information booklet for people with learning disabilities.

<https://centralsexualhealth.org/media/8993/what-is-transgender-final-version.pdf>

Relationships, Sexual Health and Parenthood (RSHP) education – The TASC Agency

This is the national resource for relationships, sexual health and parenthood (RSHP) education for children and young people. The resource can be used in early learning settings, schools, colleges and community-based learning. It is organised to sit within Curriculum for Excellence.



TASC (Scotland) Ltd

<https://rshp.scot/>

The full list of programmes and resources for people with additional support needs can be accessed here:

<https://rshp.scot/learners-with-additional-support-needs-asn/programmes-resources-to-support-learning/>

Be Safe & Have Fun

A sexual health and safety app for young people aged 14+ with autism and/or learning difficulties

“We believe that healthy sexual development, information and support is essential for all people, of every age, sexuality or disability. We want to do all we can to help young people feel good about their sexual selves, whoever they are, and to create sexual lives that are as happy, healthy and beneficial as possible”

<http://health.ckuk.org.uk>



The Supported Loving Toolkit

The toolkit is made up of a series of guides to help support people with learning disabilities with issues around sex and relationships. The Supported Loving Network is a collaboration between professionals from a wide variety of disciplines, people with

learning disabilities and/or autism, and family members. The network has produced a 'Supported Loving Toolkit' which provides clear advice on how to appropriately support adults with sensitive issues concerning sex and relationships.



<https://www.choicesupport.org.uk/about-us/what-we-do/supported-loving/supported-loving-toolkit>

Personal Relationships, Sexuality and People with Learning Disabilities



Association for Real Change
Supporting Excellence

This one-day workshop will look at how we can better support adults with learning disabilities in the area of sexuality and relationships.

Through a range of discussion, case studies and activities, attendees will learn and understand about:

- The policy framework
- How we learn about relationships
- How to support individuals in their personal relationships
- The effect that personal belief, culture and preferences have on personal relationships
- The conflicts that may occur in providing support with personal relationships
- Basic knowledge of human sexuality
- Basic knowledge of legal aspects and their impact on people with learning disabilities
- How attitudes and values affect our ability to support service users

<https://arcuk.org.uk/blog/personal-relationships-and-sexuality-and-people-with-learning-disabilities/>

Stop It Now! – online resources on online grooming and sexual images of children

Staying safe online has never been more important. For some adults who have autism or a learning disability navigating the internet safely and legally can be complex. They can be at greater risk of being groomed or find themselves (often unwittingly) viewing sexual images of under 18s. That's why, in partnership with **Fife Adult Support and Protection Committee**, we've developed these easy read resources to educate and raise awareness of the dangers of online grooming and the inappropriate use of child images.



Download the booklets using the link below:

<https://www.stopitnow.org.uk/wp-content/uploads/2020/01/I-have-made-a-new-friend-online-F.pdf>

<https://www.stopitnow.org.uk/wp-content/uploads/2020/01/What-am-i-looking-at-online-F.pdf>

The full list of resources can be accessed from this link:

<https://www.stopitnow.org.uk/resources/>

Get SMART: Social Media Awareness and Resilience Training

This is concerned more specifically with the prevention of online radicalisation, but there is considerable crossover with online offending.

The project was a response to the growing realisation that more and more people with learning disabilities and autism are being targeted online. Get SMART was a peer education project lead by ARC England in partnership with Manchester Metropolitan University and PETROC College. Working with Brook Green Centre for Learning in Plymouth and PETROC College in North Devon the project supported young people with learning disabilities to find out more about how to stay safe on social media, and to help their peers and supporters to stay safe too.



<https://arcuk.org.uk/blog/resources-from-the-get-smart-project/>

Contextual Safeguarding Network

Contextual Safeguarding is an approach to understanding, and responding to, young people's experiences of significant harm beyond their families. It recognises that the different relationships that young people form in their neighbourhoods, schools and online can feature violence and abuse. Parents and carers have little influence over these contexts, and young people's experiences of extra-familial abuse can undermine parent-child relationships.



Therefore, children's social care practitioners, child protection systems and wider safeguarding partnerships need to engage with individuals and sectors who do have influence over/within extra-familial contexts, and recognise that assessment of, and intervention with, these spaces are a critical part of safeguarding practices. Contextual Safeguarding, therefore, expands the objectives of child protection systems in recognition that young people are vulnerable to abuse beyond their front doors.

<https://contextualsafeguarding.org.uk/>