

Specialist Multimedia Resources Library Catalogue

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FAMILY PLANNING VICTORIA

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BODY AWARENESS

ANATOMICAL DOLLS – FAMILY

The anatomically – detailed dolls can be used in sex education to aid communication and give a better understanding about bodies and sexuality and an appreciation for both. Adult dolls are sixty centimetres tall. Male dolls are made with a moustache, chest hair, underarm hair, public hair and a circumcised penis. A condom is also provided in adult male doll's back pocket. Female dolls are made with a clitoris, underarm hair, pubic hair and vaginal opening. Adult females also have a sanitary napkin and tampon. Children dolls are forty-four centimetres. Children are without body hair. All dolls have an anus.

BODY CHARTS FLIPFOLDER

3 A3 coloured overlays screen printed onto clear PVC and 18 card illustrations in a ring binder flip-folder showing male/female adults and boy/girl children; male/female sex organs; pregnant women/stages or pregnancy and various family and friendship groupings. Includes a teaching booklet.

BODY JIGAWS

A teaching aid that includes very simple A4 jigsaws of adults' and children's bodies.

EATING WELL, FEELING GOOD (VIDEO 12 MINUTES) (TEENAGERS GUIDE TO THE GALAXY)

A program about healthy eating and personal hygiene which will help teenagers challenge issues about body image.

EVERYBODY NEEDS TO KNOW: SEXUAL AND REPRODUCTIVE HEALTH KIT

This comprehensive kit covers a very broad range of topics: 'private body parts, puberty & periods, relationships & sexual relationships, feelings, protective behaviours, pregnancy & sexual health. Each topic includes teaching strategies, black line masters and picture cards for each lesson.

JACKSON MODELS – MALE AND FEMALE

Human genital models which are flexible and three dimensional. Includes a flaccid penis, erect penis, male reproductive cross section; female vulva/vaginal model and various embryonic stages. Useful for teaching about sexual arousal, menstruation, contraception, pregnancy and condom usage.

KYLIE'S PRIVATE WORLD (VIDEO 20 MINUTES WITH TEACHING NOTES)

Animated colour video with a strong emphasis on consent and how to say "no" and the use of condoms for safer sex. Many topics are covered from puberty, menstruation personal hygiene and self examination to love, sex and relationships. The teaching book contains stills, a brief explanation of the segment and some suggestions for, and about, discussion.

LIFE SIZE BODY CHARTS

Life size male and female body drawings with attachments that show the internal reproductive systems in some detail, including pregnancy, menstruation and ejaculation.

PARENT-CHILD HUMAN RELATIONS AND SEXUALITY

Includes resources and booklet outlining activities for human relations and sexuality education. Although aimed at children 6-8 years, it is also relevant for older children and could be adapted to suit adults who are not clear on the topics which include self-esteem; feelings; body parts/gender; public and private; relationships and keeping safe.

ASSERTIVENESS

ASSERTIVENESS 1 (VIDEO 25 MINUTES)

Series of brief scenarios which raise a variety of assertiveness issues. The actors have intellectual disabilities. Tape1 includes: A big change (moving out); The smelly man (hygiene); Living together (shared housework); Revealing yourself (expressing feelings); The surprise (consent, saying no); The wrong change and going out (being assertive).

ASSERTIVENESS 2 (VIDEO 25 MINUTES)

Series of brief scenarios which raise assertiveness issues. The actors have intellectual disabilities. Tape 2 includes: Will I take the job?; Eye contact; Neighbours (barking dog); Talking (listening skills); The taxi ride; The mirror (image change) and junk food (good nutrition and health).

ASSERTIVE WITH ADULTS (VIDEO 15 MINUTES) (TEENAGERS GUIDE TO THE GALAXY)

Learn to clearly and assertively negotiate with teachers, parents and other adults to achieve satisfying outcomes.

BULLYING AND TEASING (VIDEO 14 MINUTES) (TEENAGERS GUIDE TO THE GALAXY)

Learn the basic skills of skills of assertively dealing with bullying behaviour and teasing.

FINDING MY FEET – JOSIE'S STORY (VIDEO 9 MINUTES)

Video about self advocacy principles, portrayed through a series of everyday situations. Booklet included. Actors have disabilities.

NO MEANS NO (VIDEO 18 MINUTES WITH NOTES)

Assertiveness and saying no are dramatised in this video from the Walsall Women's Group; the actors are women with intellectual disabilities.

RISKS AND WRONGS (VIDEO 14 MINUTES) (TEENAGERS GUIDE TO THE GALAXY)

A program about lying, risk taking and how to assertively stand up to peer pressure when your friends do something illegal.

CONTRACEPTION

CONTRACEPTIVE KIT

This kit contains a broad range of contraceptives including IUD, male and female condoms, diaphragm, 3 types of the pill, lubricant, vaginal gel, dental dam. Penis models, sample Implanon rod and literature about the methods.

CONTRACEPTION READY OR NOT (VIDEO 13 MINUTES)

This video is not a comprehensive description of contraceptive methods, but a springboard for the initiation of discussion on the issues involved in contraceptive use.

MAGNEL

The magnel is a durable educational aid. Its main components are a coated metallic folding white panel with male and female reproductive organs featured on either side and 35 magnetic vinyl images that adhere to the panel and to each other. The images, which can be placed and removed with ease from the panel, show the menstrual cycle, different stages of sexual arousal and intercourse, conception and foetal development and the use/misuse of contraceptives. Contraceptive methods include IUD, diaphragm, contraceptive foam, vasectomy, tubal ligation and tubectomy.

HEALTH, PROTECTION AND INFORMED DECISION MAKING (VIDEO 31 MINS)

Covers sexual decision making, (being ready, values, pressure, the law), common STIs and safer sex, including abstinence. Includes interviews and 7 scenarios dramatising some of the issues and questions raised by the subject matter.

TEEN CONTRACEPTION (VIDEO 13 MINUTES)

Discusses the different methods available and the importance of using condoms to prevent STIs; teenage presenters, excellent computer graphics.

SEX SAFELY (VIDEO 10.5 MINUTES)

Captioned video explores sexuality issues for young people, focussing on safer sex, including contraception. It acknowledges the cultural, religious and sexual diversity of young people, aiming to promote acceptance of individual choice in regard to sexuality. Includes a teaching booklet.

PUBERTY AND MENSTRUAL MANAGEMENT

BECOMING A WOMAN KIT

Teaching pack on menstruation includes 5 sections with comprehensive lesson plans and photocopiable worksheets. Topics include our bodies; inside our bodies, menstruation; using sanitary towels and tampons; hygiene & how menstruation affects lives.

EVERYBODY NEEDS TO KNOW: SEXUAL AND REPRODUCTIVE HEALTH KIT

This comprehensive kit covers a very broad range of topics: 'private body parts, puberty & periods, relationships & sexual relationships, feelings, protective behaviours, pregnancy & sexual health.

Each topic includes teaching strategies, black line masters and picture cards for each lesson.

JANET'S GOT HER PERIOD KIT

This kit consists of a 40 minute video showing a young girl with Down Syndrome learning about periods in the context of the family. Includes 2 booklets – one for young women with disabilities and one for carers. The video is also available to borrow separately

JASON'S PRIVATE WORLD

(VIDEO 20 MINUTES WITH TEACHING NOTES)

Animated colour video with a strong emphasis on consent, how to say "no", understanding when someone else says "no" and condom use. Many topics are covered from body changes and personal hygiene, to relationships and sex. The teaching book contains colour stills with a brief description and suggestions for discussion.

KYLIE'S PRIVATE WORLD

(VIDEO 20 MINUTES WITH TEACHING NOTES)

Animated colour video with a strong emphasis on consent and how to say "no" and the use of condoms for safer sex. Many topics are covered from puberty, menstruation personal hygiene and self examination to love, sex and relationships. The teaching book contains stills, a brief explanation of the segment and some suggestions for, and about, discussion.

MENSTRUAL PREPARATION AND MANAGEMENT KIT

This kit is designed to assist women with intellectual disabilities and their carers with the preparation and management of menstruation. The kit includes a menstrual planner, audio tape, menstrual charts and 27 colour illustrations.

PUBERTY, PERIODS AND PIMPLES (VIDEO 14 MINUTES) (TEENAGERS GUIDE TO THE GALAXY)

Help girls and boys gain a better understanding of their body changes and how puberty affects them.

THE NEW IMPROVED ME: UNDERSTANDING BODY CHANGES (VIDEO 23 MINUTES)

The changes of puberty presented in two sections, one presenting changes to the male body and the other, the female body.

PUBERTY – HEALTHY / UNHEALTHY CARDS

Set of coloured, laminated flash cards; each card has an illustration and a simple statement of a healthy or unhealthy behaviour relating to relationships, hygiene, moods and feelings and diet.

REAL SMART: ABOUT PUBERTY (VIDEO 27 MINUTES)

Zany program format with 'roving reporters' Mike and Kirsty, and an expert on puberty, it poses and answers questions about puberty in a non-threatening way. For middle-upper primary school age students.

A TIME FOR ANSWERS (VIDEO 28 MINUTES)

The physical and emotional changes of puberty; excellent computer graphics, with student interviews. For upper primary and lower secondary students.

WHAT'S HAPPENING TO ME? (VIDEO 29 MINUTES)

Animated video explaining why you go through puberty, what happens at each stage and suggestions for how to cope with eg pimples, periods and sexual desire.

WHERE DID I COME FROM? (VIDEO 29 MINUTES)

Animated video outlining the story of conception through to birth in an informative and entertaining way.

YOU, YOUR BODY AND SEX (VIDEO 20 MINUTES WITH TEACHING NOTES)

Animated colour video on general sex education, covering relationships, growing up, hygiene, safer sex and contraception, consent and saying "no".

YOU, YOUR BODY AND SEX COMPILATION (DVD 40 MINUTES)

A comprehensive sex education guide for people with learning disabilities and suitable for wider use. This program is a compilation of "Kylie's private world", "Jason's private world" and "You, your body and sex". Age level – Senior Secondary - Tertiary

RELATIONSHIPS

BULLYING AND TEASING (VIDEO 14 MINUTES) (TEENAGERS GUIDE TO THE GALAXY)

Learn the basic skills of skills of assertively dealing with bullying behaviour and teasing.

THE CIRCLE CONCEPT – FRIENDS AND OTHER PEOPLE: (Australian edition)

Includes teaching notes and video (14 minutes). For staff and caregivers. Demonstrates the use of the Circle Concept – teaching about the development of friendships and relationships.

THE CIRCLE CONCEPT: INTIMACY AND RELATIONSHIPS (USA edition)

Includes 12 videos individually demonstrating the various 'circles of relationship', a floor chart, teaching book and photocopiable icons.

THE CIRCLE CONCEPT: ABRIDGED VERSION (VIDEOS X 4)

The 4 videos are a mix of information from the presenter and dramatised scenarios illustrating the information.

1. The Circle paradigm (15 mins) explains the circles of intimacy and relationships module.
2. Relationship building (5 mins) explains some changes in relationships, moving between circles.
3. Stop Abuse (15 mins) includes saying no, assertiveness and sexual abuse.
4. Safer ways (15 mins) uses four individual scenarios to illustrate how to stay healthy and making safer decisions, when exposed to communicable diseases eg the common cold, the flu and the HIV virus through blood transfusion. The specific behaviour is placed within the context of 'circles of relationships'.

DEALING WITH HOMOPHOBIA (VIDEO 26 MINS)

Provides definitions and lots of information around homophobia. Interviews with adults working in the field of adolescent health and young people's stories are included. Provides suggestions for what schools can undertake and same sex attracted young people can do. Excellent springboard for discussion around issues for same sex attracted young people.

EVERYBODY NEEDS TO KNOW: SEXUAL AND REPRODUCTIVE HEALTH KIT

This comprehensive kit covers a very broad range of topics: 'private body parts, puberty & periods, relationships & sexual relationships, feelings, protective behaviours, pregnancy & sexual health. Each topic includes teaching strategies, black line masters and picture cards for each lesson.

FAMILY FIREWORKS (VIDEO 14 MINUTES) (TEENAGERS GUIDE TO THE GALAXY)

Learn to survive the common crises of family fights, marriage breakups and domestic violence.

FOUR STORIES KIT

In four separate dramatised episodes, the 40 minute video covers situations, which may occur in everyday life. The booklet outlines the stories and illustrates them with scenes from the video and provides questions that can be used to extend understanding of the issues. The themes are: the decision to get married, setting boundaries, same sex attraction (female) and support for parenting. The lead actors have intellectual disabilities.

FRIENDSHIPS – MAKING AND BREAKING (VIDEO 14 MINUTES) (TEENAGERS GUIDE TO THE GALAXY)

Find out about the value of friendships. Explores the issues of loyalty, trust and jealousy.

GROWING PAINS (VIDEO 55 MINUTES)

Eight short dramas looking at the problems of growing up. Each drama looks at a specific difficulty such as peer pressure, pressure from parents to perform, friendships, conformity etc.

IT'S MY DECISION (VIDEO 15 MINUTES)

This short story about Natalie and Brett dramatises the difficult decision by young people about when or whether to have a sexual relationship.

LOSING YOUR COOL (VIDEO 13 MINUTES) (TEENAGERS GUIDE TO THE GALAXY)

Why do people get angry? Learn ways to deal with your own anger and that of others.

MATES

Includes a 23 minute video dramatised scenario dealing with homophobia and a teaching book which covers HIV/AIDS related discrimination; includes lesson plans and teaching strategies. Suitable for the middle years of secondary school.

MY CHOICE MY OWN CHOICE

This 25 minute video and teaching pack is about safer sex, relationships and decision making within relationships for people with disabilities. The kit comprises a video, which can be used on its own, and a booklet outlining nine sessions and teaching strategies.

NOAH'S ARK TOY LIBRARY "JOHN" (VIDEO 10 MINUTES)

This video is the story of a sibling who has a brother with a disability. It describes how she feels about having a disabled brother.

NOT JUST ANYBODY (VIDEO 24 MINUTES)

Covers dating pressure and violence; the actors do not have disabilities.

IS LOVE ENOUGH? THE CHALLENGES OF CHILD REARING FOR MENTALLY DISABLED PARENTS (VIDEO 46 MINUTES WITH TEACHING NOTES)

Can an intellectually disabled person be a good parent? Previously people with ID were institutionalised and sterilised. Today attitudes have changed. Through four stories, each aspect of this challenging situation is explored. For use in teaching and training.

SAFE AND SMART (VIDEO 16 MINUTES) (TEENAGERS GUIDE TO THE GALAXY)

A program about safety on the street at night, being threatened or even abused by someone you know and the need to speak out.

TRUST RESPONSIBILITY AND NEGOTIATION IN RELATIONSHIPS (VIDEO 26 MINS)

Focuses on issues related to trust, responsibility and communication in relationships, including sexual partnerships. Includes interviews with young people and 7 scenarios which dramatise some of the issues and questions raised. Includes teaching notes.

WHAT IF? (VIDEO 43 MINUTES)]

Eight short dramas narrated by a storyteller, with dilemmas to help primary age children problem – solve. Includes gangs and peer pressure, sibling rivalry, coping with sadness and dealing with being fat or thin. With an introduction for teachers about the best ways to teach children to be safe.

WOMEN AND RELATIONSHIPS

Five teaching sessions course manual with accompanying audio tape for women with intellectual disabilities; covers Liking Myself; Feelings; Relationships and Friendships; Good Relationships; and Being In love.

WE'RE ALL DIFFERENT (VIDEO 12 MINUTES) (TEENAGERS GUIDE TO THE GALAXY)

Help young people understand and accept diversity so they can overcome prejudice and racism around them.

SEXUAL ABUSE / PROTECTIVE BEHAVIOURS

BETWEEN OURSELVES (VIDEO 15 MINUTES)

In a supportive all-women environment, a group of young women with moderate learning difficulties set up a women's group to inform themselves about their particular needs and rights as women. They did this through many different ways, including drama, photography, reading and storytelling.

BUT NOW THEY'VE GOT A VOICE

Audio tape with accompanying transcript

The tape was made by a small group of people with learning disabilities who are survivors of sexual abuse. They came together at a workshop to use what had happened to them to help other people. They each took time to tell their stories and to reflect on their own and others' experiences.

CRUCIAL TIMING: SUPPORTING ADULT VICTIM/SURVIVORS OF RECENT SEXUAL ASSAULT (VIDEO 30 MINUTES)

Paulina is raped at work by her supervisor. She is brought to CASA house where she meets Jude, a counsellor/advocate. The video and booklet aim to provide accurate information and sensitive support to sexual assault victims and stimulate discussion on this issue.

EVERYBODY NEEDS TO KNOW: SEXUAL AND REPRODUCTIVE HEALTH KIT

This comprehensive kit covers a very broad range of topics: 'private body parts, puberty & periods, relationships & sexual relationships, feelings, protective behaviours, pregnancy & sexual health. Each topic includes teaching strategies, black line masters and picture cards for each lesson.

FEEL SAFE TRAINER'S MANUAL

A practical resource for teaching Protective Behaviours, which is designed for, use with adults with an intellectual disability. Includes a trainer's manual, teaching book, notes, video, CD Rom posters and audio cassette.

FEELING SAFE STAYING SAFE (VIDEO 69 MINUTES)

A series of vignettes showing children from preschool age to high school age, in a variety of predicaments including everyday personal safety, harassment and abuse situations. Best used within the context of a Protective Behaviours Program.

NO GO – TELL KIT

Easy to teach lessons in protective behaviours; teaches four fundamental prevention concepts:

1. Family, friends, familiar people and strangers
2. OK and not ok touching
3. Private body parts
4. Who and how to tell about an abusive incident.

The kit includes 2 black children dolls, 16 teaching cards and teaching notes.

PARENT-CHILD HUMAN RELATIONS AND SEXUALITY

Includes resources and booklet outlining activities for human relations and sexuality education. Although aimed at children 6-8 years, it is also relevant for older children and could be adapted to suit adults who are not clear on the topics which include self-esteem; feelings; body parts/gender; public and private; relationships and keeping safe.

THE PROTECTION PACK

This kit includes situation cards, discussion cards, and illustrated booklets for use with children, teenagers and adults with disabilities learning about personal protection. Some teaching strategies and sample session plans are included.

PUBLIC AND PRIVATE (VIDEO 34 MINUTES)

This is a two part video. The first part aims to differentiate between public and private, in the areas of bodies, places, conversation and behaviours. Part two of the video is a series of vignettes of using public transport and appropriate and inappropriate behaviours around situations that may arise.

SAFE AND SMART (VIDEO 16 MINUTES) (TEENAGERS GUIDE TO THE GALAXY)

A program about safety on the street at night, being threatened or even abused by someone you know and the need to speak out.

SEX AND STAFF TRAINING: SEXUALITY, SEXUAL ABUSE AND SAFER SEX

A training manual for staff working with people with disabilities in the area of human relations and sexuality, dealing with the perpetrators and victims of sexual abuse and teaching safer sex. It is also designed to raise staff awareness of the sexuality of people with disabilities and deal with the implications this may involve.

SEXUAL ASSAULT: WHEN SEX IS NOT OKAY KIT

Contains a video (7 minutes), information/teaching booklet and CDROM. The video describes what sexual assault is and how one may feel, what to do about it, what happens if the police are told and where to go for help.

TALK ABOUT IT (VIDEO 20 MINUTES)

Dianne is sexually assaulted by a worker in her group home. Her friend Rose assists her to visit a sexual assault service and report the incident to the police. The actors have intellectual disabilities.

WORKING WITH INTELLECTUAL DISABILITY VICTIM/SURVIVORS OF SEXUAL ASSAULT

The kit contains a literature review, recommended practice guidelines for workers and a training manual designed to give an overview of intellectual disability and sexual assault. The manual can provide training or community education, or be used as staff induction/orientation manual on working with victim survivors with an intellectual disability.

SEXUALLY TRANSMISSIBLE INFECTIONS

DON'T LEAVE YOUR UNDIES WITHOUT ONE (VIDEO 20 MINUTES)

A video drama exploring adolescent attitudes to relationships, trust, intimacy and safe sex practices. It encourages adolescents to take responsibility for their actions and to look at ways they communicate both individually and within a group. Through working together on a community mural project to promote safe sex, the group in this video is forced to confront their own attitudes and prejudices in relation to sexual behaviour. Also useful as a springboard to discussion about homophobia.

ESTY DEEZ (VIDEO 11 MINUTES)

A short drama which can be used as a springboard for discussion about saying no, safe sex, STDs and responsible sexual behaviour.

HEALTH, PROTECTION AND INFORMED DECISION MAKING (VIDEO 31 MINS)

Covers sexual decision making, (being ready, values, pressure, the law), common STIs and safer sex, including abstinence. Includes interviews and 7 scenarios dramatising some of the issues and questions raised by the subject matter.

SEX, GIRLS AND KISS CURLS (VIDEO 14 MINUTES)

This video takes place in *Kiss Curls*, a suburban hairdressing salon. We meet five women of very different ages, backgrounds and attitudes, engrossed in discussing their experiences and views on sex, AIDS and other sexually transmitted diseases, romance and relationships.

SO YOU WON'T GET AIDS KIT

Includes line drawings, teaching notes, explicit slides and a 15 minute video on safer sex/HIV.

SO YOU WON'T GET AIDS, VIDEO WITH SUPERTEXT

15 minute video on safer sex/HIV.

STD'S: NOT JUST A LONG DISTANCE PHONE CALL (VIDEO 20 MINUTES)

Uses puppets and a quiz show format to provide information about STIs in a humorous way.

THIS TIME (VIDEO 14 MINUTES)

Dramatised scenario where Nikki has just had an HIV test; her result was negative but the counselling session has convinced her of the importance of practising safer sex.

YOUNG MEN AND THEIR MATES KIT

Video and comprehensive teaching book around HIV/AIDS and safer sex issues. Also includes sexual decision-making.

SEXUALITY EDUCATION/ SEXUAL HEALTH

CHOICE: YOUTH HARM MINIMISATION (VIDEO 16 MINUTES)

Thought provoking program which encourages students to think about and discuss some of the choices they may face in the near future or are facing at present. Dramatised scenarios cover: sex, violence, drug use and suicide. Value judgements are not offered and the story is stopped at the point where a choice has to be made. The aim is to raise questions for discussion rather than give prescriptive answers. Includes teaching notes.

EVERYBODY NEEDS TO KNOW: SEXUAL AND REPRODUCTIVE HEALTH KIT

This comprehensive kit covers a very broad range of topics: 'private body parts, puberty & periods, relationships & sexual relationships, feelings, protective behaviours, pregnancy & sexual health. Each topic includes teaching strategies, black line masters and picture cards for each lesson.

FEELING SEXY FEELING SAFE KIT

Includes a 33 minute video and a teaching booklet covering public and private parts of the body, public and private places, saying yes and no to sex and the sexual person. The video is rate R and is restricted to adults 18 years and over.

GIRLS, BOYS AND SEX (VIDEO 13 MINUTES) (TEENAGERS GUIDE TO THE GALAXY)

A sensitive and amusing program about sexual identity, first time sex and unplanned pregnancy. Includes teaching notes.

THE HEART HAS NO WRINKLES (VIDEO 16 MINUTES)

A drama set in a retirement hostel where two people are forming a relationship. Its target audience is nursing staff and carers of the elderly as well as educators and the elderly themselves. It is designed to address various misconceptions about sexuality and the aged – the main one being, of course, that older people are asexual.

HEALTH, PROTECTION AND INFORMED DECISION MAKING (VIDEO 31 MINS)

Covers sexual decision making, (being ready, values, pressure, the law), common STIs and safer sex, including abstinence. Includes interviews and 7 scenarios dramatising some of the issues and questions raised by the subject matter.

IMPACT OF PARENTHOOD (VIDEO 32 MINS)

Explores the options available to young women who are, or think they might be, pregnant. Issues addressed include, how pregnancy occurs, common myths, early signs and confirmation of pregnancy, options available, (adoption, foster care, keeping the baby, termination), physiological and social impacts, the birth experience and being at home with a small baby. Includes teaching notes.

IT'S MY DECISION (VIDEO 15 MINUTES)

This short story about Natalie and Brett dramatises the difficult decision by young people about when or whether to have a sexual relationship.

JASON'S PRIVATE WORLD (VIDEO 20 MINUTES WITH TEACHING NOTES)

Animated colour video with a strong emphasis on consent, how to say "no", understanding when someone else says "no" and condom use. Many topics are covered from body changes and personal hygiene, to relationships and sex. The teaching book contains colour stills with a brief description and suggestions for discussion.

KYLIE'S PRIVATE WORLD (VIDEO 20 MINUTES WITH TEACHING NOTES)

Animated colour video with a strong emphasis on consent and how to say "no" and the use of condoms for safer sex. Many topics are covered from puberty, menstruation personal hygiene and self examination to love, sex and relationships. The teaching book contains stills, a brief explanation of the segment and some suggestions for, and about, discussion.

LETS BE SEXUAL (VIDEO 14 MINUTES)

A video introduction to sexuality issues relating to people with an intellectual disability for parents, carers and teachers.

LIVING YOUR LIFE

A sex education and personal development program for people with an intellectual disability or a learning disability. *Living your life* is divided into 7 modules: group building, the physical self, emotions, relationships, socio-sexual skills, choices and consequences and personal health and safety. The resource focuses on people with disabilities having the same values and rights as everyone else. Includes a separate book of A4 line drawings.

ME MYSELF A MAN

An educational training kit aimed at men with intellectual disabilities in the areas of human relations, sexuality, self esteem. It contains photocopiable homework sessions, resource sheets and educator's session outlines.

ME MYSELF A WOMAN

An educational kit aimed at women with intellectual disabilities in the areas of body awareness, relationships and sexual health. Contains teaching notes and photocopiable hand-outs.

PARENT-CHILD HUMAN RELATIONS AND SEXUALITY

Includes resources and booklet outlining activities for human relations and sexuality education. Although aimed at children 6-8 years, it is also relevant for older children and could be adapted to suit adults who are not clear on the topics which include self-esteem; feelings; body parts/gender; public and private; relationships and keeping safe.

PICTURE YOURSELF KIT

A flexible teaching resource for young people and adults with learning difficulties who are participating in programs about life skills, personal development, personal relationships and soci-sexual behaviour. The four sets of cards contain line drawings and photographs, which can be used to explore aspects such as relationships, body awareness, public and private places, behaviour and sexuality.

PIECE BY PIECE KIT

A comprehensive guide to sexual health for people with disabilities. It includes a 34 minute video and accompanying session outlines and teaching strategies, which cover body awareness, masturbation, making choices, relationships, feelings and sexuality. Puppets are used to portray various scenarios. Some material in the video is sexually explicit.

**SAFE NOT SORRY: ENSURING SAFE SEX
[VIDEO 20 MINS]**

Tackles the dilemmas young women face in relationships, teaching them through dramatised scenarios how to say yes, no and be assertive.

SEX AND STAFF TRAINING

A training manual for staff working with people with disabilities in the area of human relations and sexuality, dealing with the perpetrators and victims of sexual abuse and teaching safer sex. It is also designed to raise staff awareness of the sexuality of people with disabilities and deal with the implications this may involve.

SEX AND THE 3RS KIT

A kit which provides sensitive material for teaching and realistic sex education for people with learning difficulties. Topics included are appropriate and inappropriate sexual behaviour, sexual abuse, safe sex and contraception. The kit contains teaching notes and explicit line drawings.

SEX IN CONTEXT PART 1: A PERSONAL AND SOCIAL DEVELOPMENT PROGRAMME FOR CHILDREN AND ADULTS WITH PROFOUND AND MULTIPLE IMPAIRMENTS

Section 1 has information and exercises for staff groups to develop a personal and social development program for students and service users. Section 2 contains a variety of learning activities for clients including appearance and self presentation, self image and self esteem, sexual identity and sexual development, feelings, emotions, relationships and social opportunities. Lesson/session plans and teaching strategies are included.

SEX IN CONTEXT PART 3: SAFEGUARDS IN SYSTEMS

A handbook for staff to assist them in developing approaches, strategies and safeguards in relation to the sexuality of children and adults with profound and multiple impairments. Also includes reviewing your existing policies, developing policies and themed focus activities to assist with developing policies.

SEX SAFELY (VIDEO 10.5 MINUTES)

Captioned video explores sexuality issues for young people, focussing on safer sex, including contraception. It acknowledges the cultural, religious and sexual diversity of young people, aiming to promote acceptance of individual choice in regard to sexuality. Includes a teaching booklet.

SEXUAL RELATIONSHIP ACTIVITY CARDS

Set of 9 colour cards depicting different (safe/unsafe) aspects of a sexual relationship. Teaching notes included.

SEXUALITY (VIDEO 30 MINS)

Focuses on issues related to sexuality, (definitions, influences, orientation) identity, sexual diversity and discrimination. Includes interviews with young SSAY people.
Teaching notes.

SEXUALITY – RIGHTS AND CHOICES KIT

Educational resource kit on sexuality, sexual abuse and appropriate behaviour issues for people with an intellectual disability. Contains text, line drawings, explicit slides, picture books and leaflets.

TOWARD INTIMACY (VIDEO 61.5 MINUTES)

Four disabled women from Canada share their personal experiences and raise important issues including sexuality, self esteem, stereotyping and parenting.

UNTOLD DESIRES (VIDEO 53 MINUTES)

Highlights the struggle people with physical disabilities face in their quest to express their sexuality and lead sexually active lives.

**YOU, YOUR BODY AND SEX
(VIDEO 20 MINUTES WITH TEACHING NOTES)**

Animated colour video on general sex education, covering relationships, growing up, hygiene, safer sex and contraception, consent and saying “no”.

**YOU, YOUR BODY AND SEX COMPILATION
(DVD 40 MINUTES)**

A comprehensive sex education guide for people with learning disabilities and suitable for wider use. This program is a compilation of “Kylie’s private world”, “Jason’s private world” and “You, your body and sex”.
Age level – Senior Secondary - Tertiary

YOU AND ME

An education program about sex and sexuality after a traumatic brain injury. Includes 15 comprehensive teaching modules with strategies covering sexuality, rights, relationships, protective behaviours, sexuality and physical disabilities, safe sex and pregnancy.

YOUR PLACE OR MINE: SEXUAL RISK AND RESPONSIBILITY (VIDEO 46 MINS)

Considers the issues and consequences of teenage sexual relations. Includes dramatisations which look at different aspects of sexual behaviour such as using a condom, one night stands and unintended pregnancy. The situations are discussed after each dramatisation by counsellors, doctors and young people.

SOCIAL AND PERSONAL DEVELOPMENT

ASSERTIVENESS 1 (VIDEO 25 MINUTES)

Series of brief scenarios which raise a variety of assertiveness issues. The actors have intellectual disabilities. Tape 1 includes: A big change (moving out); The smelly man (hygiene); Living together (shared housework); Revealing yourself (expressing feelings); The surprise (consent, saying no); The wrong change and going out (being assertive).

ASSERTIVENESS 2 (VIDEO 25 MINUTES)

Series of brief scenarios which raise assertiveness issues. The actors have intellectual disabilities. Tape 2 includes: Will I take the job?; Eye contact; Neighbours (barking dog); Talking (listening skills); The taxi ride; The mirror (image change) and junk food good (nutrition and health).

BOYS, GIRLS AND EQUALITY (VIDEO 14 MINUTES) (TEENAGERS GUIDE TO THE GALAXY)

Break down sexual stereotypes by recognising that girls and boys should have the opportunities to achieve any goals they set.

CATCH PROJECT SOCIAL SKILLS KIT

Kit consisting of a video, audio cassettes and photographs for teaching social skills to intellectually disabled adolescents and adults.

DEALING WITH HOMOPHOBIA (VIDEO 26 MINS)

Provides definitions and lots of information around homophobia. Interviews with adults working in the field of adolescent health and young people's stories are included. Provides suggestions for what schools can undertake and same sex attracted young people can do. Excellent springboard for discussion around issues for same sex attracted young people.

DISABILITY AWARENESS KIT

A training awareness manual for staff; covers print, hearing impairment and physical and intellectual disabilities.

FEELINGS 1 AND 2 (VIDEO 42 MINUTES)

A series of "trigger" scenarios in which a variety of feelings (such as envy, guilt, love and embarrassment) are dramatised.

FINDING MY FEET – JOSIE'S STORY (VIDEO 9 MINUTES)

Video about self advocacy principles, portrayed in a series of everyday situations. Actors have disabilities.

FIRST IMPRESSIONS: HYGIENE

Includes 4 videos (2 male and 2 female) and a teaching booklet which covers key teaching points. Every video begins with (the same) 2 minute montage on the importance of social norms and first impressions regarding good hygiene. Covers showers, baths and drying, toileting, hand hygiene and TSE / menstruation.

GETTING TO KNOW ME (VIDEO 29 MINUTES)

Six animated scenarios dramatised factors such as risk, gender and body image that go towards constructing our personal identity. After each scenario, students talk about the particular concepts of personal identity stimulated by that episode. An adolescent health expert comments on the themes considered in each scenario.

LIFE SKILLS MANUAL

A series of modules developed from DHS social skills training packages. Covers problem solving, assertiveness, relaxation, law, manners, drug & alcohol, communication, conflict resolution, human development and sexuality & anger management. For people with intellectual disabilities.

MANAGING EMOTIONS

The kit consists of a teaching book and 60, A3 laminated black and white images. The individual lesson plans indicate which images to use with teaching the lessons in each individual module. The modules are: Managing sadness, Managing anger, Managing fear and Managing happiness.

MAKING A GOOD IMPRESSION (VIDEO 11 MINUTES)(TEENAGERS GUIDE TO THE GALAXY)

Equips young people with the manners and presentation skills to ensure they impress prospective employers and others.

NO MEANS NO (VIDEO 18 MINUTES WITH NOTES)

Assertiveness and saying no are dramatised in this video from the Walsall Women's Group; the actors are women with intellectual disabilities. NB: some of the regional English accents are not always easily understandable.

ON THE EDGE (VIDEO 17 MINUTES) (TEENAGERS GUIDE TO THE GALAXY)

Understand and recognise the effects of stress and what you can do to overcome it.

ONE DAY SOON (VIDEO 18 MINUTES)

Video for staff working in institutions for people with disabilities. This video raises issues about institutionalisation and community living for people with disabilities.

PERMISSION TO SHINE (VIDEO 25 MINUTES)

The story of Rapunzel Theatre group, 30 performers who attend weekly rehearsals to participate in activities and develop plays; shows how confidence, self-esteem and a sense of purpose, identity and belonging has been developed by their participation.

PERSONAL HYGIENE (VIDEO 25 MINUTES)

Explores issues and examines ways of achieving and maintaining healthy hygiene practices and focuses on keeping the skin clean, looking after hair dental hygiene, nasal care, hand washing and personal hygiene during menstruation.

PUBLIC AND PRIVATE (VIDEO 34 MINUTES)

This is a two part video. The first part aims to differentiate between public and private, in the areas of bodies, places, conversation and behaviours. Part two of the video is a series of vignettes of using public transport and appropriate and inappropriate behaviours around situations that may arise.

REACH FOR THE STARS (VIDEO 13 MINUTES) (TEENAGERS GUIDE TO THE GALAXY)

Learn to be motivated, overcome the criticisms of others and strive to reach your highest potential in life.

RISKY SITUATIONS (VIDEO 26 MINUTES)

Dramatised scenarios (shoplifting, a party with alcohol and cigarettes) explore decision making and the consequences of choices; risk is defined and the concept of positive and negative choice is explored. A range of different outcomes according to different decisions, are depicted. Includes support notes.

SOCIAL SKILLS BOARD GAME

Includes a monopoly type board game, detailed teacher's guide and photocopiable student progress/assessment booklet.

WOMEN'S/MEN'S HEALTH

BREAST FOR ME – BREAST HEALTH FOR WOMEN WITH DISABILITIES KIT

A kit for women, carers and health professionals about breast health, looking at breast self examination, mammograms and breast examinations by a doctor or women's health nurse. Includes slides and a 25 minute video.

CHARTS: CONCEPTION, FOETAL DEVELOPMENT, BIRTH AND BREASTFEEDING

Set of 7 large, laminated posters with non-threatening attractive coloured drawings depicting the above subjects.

IS LOVE ENOUGH? THE CHALLENGES OF CHILD REARING FOR MENTALLY DISABLED PARENTS (VIDEO 46 MINUTES WITH TEACHING NOTES)

Can an intellectually disabled person be a good parent? Previously people with ID were institutionalised and sterilised. Today attitudes have changed. Through four stories, each aspect of this challenging situation is explored. For use in teaching and training.

LEARNING ABOUT MYSELF LEARNING ABOUT OTHER PEOPLE (VIDEO 16 MINUTES)

A video aimed at enabling people with intellectual disabilities make better informed decisions about accessing FPV's education and counselling services. The video presents explanations of these services and the different scenarios help demonstrate what someone might expect if they chose to access a service.

ME MYSELF A MAN

An educational training kit aimed at men with intellectual disabilities in the areas of human relations, sexuality, self esteem. It contains photocopiable homework sessions, resource sheets and educator's session outlines.

ME MYSELF A WOMAN

An educational kit aimed at women with intellectual disabilities in the areas of body awareness, relationships and sexual health. Contains teaching notes and hand-outs.

PAPS I SHOULD KIT

Consists of a 30 minute video, picture cards, paper apron and written information on the provision of pap smears to women with physical and intellectual disabilities.

WHAT IS SELF ADVOCACY (VIDEO 18 MINUTES)

Video for support workers who are teaching self advocacy issues to people with intellectual disabilities. Contains 5 different scenarios and a guide for group discussion.

WITNESS (VIDEO 7 MINUTES)

An outstanding award winning documentary of John Harrowell's life experiences and his institutionalisation at Caloola since the age of 13.

WOMEN AND RELATIONSHIPS

5 Teaching sessions course manual with accompanying audio tape for women with intellectual disabilities; covers Liking Myself; Feelings; Relationships and Friendships; Good Relationships; and Being In love.

WOMEN'S HEALTH ISSUES

These ten audio tapes provide explanations and information on women's health issues including safe sex, pap smears, breast self examination, menopause, menstruation and dealing with health professionals.

WOMEN'S HEALTH PROJECT KIT (VIDEO 15 MINUTES)

This kit is aimed at encouraging women with an intellectual disability to advocate for their right to make decisions and choices for themselves regarding women's health issues. Includes notes and a video.

WOMEN'S HEALTH KIT

A training kit covering a step by step program of women's health issues, hints for working with women with physical and intellectual disabilities, hands on learning opportunities and contacts and resources.

LIBRARY MEMBERSHIP

It's time to renew your Library Membership, which expires at the end of:

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Membership is \$125.00 per annum. Please fill in the enclosed form and forward with your payment to the Library, Family Planning Victoria.

<p>Opening Hours are: Mon~Fri: 9.00am -5.00pm. Extended hours by appointment Wednesday pm: Tel: 03 9257 0146.</p>
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1. The borrower is responsible for the collection and return of resources. The membership fee includes outward mail of resources, excluding express post; the library does not arrange courier services.
2. Loan periods are four weeks, including postage/pick up time. Loan extensions may be available on request.
3. Resources shall be returned to the library by the due date or a late fee is charged at the discretion of the librarian and/or borrowing rights suspended.
4. Resources shall not be transferred to any other person or group without prior permission from the library.
5. The borrower shall not use the resources for any commercial purpose. Australian Copyright Law applies to all library resources.
6. The borrower shall be liable for the cost of replacing or repairing any damaged or lost resource. They should notify the library of any loss or damage.
7. Members may borrow resources after the membership fee has been paid and the *Acceptance of Conditions of loan* section signed.
8. Four items may be borrowed at any one time from the specialist "red dot" collection listed in the Specialist Multimedia Resources library catalogue; advance bookings may be made for these resources. An additional four books may also be borrowed from the general book collection. This collection catalogue may be searched on-line@ www.infocat.org.au . Subject bibliography print-outs and a list of the FPV journal collection are available on request.

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- **Name/s which have been registered with the library (mail or email), by the contact person who has signed the membership form, and/or**
- **attending the library in person with a current Library membership card.**

<p><i>Please note:</i> Many specialist resources may be purchased through FPV's <i>Options</i> Bookshop, Tel: (03) 9257 0146. Please phone for a catalogue to be mailed or e-mailed to you.</p>

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PLEASE RETURN THIS FORM STAPLED TO YOUR PAYMENT

<p>Annual membership fee to the Library:</p> <p>Organisations: \$125.00 per annum, inc.GST and outward postage from FPV.</p> <p>A <u>tax receipt</u> and <u>library membership card</u> are sent to the nominated Contact Person, on receipt of payment. Please read the Conditions of Loan, page 12</p>	<p>Please send completed form with payment to:</p> <p style="text-align: center;">Family Planning Victoria PO Box 1377 BOX HILL VIC 3128</p> <p style="text-align: center;">ABN: 97 379 402 182</p> <p>Located at: 901 Whitehorse Road Box Hill Tel: (03) 9257 0146</p>
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Searching the online catalogue: Infocat

- *Infocat* is the shared online catalogue of Family Planning Victoria, Scope and Yooralla libraries.
- This unique resource combines three special collections in disability and sexual and reproductive health.
- Please read the *Conditions of Loan #9* on page 11 of the *Specialist Multimedia Resources Library* catalogue.

Log on to www.infocat.org.au

1. To search the three catalogues jointly, leave the *Library* field displaying 'any'.
2. Proceed with your search, using *either* the simple keyword search *or* the detailed search.
3. To search an **individual** library catalogue, click on the drop down menu for *Library*, highlight and enter the library of your choice.
4. Proceed with your search, using the Detailed search menu.
5. When you have a list of titles on the screen, click on a [Title](#) for the bibliographic record: you will need to provide the class (classification) number and title for the resource to be retrieved from the shelves.
6. If you are not currently a member of the FPV's 'general', or Specialist Multimedia Resources library collection, click on *Borrowing Information* to check borrowing rights for access to the FPV library.
7. Borrowing rights for access to the Scope and Yooralla collections are also provided under *Borrowing Information*.

SEARCHING TIPS

1. The *Keywords* search field is very functional and will pull out records from the title, subject and abstract fields.
2. You may search using a single word; this can be quite helpful as it minimizes any potential 'errors'.
3. If your search brings up 'no records', do not automatically assume this is the case but check the following:
 - Check your spelling.
 - Do a search using both English and American spellings eg gynecology/gynaecology, fetus/foetus, counseling/counselling, behavior/behaviour, etc.
 - The term in common use may *not* be an authorized heading eg Pregnancy – Decision making, *not* unplanned pregnancy; Pap test or Cervix Uteri, *not* Pap tests, so play around with terminology.
 - Once you have found some records, check the *subject headings* in the bibliographic record for related terms.
4. When you have a list of records on the screen, click on the left hand *Title* link; this takes you to the bibliographic record for that resource, including the call ('class') number. The call number and title are needed to retrieve the title from the shelves.