

**reproductive and  
sexual health**

resources and  
books for *every*  
body in every family



# disability

resource collection



## Disability Resource Collection

Family Planning NSW has an extensive Disability Resource Collection available for loan to people with intellectual disability and their support people, including parents and carers, disability workers, clinicians and students.

The collection is made up of reproductive and sexual health resources produced by Family Planning NSW, as well as resources sourced from across the world.

The collection can be accessed in person at our Ashfield centre or across NSW through our mail delivery service. Membership fees apply for borrowing from this collection.

Some of the resources in this collection are also available to download from our website [www.fpnsw.org.au/disability](http://www.fpnsw.org.au/disability) or purchase from our online shop [www.fpnsw.org.au/shop](http://www.fpnsw.org.au/shop)

## How to use this brochure

In this brochure you will find a selection of our most popular resources. Resources are arranged according to topic areas. You will also find the following icons throughout the catalogue:



This item is for loan from our collection



This item is easy-to-read



This item is available to download for free from our website



This item can be ordered from our online shop

To arrange a loan from the collection, make an appointment to view the collection, or for more information, contact us on (02) 8752 4388 or [healthpromotion@fpnsw.org.au](mailto:healthpromotion@fpnsw.org.au).

## Where to start

### All About Sex



Family Planning NSW: 2013-2017  
Book and online factsheets



All About  
**sex** 

*All About Sex* is a series of fact sheets for people with intellectual disability and the people who support them. The fact sheets are easy-to-read and include illustrations to help people with intellectual disability learn about sexuality and relationships. The fact sheets cover a range of topics

including bodies, puberty, relationships, sex, pregnancy and reproduction, sexual health and sexual assault.

Some people with intellectual disability will be able to read the fact sheets independently while others will need the support of a family member, teacher, support worker or advocate. The fact sheets have been designed to make it easier for support people to have conversations and provide information about sexuality and relationships.

The *All About Sex* book can be purchased from our online shop. The fact sheets are also available online including a range of new topics not included in the book.

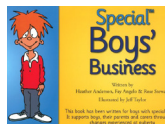
[www.fpnsw.org.au/allaboutsex](http://www.fpnsw.org.au/allaboutsex)

# Puberty

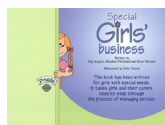
## Special Boys' Business/ Special Girls' Business



FL Angelo, HA Pritchard & DM Stewart  
Partnership: 2007/2005  
Book



Two separate books, one for boys and one for girls, provide practical information about growing up and understanding changes during puberty.



It covers physical, emotional and social changes during puberty as well as hygiene needs. Easy to understand with colour illustrations.

## Puberty and Special Girls



FL Angelo, HA Pritchard & DM Stewart  
Partnership: 2009  
Book



Written for girls with special needs, Puberty and Special Girls follows on from the first book by these authors, Special Girls' Business. It contains

comprehensive information that provides girls with a greater understanding about puberty and sexuality. Practical hints for parents, teachers and carers are also included.

## Tara Grows Up



IHC, NZ: 2010  
DVD



A short film for girls approaching puberty. The DVD includes basic information about menstruation and demonstrations of how to use sanitary pads.

## Billy Grows Up



IHC, NZ: 2010  
DVD

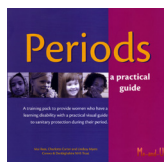


A short film designed for boys approaching puberty. The DVD includes basic information about physical changes in the body, changes in emotions and general hygiene.

## Periods: a practical guide



Me-and-Us: 2008  
Book, booklet & CD-ROM



A practical guide for women with intellectual disability about periods and how to manage them. Topics include: all about pads, changing a pad, what to do if your pad leaks. Includes a CD and pocket-sized booklet titled *I Change My Pad*.

# Health and hygiene

## Being a Healthy Woman



NSW Health: 2010  
Book and online

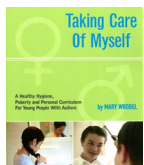


A series of factsheets to assist women with intellectual disability about life changes, healthy lifestyle and the need to see doctors when ill. [www.fpnsw.org.au/beingahealthywoman](http://www.fpnsw.org.au/beingahealthywoman)

## Taking Care of Myself



M Wrobel: 2003  
Book

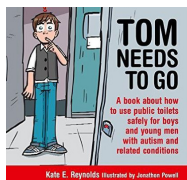


A curriculum of activities and social stories about health, hygiene and puberty designed for young people with autism and their families.

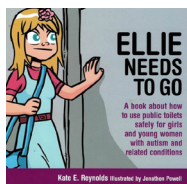
## Tom Needs to Go/Ellie Needs to Go



KE Reynolds & J Powell: 2014/2015  
Book



A colour picture book about how to use public toilets safely for young people with autism spectrum disorders. It follows the stories of Tom and Ellie as they are out and need to go to a public toilet. It covers privacy, social rules and practical tips.



Also available: *What's Happening to Tom*, *What's Happening to Ellie*, *Things Tom Likes*, *Things Ellie Likes*.

## Keeping Healthy 'Down Below'



RCPsych Publications: 2003  
Book



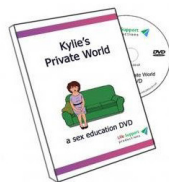
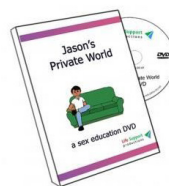
Using only pictures, this book tells the story of a woman going for a cervical screening test - from making the appointment, through to the procedure itself, and then the follow up.

Other titles in this series include: *Looking After My Balls*, *Sonia's Feeling Sad*, *Ron's Feeling Blue*, *Hug Me Touch Me*, *Falling in Love*, *Susan's Growing Up*, *Jenny Speaks Out*, *I Can Get Through It*, and *Supporting Victims*.

## Jason's Private World/ Kylie's Private World



Life Support Productions: 2011/2012  
DVD



Animated DVDs for people with intellectual disability and their carers. Two characters, Kylie and Jason, discuss growing up, privacy, personal hygiene and relationships. All have an emphasis on safety and saying no to unwanted sexual advances.

# Self-protection skills

## I Have the Right to be Safe — Flip Chart



Family Planning Queensland: 2007  
Flip chart

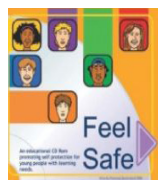


This resource is designed to promote self-protection skills in a fun and accessible way for children aged 5–10 years and for young people with learning or literacy difficulties.

## Feel Safe (CD ROM)



Family Planning Queensland: 2006  
CD-ROM

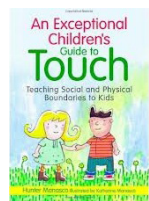


An educational CD following the stories of six young people (aged 12-16) who learn self-protection skills. The six stories contain nine games that teach self-protection in a fun and interactive way.

## An Exceptional Children's Guide to Touch



H Manasco: 2012  
Book

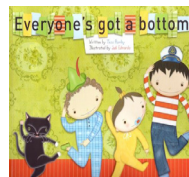


A picture book for parents, teachers and carers working with children with special needs. It explains in simple terms how to tell the difference between acceptable and inappropriate touch, helping children with special needs stay safe.

## Everyone's Got a Bottom



Family Planning Queensland: 2007  
Book

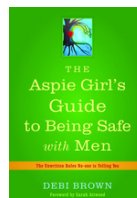


This book is a story about Ben and his brother and sister learning and talking together. It is a tool for parents and carers to gently start a conversation with children about self-protection.

## The Aspie Girl's Guide to Being Safe with Men: The unwritten safety rules no-one is telling you



D Brown: 2013  
Book



A book for girls and women on the autism spectrum written by a woman on the autism spectrum. It provides practical strategies for staying safe in different situations. It explains about rights and choices, and how to stay safe. It is also useful for parents and professionals supporting girls and women on the autism spectrum.

## No More Victims: Protecting those with autism from cyber bullying, internet predators and scams



J Baker: 2013  
Book

This book reviews strategies to support people with autism to stay safe when accessing the internet. This book covers the following areas of concern:

- Cyber bullying
- Online sexual predators
- Internet scams

# Social skills and relationships

## The Social Skills Picture Book: Teaching play, emotion, and communication to children with autism



J Baker: 2001  
Book



This book is for teaching social and communication skills to children with autism. It uses photos of actual students engaging in a wide variety of social situations to show the right and wrong ways to interact in different circumstances, and illustrate the positive and negative consequences of both. Also available: *The Social Skills Picture Book for High School and Beyond*.

## Circles



J Stanfield: 2010  
Large vinyl mat with booklet and DVD

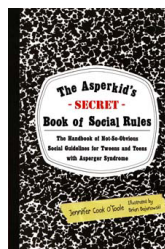


The Circles Program teaches relationship boundaries and relationship-specific behaviours using a simple diagram of concentric circles to demonstrate the different relationship levels people encounter in daily life. Two kits available: *Level One and Level Two*.

## The Asperkid's (Secret) Book of Social Rules: The handbook of not-so-obvious social guidelines for tweens and teens with Asperger syndrome



J Cook O'Toole: 2013  
Book

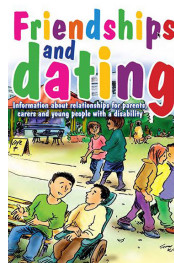


Through illustrations, logical explanations, and comic strip practice sessions, this handbook has been written by an Aspie and provides insights into all of the hidden social rules in life that often seem strange and confusing to young people with Asperger syndrome.

## Friendships and Dating: Information about relationships for parents, carers and young people with a disability



Shine SA: 2009  
DVD & Booklet



DVD and booklet that provides information on meeting and making friends, relationships and dating, safe sex and rules in relationships, and contraception. Useful as a guide for parents to start talking to their child about relationships, sexual health and personal safety.

# Sex and relationships

## Sex, Safe and Fun



Family Planning NSW: 2016  
Book, booklets and condom pack.  
Activity cards (online only)



*Sex Safe and Fun* is a resource pack for teaching people with intellectual disability about positive safe sex messages. The resource presents a factual and balanced view of the rights and responsibilities associated with a range of sexual activities. *Sex, Safe*

*and Fun* includes two parts for the learner– the easy to read booklet and a condom pack including step-by-step instructions about how to use a condom. It also has three parts for the support person – the support person's guide, demonstration video and activity cards.

[www.fpnsw.org.au/sexsafeandfun](http://www.fpnsw.org.au/sexsafeandfun)

## About Masturbation for Males/ About Masturbation for Females



Family Planning NSW: 2007/2011  
Book



Two separate booklets that teach about positive masturbation messages. The booklets use black and white line drawings and easy English in a story to teach about masturbation, privacy and hygiene. Includes additional notes for parents, carers and workers.

## Outing Disability



Family Planning NSW: 2014/2017  
Posters, online video and booklet

Set of three A2 posters from our Outing Disability exhibition. These powerful and thought provoking posters promote positive messages about lesbian, gay, bisexual, transgender, intersex and queer (LGBTIQ) people with disability. The posters are accompanied by a video and a booklet on how disability services can become more LGBTIQ inclusive. [www.fpnsw.org.au/outingdisability](http://www.fpnsw.org.au/outingdisability)

## Love & Kisses / The DVD



Family Planning NSW: 2006  
DVD & Online

A 43-minute DVD that provides a positive look at the intimate lives of people with a disability. Personal stories are told through drama and interviews to reveal the joys and heartbreak of love, sex and relationships. Discussion notes are included. [www.fpnsw.org.au/loveandkisses](http://www.fpnsw.org.au/loveandkisses)

## Relationship Skills: A photo resource



L Dore: 2012  
Photo cards



This photo kit can be used to develop friendship and relationships skills and a positive awareness of sexuality and personal safety. The kit includes 20 relationship cards and a supporting booklet with activity suggestions. Useful for counsellors and trainers to facilitate discussions about relationships and personal development.

## Feeling Sexy Feeling Safe: A training package for teaching sexuality education to people with intellectual disabilities



FPA Health (Family Planning NSW): 2002  
DVD

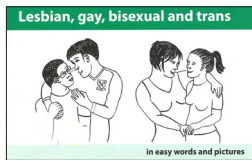


A DVD and workbook that cover four areas: public and private parts of the body, public and private places, saying yes and no to sex, and the sexual person. This DVD is R rated and intended for adults aged 18 and over in sessions run by trained educators.

## Lesbian, Gay, Bisexual and Trans



Change: 2010  
Book



An easy read booklet that covers what it means to be lesbian, gay, bisexual or trans. Topics include: your sexuality, talking to people about your

sexuality, bullying and safe sex. Other titles in this series include: *Friendships & Dating*, *Safe Sex and Contraception*, *Sex and Masturbation*, *Understanding Sexual Abuse*.

## Hand Made Love: A guide for teaching about male masturbation through understanding and video



D Hingsburger: 1995  
DVD

A book and DVD set that discusses privacy, pleasure and the realities of sharing living spaces with others. The DVD includes a demonstration of male masturbation with simple voice over descriptions. Also available: *Finger Tips: A guide for teaching about female masturbation through understanding and video*.

These DVDs contain explicit material.

## Untold Desires



Video Education Australasia: 1994  
DVD

A documentary about people with disability and their experiences of sexuality. They speak about issues which are important to them: choice, privacy, the right to have sexual relationships and the right to have children.

## Short Changed



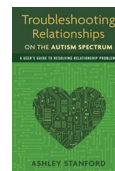
Waverley Community Living Program: 2016  
DVD

A short film about a young woman trying speed dating, and discovering more about herself in the process. Developed by young adults with intellectual disability as part of Waverley Community Living Program's 'Living the Dream'.

## Troubleshooting Relationships on the Autism Spectrum: A users guide to resolving relationships problems



A Stanford: 2013  
Book



A guide for people on the autism spectrum that provides a practical troubleshooting approach to resolving relationship difficulties. Also contains advice for the partners of people on the autism spectrum.

## Banana Penis Demonstration Model



Model



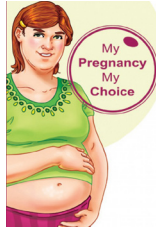
Plastic model of an erect penis that is cleverly disguised within a removable cover that looks like a banana. Useful for teaching about correct use of condoms.



## My Pregnancy, My Choice



CHANGE: 2008  
Book



A comprehensive easy read book with pictures which covers all aspects of care during pregnancy. Topics include: knowing if you are pregnant, your developing baby, problems during pregnancy and the first days with your baby.

## You and Your Baby 0-1



CHANGE: 2010  
Book



A comprehensive easy read book using easy words and pictures to support parents to take care of their growing baby. Topics covered include: feeding, hygiene, types of foods, safety, teething, health checks and managing routines such as changing and sleeping. Also available: *You and Your Little Child 1-5*

## Seeing a Sex Worker: A guide for people with disability



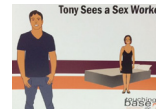
Touching Base: 2016  
Book

This guide provides information on the steps involved for people with disability who would like to see a sex worker. It answers common questions that people with disability may have and provides information on what to expect, how to prepare, giving consent and how to look after your health.

## Tony Sees a Sex Worker/ Anna Sees a Sex Worker



Touching Base: 2016  
Book



An easy English colour illustrated story about a person with disability seeing a sex worker. It provides information on how to choose a sex worker, how to prepare and other practical information.

## Policy and Procedural Guide: For disability service providers supporting clients to access sex services



Touching Base: 2010  
Book

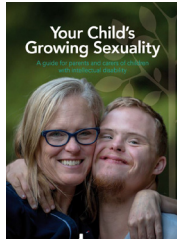
This booklet guides disability support organisations to develop their own policies and procedures when supporting people with disability to access the sex industry.

# For parents, carers & other support people

## Your Child's Growing Sexuality: A Guide for Parents and Carers of Children with Intellectual Disability



Family Planning NSW 2017  
Booklet



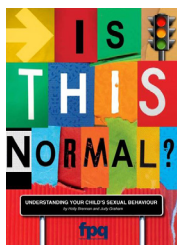
A booklet for parents and carers on how to support their child with intellectual disability with sexuality and relationships education. Includes tips for getting started, strategies for talking about sexuality, and frequently asked questions.

[www.fpnsw.org.au/parentforums](http://www.fpnsw.org.au/parentforums)

## Is This Normal?



Family Planning Queensland: 2012  
Book



Knowing what's considered normal can ease some of the worry of parenting. Knowing more about sexual behaviours is part of helping protect children from harm. This book provides parents and carers with tools and strategies to identify, understand and respond to children's sexual behaviours.

## Sexuality: Your sons and daughters with intellectual disabilities



KM Schwier & D Hingsburger: 2007  
Book

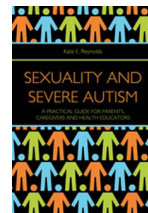


In this book, parents share the joys and challenges of raising a child with intellectual disability, and they offer helpful advice and practical strategies. Individuals with intellectual disabilities also explain what is important to them.

## Sexuality and Severe Autism: A practical guide for parents, caregivers and health educators



KE Reynolds: 2013  
Book

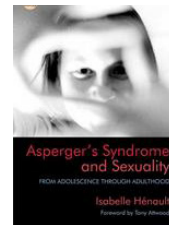


This practical handbook guides parents and caregivers of children at the severe end of the autism spectrum through the process of teaching about sex and sexuality.

## Asperger's Syndrome and Sexuality: From adolescence through adulthood



I Henault: 2006  
Book



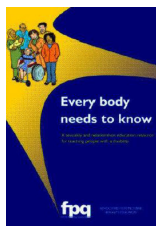
A unique guide to negotiating sexual and relationship issues for people with Asperger's syndrome. It provides practical information and advice on a range of subjects including puberty and sexual development, maintaining sexual boundaries, couple's therapy and guidelines for sex education programs. This is a useful resource for teachers, parents and counsellors as well as for people with Asperger's syndrome.

# Resources for education programs

## Every Body Needs to Know



Family Planning Queensland: 2010  
Resource folder and picture cards



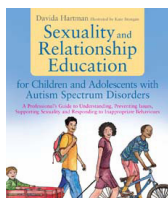
A comprehensive resource for educators who are developing programs about reproductive and sexual health for people with disability. This kit consists of a manual and more than 270 picture cards with line drawings of people and situations. The manual has 38 lesson

plans and covers topics including puberty, relationships, being safe, and sexual health checks

## Sexuality and Relationship Education for Children and Adolescents with Autism Spectrum Disorders



D Hartman: 2014  
Book



A professional's guide to understanding, preventing issues, supporting sexuality and responding to inappropriate behaviours. This resource offers practical teaching advice on puberty, sexuality and relationships geared towards the

needs of young people on the autism spectrum.

## Making the Change: A teaching pack on the menopause for women with learning disabilities



E Cooper & R Welsh: 2001  
Resource folder

This teaching pack informs people with intellectual disability about the physical and emotional changes that can occur as women approach menopause. The pack includes illustrated worksheets.

## Teach-A-Bodies



Model



Teach-A-Bodies are anatomically detailed dolls and a useful resource for educators teaching people with intellectual disability about body parts, public/private concepts, puberty, and relationship boundaries. Teach-A-Bodies dolls are a set of soft dolls made of washable polyester knit and stuffing. The set consists of a male adult, female adult, male child and female child doll. All dolls are made with individual fingers and ears and have mouth, vaginal and anal openings. *Life size models also available.*

## Responding Positively to Sexual Behaviours: The traffic lights model



Family Planning Queensland: 2007  
DVD & Booklet

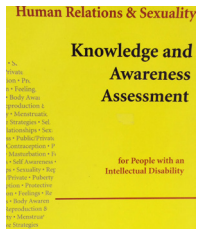
This package of DVD and brochures provides a guide for professionals to identify, understand and respond to sexual behaviours in school settings, using a traffic lights model. This assists in distinguishing between healthy behaviours and behaviours that may cause concern.

# Assessment tools

## Human Relations and Sexuality: Knowledge and awareness assessment for people with an intellectual disability



Family Planning Victoria: 1997  
Book



This manual is designed to assist disability workers to gather information about the level of knowledge, understanding and awareness a person with intellectual disability has in the area of human relations and sexuality. Includes

individual assessment and summary sheets with detailed drawings and can be used to develop appropriate goals and strategies.

## ASK (Assessment of Sexual Knowledge)



JA Butler & J Leighton: 2003  
Book



A more comprehensive kit for assessing the sexual knowledge and attitudes of people with intellectual disability. Includes an administration manual, picture booklet, quick knowledge quiz and problematic socio-sexual behaviours

checklist. Designed for professionals with experience in using assessment tools.

## About Family Planning NSW

Family Planning NSW is the leading provider of reproductive and sexual health services in NSW. We are experts on contraception, pregnancy options, sexually transmissible infections (STIs), sexuality and sexual function, menstruation, menopause, common gynaecological and vaginal problems, cervical cancer screening, breast awareness and men's sexual health.

## Family Planning NSW has been delivering targeted services to people with disability for more than 35 years.

We recognise the need to promote and protect the reproductive and sexual rights of people with disability. We provide education and training for teachers, disability workers, clinicians, family members and carers about sexuality for people with intellectual disability. Our clinics are a safe place for people with disability to talk about intimate and sometimes challenging issues and to access confidential reproductive and sexual healthcare. We also produce innovative easy to read resources to support our professional and community education activities.



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Reproductive & Sexual Health



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