You, Your Body and Sex
the DVD

a sex education/PSHE DVD
for people with learning disabilities
and special needs
This DVD is for use by people with learning disabilities in support of general sex-education.

The topics covered are:

(1) introduction
(2) growing up
(3) periods
(4) masturbation
(5) keeping clean
(6) relationships, love and affection
(7) Kylie and Jason, loneliness
(8) consent and meeting someone
(9) safer sex
(10) condoms
(11) consent and saying no
(12) sex and people’s attitudes
Introduction

This DVD is about you, your body and sex.

It is divided into sections each dealing with a different aspect of sex education.

After viewing each section we return to the previous menu. This first section introduces Kylie and Jason, where they live and who they live with.

Also accessible from this part of the DVD is a list of useful contacts, reproduced at the end of this pack.
Growing Up, Body Changes

This section shows Jason and Kylie growing up and their body changes from being young children to being adults (on clothed and then naked bodies).

Viewers may wish to compare the changes from childhood to adulthood. Carers may find photographs of themselves and members of the viewing group useful.

Also detailed is self examination and the need for privacy.
Kylie explains that she likes to take care of her body and looks at herself to make sure she is healthy. She shows us how she examines and compares her breasts. Finally she explains that if she thinks there is anything wrong, she tells a carer, doctor or social worker.

Jason shows us how he gently examines himself. He explains that although the viewer's body may be different to his, it is always important to tell a carer or doctor if there is any cause for concern.
Periods

This section begins with Kylie taking us back to when she had her first period.

Kylie explains about sanitary towels.

Kylie makes special emphasis about being private. First periods can often be a traumatic time for young women, carers may wish to offer extra support and make use of other agencies during this time.
Kylie then explains about tampons and shows us how to use them.

She explains the value of being organised and shows us how she keeps track of her periods by marking a calendar. She emphasises the importance of seeking advice if there are any causes for concern.
Kylie then shows us the hygienic way to dispose of sanitary towels and tampons. She concludes this section by explaining about premenstrual tension and again emphasises the importance of seeking advice if there are any worries.
Masturbation

This subject can cause some embarrassment and carers may find it easiest to initiate discussion on a one to one basis or in single sex groups.

Kylie explains about sexual pleasure and masturbation, showing how she is careful to be private. She then explains how to masturbate, emphasising the need to be gentle and for privacy. Finally, she reassures about being able to "come" or not and about getting advice.
Jason explains about sexual pleasure and masturbation, showing how he is careful to be private. He then explains how to masturbate, emphasising the need to be gentle and for privacy. Finally he reassures about being able to "come" or not and about getting advice.
Keeping Clean

Personal hygiene, bathing and privacy

Kylie shows us how to keep clean, the importance of privacy and about taking care of our bodies. She then emphasises taking care not to let any soap up inside her vagina. She concludes by explaining the need to rinse all the soap off her vagina and the importance of drying properly.
Jason shows us how to keep clean, the importance of privacy and about taking care of our bodies. He then emphasises the need to rinse all the soap off his penis and the importance of drying properly.
Relationships, Love & Affection

Kylie explains about sex between people, that it is very important and that we take care to choose the person we want to have sex with. She then introduces three couples (straight, lesbian and gay) who are her friends.

Jason explains about sex between people, that it is very important and that we take care to choose the person we want to have sex with. He then introduces three couples (straight, lesbian and gay) who are his friends.
Jason and Kylie - Loneliness

Kylie introduces Jason and explains that they have been together for two years. She then explains how she sometimes felt lonely and that talking to a carer helped her.

Jason introduces Kylie and explains that they have been together for two years. He then explains how he sometimes felt lonely and that talking to a carer helped him.
Consent & Meeting Someone

Consent, approaching someone and understanding "yes" and "no". Jason explains about approaching someone and emphasises the importance of leaving someone alone if they say "no" or do not want to talk to you.

The next scene shows a young man approach a young woman, ask her to talk to him and politely leave when she says "no thank you".

Jason then explains how he meet Kylie and that they waited until they trusted each other and both wanted to before having sex.
Safer Sex

Kylie and Jason explain that they only have sex when they both want to, and that they are careful to be "safe". When they started to see each other they would kiss and cuddle, sex came later ~ first they learnt to trust each other.

Being private and having sex in a private place is emphasised.

They first make sure they have some condoms and are then shown pleasuring each others bodies, before showing how to put a condom on and explaining why they are so important.
They are then shown having sex and emphasis is put on holding condoms on when withdrawing. Disposing of used condoms is also explained
Condoms

Where to get condoms and advice ~ Kylie/Jason explains that there are many places to get condoms and advice from.

Contacting a special clinic and looking in the Yellow Pages for a nearby one is suggested. These clinics can help with all types of contraception, including condoms.
Kylie/Jason then explain that condoms can also be bought from chemists shops before emphasising the need to use a condom everytime they have sex.
Consent and Saying ‘NO’

First Kylie explains about consent, she emphasises the importance of saying "no" and of trust within a relationship.

We then see a young woman being approached by a stranger in a cafe and saying "no".

Jason explains consent from the point of view of the person being approached. He emphasises the importance of saying "no" and of trust within a relationship.

Then we see Paul (one of Jason's friends) being approached by a stranger on a train and saying "no".
Finally we see Kylie being approached and hassled by a stranger at a bus-stop and saying “no”.

![Cartoon of Kylie being approached by a stranger at a bus-stop.](image)
Sex and People’s Attitudes

Kylie explains about other peoples attitudes towards sex.

She explains about consent and emphasises that viewers should tell a carer, doctor or social worker if anyone is forcing them to have sex or keeps asking them.

Jason explains about other peoples attitudes towards sex.

He explains about consent and emphasises that viewers should tell a carer, doctor or social worker if anyone is forcing them to have sex or keeps asking them.
List of useful contacts

More contacts and details at www.lifesupportproductions.co.uk

ChildLine call free – 0800 11 11
158/160 Balgreen Road
Edinburgh
EH11 3AU
tel 0131 313 4225fax 0131 313 4285
info@dsscotland.org.uk
www.dsscotland.org.uk

Respond – 0808 808 0700
www.respond.org.uk
Respond works with children and adults with learning disabilities who have experienced abuse or trauma, as well as those who have abused others.

Down’s Syndrome Scotland
158/160 Balgreen Road
Edinburgh
EH11 3AU
tel 0131 313 4225fax 0131 313 4285
info@dsscotland.org.uk
www.dsscotland.org.uk

MENCAP
123 Golden Lane
London EC1Y 0RT
020 7454 0454
www.mencap.org.uk
Women's Health Concern – 0845 123 2319
www.womens-health-concern.org
Women's Health Concern provides an independent service to advise, reassure and educate women about their health concerns including a helpline 0845 123 2319 and email advice. A good source for useful advice about periods.

Bullying UK – 0808 800 2222
www.bullying.co.uk
Part of Family Lives a charity with over three decades of experience helping parents to deal with the changes that are a constant part of family life. Bullying UK offers advice and a helpline for children and young people.

Sex Education Forum
National Children's Bureau
8 Wakeley Street
London EC1V 7QE
020 7843 6000
sexedforum@ncb.org.uk
www.sexeducationforum.org.uk

Family Planning Association (FPA)
50 Featherstone Street
London EC1Y 8QU

Helpline Northern Ireland 0845 122 8687
www.fpa.org.uk
Pregnancy Advisory Service (PAS)
20 Timothys Bridge Road
Stratford Enterprise Park
Stratford-upon-Avon
Warwickshire CV37 9BF
08457 304030
www.bpa.org

British Institute of Learning Disability
Birmingham Research Park
97 Vincent Drive
Edgbaston
Birmingham B15 2SQ
tel 0121 415 6960 www.bild.org.uk

Brook – www.brook.org.uk
Brook Advisory Centres – commonly known just as Brook provides free and confidential sexual health advice and services specifically for young people under 25.

NSPCC 0808 800 5000 helpline
www.nspcc.org.uk
The NSPCC Helpline is a confidential and free service open 24 hours a day, seven days a week. If you’re worried about a child’s safety or welfare or if you need help or advice, ring our helpline on 0808 800 5000.
NSPCC 0808 800 5000 helpline
www.nspcc.org.uk
The NSPCC Helpline is a confidential and free service open 24 hours a day, seven days a week. If you’re worried about a child’s safety or welfare or if you need help or advice, ring our helpline on 0808 800 5000.

Terrence Higgins Trust
314-320 Gray's Inn Road
London WC1X 8DP
tel 0808 802 1221
www.tht.org.uk
info@tth.org.uk

Provides leaflets, posters video cassettes about HIV and AIDS. Also runs courses and supplies speakers.

Rape Crisis
Rape Crisis Centres provide a confidential helpline service for women and girls who have experienced any form of sexual violence at any time in their lives, as well as a range of other specialist support services.
freephone 0808 802 99 99
www.rapecrisis.org.uk

Life Support Productions
PO Box 2127 London NW1 6RZ
www.lifesupportproductions.co.uk