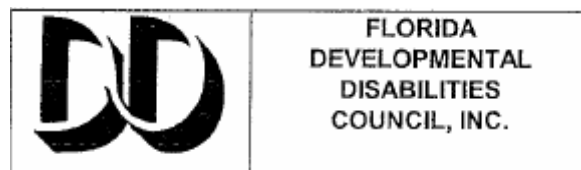


LIFE SPAN HOLISTIC SEXUALITY
EDUCATION FOR CHILDREN
&
ADOLESCENTS WITH
DEVELOPMENTAL DISABILITIES:
AN ANNOTATED RESOURCE LIST

DEVELOPED FOR PARENTS, CAREGIVERS AND
EDUCATORS



Florida Developmental Disabilities Council, Inc

For additional copies of Life Span Holistic Sexuality Education for Children and Adolescents with Developmental Disabilities: An Annotated Resource List contact:

Florida Developmental Disabilities Council, Inc.
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A downloadable copy can be found at:

<http://www.albany.edu/ssw/research/centeronid.htm>

**LIFE SPAN HOLISTIC SEXUALITY EDUCATION FOR
CHILDREN
&
ADOLESCENTS WITH DEVELOPMENTAL DISABILITIES:
*AN ANNOTATED RESOURCE LIST***

by

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Editor

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FLORIDA DEVELOPMENTAL DISABILITIES COUNCIL, INC.

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Foreword

While most of the resources included in this list have been developed to meet the unique learning needs of children and adolescents with developmental disabilities, the reader will note the inclusion of many resources (particularly books, videos and games) developed for children without disabilities. For the most part, adaptations have been made by recommending these items for use at higher grade levels for children with developmental disabilities (e.g. a book with a pre-school designation for children without disabilities may be located on the resource list at a K-2 grade-level).

To provide general guidance and direction to *Resource List* users, grade-level designations have been assigned. However, it bears noting that such designations are not likely to reflect the unique learning styles/capacities of *all* children with developmental disabilities. If a resource suggested for your child's/students' grade-level does not seem well suited to his/her developmental age or learning style, parents/caregivers and sexuality educators are encouraged to explore resources from other grade-levels in order to best tailor their instruction.

Neither exhaustive, nor static, it is the author's hope that this *Resource List* will serve as a springboard for the comprehensive sexuality education of children and adolescents with developmental disabilities. Feel free to add to the list as you discover new and innovative materials, or create distinctive ones that work especially well for the children of your families and communities.

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LIFE SPAN HOLISTIC SEXUALITY EDUCATION FOR CHILDREN & ADOLESCENTS WITH DEVELOPMENTAL DISABILITIES: AN ANNOTATED RESOURCE LIST

Introduction

This document is designed to serve as a sexuality education resource for parents/caregivers and educators of children with developmental disabilities. Comprised of 88 entries, it is a compilation of books, videos, curricula, and other tools that facilitate the provision of a holistic, life-span approach to sexuality education for children (K-12) with developmental disabilities.

In order to promote ease of use, the *Annotated Resource List* has been organized into the following categories:

Background/Overview Materials

- Resources for Parents/Caregivers
- Resources for Educators

Policy Development Materials

Items included in this category are designed to provide support to the process of policy development.

Diversity Inclusion in Sexuality Education

These items are designed to support the development of culturally competent curricula. It is important to note that the scope of available materials is somewhat limited in this category as broad representation of ethnic, cultural, religious, disability and sexual orientations has yet to be established in this portion of literature.

Train-the-Trainer Materials

Materials included in this section are designed to address the preparation of educators, parents and caregivers.

Instructional Resources

(For the provision of sexuality education to children and adolescents with developmental disabilities)

- General Sexuality Education Curricula
- Materials to Support General Sexuality Education
- Materials to Support Teaching about Feelings/Emotions
- Materials to Support Teaching about Self-Esteem
- Materials to Support the Teaching of Social Skills
- Materials to Support the Teaching of Gender-Specific Issues
- Materials to Support Relationship Skill Training
- Abuse Prevention Curricula

- Materials to Support Abuse Prevention Training
- HIV/AIDS Prevention Curricula
- * = Entry excerpted from SIECUS (2002). *Annotated Bibliography on Culturally Competent Sexuality Education Resources*. Available at: <http://www.siecus.org/pubs/biblio/bibs0003.html>
- ** = Entry excerpted from SIECUS (2001). *Annotated Bibliography on Sexuality and Disability*. Available at: <http://www.siecus.org/pubs/biblio/bibs0009.html>
- *** = Entry excerpted from SIECUS (2000) *Annotated Bibliography on Sexual Abuse*. Available at: <http://www.siecus.org/pubs/biblio/bibs0002.html>

Background/Overview Materials

Resources for Parents/Caregivers

Sexuality: Your Sons and Daughters with Intellectual Disabilities

Karin Melberg Schwier and Dave Hingsburger, M.Ed. (2000)

This book provides information to parents and caregivers on interacting with their children (regardless of age or ability), in a way that increases their self esteem, encourages appropriate behavior, empowers them to recognize and respond to abuse, and enables them to develop lifelong relationships. Throughout the book, parents share the joys and challenges of raising a child with an intellectual disability as they offer advice and practical strategies, while individuals with disabilities share information about what is important to them.

\$24.95; ISBN: 1557664285; Brookes Publishing, Customer Service, P.O. Box 10624, Baltimore, MD 21285-0624; Phone: (800)638-3775; Fax: (410)337-8539; Website: <http://www.brookespublishing.com>

Caution: Do Not Open Until Puberty! An Introduction to Sexuality for Young Adults with Disabilities

Rick Enright, B.A., M.S.W. ; Illustrated by Sara L. Van Hamme (1995)

This book is intended to serve as an icebreaker for an open discussion of sexuality between adolescents with disabilities and their families. Using illustrations and clear, informative text, it addresses decision making, anatomy, sexual response, physical disability and sexual functioning, as well as suggestions for further learning.

\$9.95; ISBN: 0-9680415-0-7; Devinjer House, P. O. Box 130, Sparta, Ontario, Canada, N0L 2H0
Phone: (519) 685-8703; Fax: (519) 685-8699; Website: <http://www.tvcc.on.ca>

I am a Beautiful Person...Sexuality and Me: A Video for Parents of Teens with Disabilities

Cecil Shapland and Kris Scholler (Producers) (1996)

This video demonstrates how all people can live their lives as healthy sexual beings. Designed for viewing by parents and caregivers, it includes interviews with people of varying ages and abilities.

\$35.00; Pacer Center, 4826 Chicago Ave. South, Minneapolis, MN, 55417; Phone: (612) 827 2966; Fax: (952) 838-0199; Website: www.pacer.org

Sexuality Education for Children and Youth with Disabilities (#ND17)

National Information Center for Children & Youth with Disabilities (NICHCY) (1992)

This *News Digest* addresses the concerns that parents and professionals face in guiding children and young adults with disabilities in their social-sexual development and in preparing them to make healthy, responsible decisions about adult relationships. Many books and videos on human sexuality are listed, to assist parents and professionals in obtaining materials necessary to support the sexuality education of children with disabilities. It is available online in both English and Spanish and formatted as HTML or PDF documents. Available at:

<http://mirror.eschima.bnu.edu.cn/Mirror1/accesseric/www.nichcy.org/pubs/newsdig/nd17.htm>

10 Tips: Talking about Sexuality with your Child with Developmental Disabilities

SexTalk.org

Excerpted from curriculum materials developed by Lisa Maurer, M.S., CFLE, for Family Information Services in Minneapolis (1997), Planned Parenthood of Tompkins County (New York) has posted this as one of three "talking tips" sheets on their website. Succinct and direct, it offers parents ideas about enhancing this discussion with their son or daughter who has a developmental disability.

Planned Parenthood of Tompkins County, 314 West State Street, Ithaca, NY 14850; Phone (Education Department) (607) 273-1526; Website: www.sextalk.org

Sexuality and Your Child: A Resource for Parents of Children with a Disability

Sunny Hill Education Centre at the Sunny Hill Health Centre for Children (2004)

This pamphlet provides information for parents to help their children with disabilities understand and deal with their sexuality.

Sunny Hill Education Resource Centre, Room S225, 3644 Slocan Street, Sunny Hill Health Centre for Children, Vancouver, BC, V5M 3E8; Phone: (800)331-1533 ext.1; (604) 453-8335 ext. 1; Fax: (604)875-3455; Website: www.cw.bc.ca/sunnyhill/shrl

[Pamphlet available for downloading at: <http://www.cw.bc.ca/library/pdf/pamphlets/SH30.pdf>]

Sexuality? Where Do I Begin?

Sunny Hill Education Resource Centre at the Sunny Hill Health Centre for Children (2003)

Available at: <http://www.cw.bc.ca/sunnyhill/SHRL/education/parents.htm>

This online guide offers useful direction and practical suggestions to parents of children and adolescents with developmental disabilities. It highlights the fact that healthy sexuality is more than just "sex," and illuminates important topical areas (public/private; bodies and emotions; social distance; appropriate/inappropriate touch; safety plans; consequences for inappropriate touch). The guide provides a set of tips for facilitating the discussion, a list of frequently asked questions and strategies for managing the coverage of sexuality as a broad topic.

Sunny Hill Education Resource Centre, Room S225, 3644 Slocan Street, Sunny Hill Health Centre for Children, Vancouver, BC, V5M 3E8; Phone: (800)331-1533 ext.1; (604) 453-8335 ext. 1; Fax: (604)875-3455; Website: www.cw.bc.ca/sunnyhill/shrl/

Resources for Educators

An Annotated Bibliography on Sexuality and Disability

Sex Information and Education Council of the United States (SIECUS)

Amy Levine & Darlene Torres (2001)

This Annotated Bibliography offers a cross-section of available sexuality-related materials on physical and mental disabilities as well as chronic illness. The SIECUS position statement on sexuality and disabilities is included. The authors note the relative absence of more recent resources.

Free; SIECUS; 130 West 42nd Street, Suite 350, New York, NY 10036-7802; Phone: (212) 819-9770; Fax: (212) 819-9776; Website: <http://www.siecus.org> (Available online at: <http://www.siecus.org/pubs/biblio/bibs0009.html>).

Child Abuse and Neglect Disability Outreach Project

Can Do! Website

This online resource is administered by ARC of Riverside CA. The project is currently pursuing objectives to identify and disseminate best practices in abuse prevention and treatment for people with developmental disabilities. The project also sponsors an *Annual National Conference on The Abuse of Children and Adults with Disabilities*. Now offering an online (via video streaming) *Professional Training Conference on Abuse and Disabilities* through August 2005.

Available at: <http://disability-abuse.com>

Providing Sexuality Education for Children & Young People with Disabilities

Sunny Hill Education Resource Center at the Sunny Hill Health Centre for Children

Available at: <http://www.cw.bc.ca/sunnyhill/SHRL/education/professionals.htm>

This online guide parallels the parent guide referenced in the previous section. It identifies the qualities of an effective sexuality educator, summarizes healthy sexuality, identifies age-appropriate topic areas, provides tips for facilitating discussion about sexuality and describes strategies for modifying sexuality topics to meet the unique needs of students with disabilities.

Sunny Hill Education Resource Centre, Room S225,3644 Slocan Street, Sunny Hill Health Centre for Children, Vancouver, BC, V5M 3E8; Phone: (800)331-1533 ext.1; (604) 453-8335 ext. 1; Fax: (604)875-3455; Website: www.cw.bc.ca/sunnyhill/shrl/

Topics and Resources for Sexuality Education for Children & Young People with Developmental Disabilities

Sunny Hill Education Resource Center at the Sunny Hill Health Centre for Children (2003)

Available at: <http://www.cw.bc.ca/sunnyhill/SHRL/education/professionals.htm>

This online guide provides a succinct rationale for the sexuality education of children and youth with developmental disabilities. Additionally, it offers a detailed chart of useful resources organized by sexuality education topic/objective AND age group.

Sunny Hill Education Resource Centre, Room S225,3644 Slocan Street, Sunny Hill Health Centre for Children, Vancouver, BC, V5M 3E8; Phone: (800)331-1533 ext.1; (604) 453-8335 ext. 1; Fax: (604)875-3455; Website: www.cw.bc.ca/sunnyhill/shrl/

Policy Development Materials

Guidelines for Comprehensive Sexuality Education: Kindergarten – 12th Grade, 2nd Edition

Sex Information Education Council of the United States National Guidelines Task Force (1996)

This set of guidelines is designed to provide direction to the task of developing curricula appropriately tailored to the unique characteristics of local communities.

SIECUS Publications Department, 130 West 42nd Street, Suite 350, New York, NY 10036-7802; Phone: (212) 819-9770; Fax: (212) 819-9776; Website: <http://www.siecus.org> (Available online at: <http://63.73.227.69/pubs/fact/fact0003.html>)

But Does it Work?: Improving Evaluations of Sexuality Education

Sex Information & Education Council of the United States (SIECUS) (1997)

A fundamental aspect of constructing any sexuality education program is determining how its effectiveness is to be evaluated. This article provides the professional with important information about efforts to evaluate sexuality education, issues encountered and recommendations for evolving effective approaches to evaluating new sexuality education programs as they are developed.

SIECUS, 130 West 42nd Street, Suite 350, New York, NY 10036-7802; Phone: (212) 819-9770; Fax: (212) 819-9776; Website: <http://www.siecus.org> (Available online at: <http://www.siecus.org/pubs/evals/eval0000.html>)

Sexuality Education of Children and Adolescents with Developmental Disabilities

American Academy of Pediatrics' Policy Statement (1996)

This frequently referenced policy statement was printed in Pediatrics in February 1996. While its guidance on the issue of sexuality education is geared to pediatricians, it clearly identifies the profession's stance as to the primary objectives of sexuality education. As such, it can be useful to those engaged in policy and curriculum development as well.

Available online at: <http://aappolicy.aappublications.org/cgi/reprint/pediatrics;97/2/275.pdf>

Creating Policy and Guidelines within Service Organizations on Sexual Health Issues for Children and Young People with Disabilities

Sunny Hill Education Resource Center at the Sunny Hill Health Centre for Children (2003)

Available online at: <http://www.cw.bc.ca/sunnyhill/SHRL/education/professionals.htm>

This online resource provides a basic framework for developing guidelines and policies on sexual health issues related to children and young people with disabilities.

Sunny Hill Education Resource Centre, Room S225, 3644 Slocan Street, Sunny Hill Health Centre for Children, Vancouver, BC, V5M 3E8; Phone: (800)331-1533 ext. 1; (604) 453-8335 ext. 1; Fax: (604)875-3455; Website: www.cw.bc.ca/sunnyhill/shrl/

Diversity Inclusion in Sexuality Education

Educating Everybody's Children: Diverse Teaching Strategies for Diverse Learners*

Robert W. Cole, Editor (1995)

Though not specifically focused on sexuality education, this book serves as a practical guide to developing a variety of school programs that can improve the performance of students from diverse cultural, ethnic, linguistic, and socioeconomic backgrounds. While some of the instruction is designed to increase student achievement in reading, writing, mathematics, and oral communication skills, other strategies may be applied to sexuality education as well.

*\$25.95; ISBN: 0871202379; Association for Supervision and Curriculum Development 1703 N. Beauregard Street, Alexandria, VA 22311, Phone: (800)933-2723 Fax: (703)575-5400
Web site: <http://www.ascd.org> (Also available at Amazon.com).*

Guidelines for Comprehensive Sexuality Education for Hispanic/Latino Youth Kindergarten-12th Grade *

Sex Information and Education Council of the United States (SIECUS) (1995)

This booklet is an adaptation of SIECUS' Guidelines for Comprehensive Sexuality Education K-12 specifically designed for use with Hispanic/Latino youth. It provides a framework for comprehensive sexuality education including key concepts and developmental messages for early childhood, pre-adolescence, early adolescence, and adolescence. The text, in both Spanish and English, includes a resource section on materials for Hispanic/Latino youth.

\$8; SIECUS Publications Department, 130 West 42nd Street, Suite 350, New York, NY 10036-7802; Phone: (212) 819-9770; Fax: (212) 819-9776; Website: <http://www.siecus.org>.

Sexuality Education Across Cultures: Working with Differences*

Janice M. Irvine (1995)

Using social-constructionist theory as a tool for understanding cultural diversity and sexuality, this book describes how culture shapes the ways that individuals may differ in their sexual thoughts, feelings, and behaviors. The author acknowledges that there is usually no single blueprint for developing effective multicultural sexuality education. The book provides insight into research and examples of problems sexuality educators may face as they develop culturally competent programs to meet their specific needs.

\$40.00; ISBN: 0787901547; Jossey-Bass Attention: Order Department, 10475 Cross Point Boulevard, Indianapolis, IN 46256; Phone: (800) 956-7739; Fax: (800) 605-2665; Website: www.josseybass.com (Also available at Amazon.com).

Sexuality, Poverty, and the Inner City*

Elijah Anderson, Ph.D. (1994)

This report from the seminar series, "Sexuality and American Social Policy," focuses on the effects poverty has had on the sexual behavior and gender roles of urban youth. It also compares the sexual attitudes and experiences of poor white teenagers with those of minority youth.

Free; ISBN 0944525199; Kaiser Family Foundation, 2400 Sand Hill Road, Menlo Park, CA 94025; Phone: (800) 656-4533; Fax: (650) 854-4800; Website: <http://www.kff.org>

Train-the-Trainer Materials

All of Us Talking Together: Sex Education for People with Developmental Disabilities

Program Development Associates (1999)

In this 38-minute video, parents, their young adult sons and daughters with developmental disabilities, and educators highlight the critical need for sex education for this population and demonstrate practical models for delivering this service. A detailed sex education segment covers reproductive anatomy, pregnancy, contraception and disease prevention. Social skill development and the desires for friendship, companionship and romance are all considered. Public vs. private behaviors are explored and steps for reporting sexual abuse are included.

\$99.95; Program Development Associates, P.O. Box 2038 Syracuse, NY 13220-2038

Phone: (800)543-2119; Fax: (315)452-0710; Website: www.pdassoc.com

No More Victims: Manual for Families/Friends; Manual for Counselors/Social Workers

Roeher Institute (1992)

These are two of the four manuals (the others are for law enforcement and the legal system) that explore factors contributing to increased risk for sexual abuse in this population; describe signs and symptoms of potential sexual abuse and outline appropriate/effective responses and preventive measures. Considered an essential resource for groups concerned with the sexual abuse of individuals with developmental disabilities.

\$10.00; Roeher Institute, Kinsmen Building; York University, 4700 Keele Street, Toronto, Ontario M3J 1P3;

Phone (416) 661-9611; (800) 856-2207; Fax (416) 661-5701; Website: www.roeher.ca

Socialization and Sexuality: A Comprehensive Training Guide for Professionals Helping People with Disabilities that Hinder Learning

Winifred Kempton (1998)

Written by one of the pioneers of sexuality education for people with developmental disabilities, this encyclopedia of information on socialization and sexuality is considered an invaluable resource for sexuality educators as well as parents. Aimed at increasing the social satisfaction and sexual safety of individuals with developmental disabilities, it covers such topics as: Sexuality Education and Guidelines for Curriculum Design; Coping with Inappropriate Sexual Behavior; Sexual Abuse; Informed Consent; and Working with Parents.

\$59.95; Program Development Associate, P.O. Box 2038 Syracuse, NY 13220-2038

Phone: (800)543-2119; Fax: (315)452-0710; Website: www.pdassoc.com

Speaking of Sex & Sex Education for Persons with Disabilities that Hinder Learning

James Stanfield Publishing Co.

Utilizing an interview with sexuality educator pioneer, Winifred Kempton, this video program assists in training the trainer to present sexuality education to students with developmental disabilities. The video is accompanied by a 200-page book with materials for new instructors and tips for more seasoned sexuality educators.

\$99; James Stanfield Publishing Co., P.O. Box 41058, Santa Barbara, CA 93140; Phone: (800) 421-6534;

Fax: (805) 897-1187; Website: <http://www.stanfield.com>

Talking Sex! Practical Approaches and Strategies for Working with People who have Developmental Disabilities When the Topic is Sex

Lisa Maurer (1999)

This guidebook provides direction for preparing staff to enter the role of sexuality educator. It includes information, activities and overheads to facilitate educators' ability to make sexuality education more accessible to individuals with developmental disabilities. Chapters include: How Do I Start? Why Do I Do This? Who is My Audience? What Might Slow Me Down? How Do We Learn What We Know? Why is S/He Doing That? What Do I Say? How Do I Say It? An appendix offers an overview of the history of societal attitudes towards the sexuality of people with developmental disabilities and a list of resources.

\$40; Planned Parenthood of Tompkins County, 314 West State Street, Ithaca, NY 14850; Phone (Education Department) (607) 273-1526; Website: www.sextalk.org

Teaching Persons with Mental Retardation about Sexuality and Relationships: An Instructional Guide*

June Kogut and Susan Vilaro, Authors; Jane Bernstein, Editor (1993)

This manual offers educators of persons with mental retardation guidance in the development and implementation of sexuality education programs.

\$49.95; Planned Parenthood of Connecticut, 129 Whitney Avenue, New Haven, CT 06510; Phone: (203) 865-5158; Fax: (203) 624-133; Website: <http://www.ppct.org>

Instructional Resources

General Sexuality Education Curricula

GRADE-LEVEL: 4-9

Changes in You: An Introduction to Sexuality Education through an Understanding of Puberty**

Peggy C. Siegel, M.S. (1991)

This family life education program for young people with cognitive disabilities is intended to help students in grades 4-9 develop strong, positive feelings about themselves as they make the transition into puberty. The complete program includes 73 laminated illustrations, *Changes in You book for Boys*, *Changes in You book for Girls*, and a teacher's guide.

\$299; James Stanfield Publishing Co., P.O. Box 41058, Santa Barbara, CA 93140; Phone: (800) 421-6534; Fax: (805) 897-1187; Website: <http://www.stanfield.com>

GRADE-LEVEL: 7-12

Learn about Life: Sexuality & Social Skills Set

Program Development Associates (1996)

This spiral-bound book, with six laminated picture books, is targeted to special education students (grades 7+). Covers puberty, dating, pregnancy, relationships and STD's, with realistic graphics, simple test and "cover-up" edit stickers. Includes a resource file with instructor's guide and reproducible masters.

\$99.95; Program Development Associates, P.O. Box 2038 Syracuse, NY 13220-2038
Phone: (800)543-2119; Fax: (315)452-0710; Website: www.pdassoc.com

LIFEFACETS: Essential Information about Life for Persons with Special Needs

*James Stanfield Company (1990, 1992)***

Of the seven programs available, three address sexuality: AIDS, Sexuality, and Sexual Abuse Prevention. They are designed to provide health education professionals with essential materials and information to teach adolescents and adults with mild to moderate developmental disabilities.

1990, AIDS; 1992, Sexuality; 1990, Sexual Abuse Prevention; \$199/each; \$174 each/any two programs, \$165.67 each/any three programs; James Stanfield Publishing Co., P.O. Box 41058, Santa Barbara, CA 93140; Phone: (800) 421-6534; Fax: (805) 897-1187; Website: <http://www.stanfield.com>

Life Horizons I: The Physiological and Emotional Aspects of Being Male & Female

Life Horizons II: The Moral, Social and Legal Aspects of Sexuality**

Winifred Kempton, M.S.W. (1999)

These two curricula are for people with mild to moderate developmental disabilities. Life Horizons I consists of five programs: *Parts of the Body*, *Sexual Life Cycle*, *Human Reproduction*, *Birth Control or Regulation of Fertility*, and *Sexually Transmitted Diseases & AIDS*. It includes over 500 slides, a teacher's guide and script, and video. Life Horizons II consists of seven programs: *Building Self-Esteem & Establishing Relationships*, *Moral, Legal & Social Aspects of Sexual Behavior—Male*, *Dating Skills & Learning to Love*, *Marriage & Other Adult Lifestyles*, *Parenting*, *Preventing or Coping With Sexual Abuse*. It includes over 600 slides, a teacher's guide and script.

\$399 each, \$699 for both; James Stanfield Publishing Co., P.O. Box 41058, Santa Barbara, CA 93140; Phone: (800) 421-6534; Fax: (805) 897-1187; Website: <http://www.stanfield.com>

Sexuality Education For Persons With Severe Developmental Disabilities Revised Edition

Beverly Brekke, Ed.D. (1988)

This curriculum is for people with severe developmental disabilities. It includes over 300 slides that use "right" and "wrong" icons to nonverbally cue appropriate and inappropriate social/sexual behaviors. The slide presentations address anatomy, appropriate social behavior, menstruation, and medical examinations. This curriculum can also be used to supplement to *Life Horizons I and II*. It comes accompanied by a comprehensive Teacher's Guide.

\$399; James Stanfield Publishing Co., P.O. Box 41058, Santa Barbara, CA 93140; Phone: (800) 421-6534; Fax: (805) 897-1187; Website: <http://www.stanfield.com>

Special Education: Secondary F.L.A.S.H. (Family Life and Sexual Health): A Curriculum for Grades 7- 12

Jane Stangle, M.Ed. (1991)

This comprehensive program is designed for adolescents in special education programs. It addresses the physical, emotional, and safety aspects of sexuality education; encourages parent and family involvement; and includes a section on preparing community-based sexuality education programs. Lesson plans cover relationships, communication, avoiding exploitation, anatomy, reproduction, sexually transmitted diseases, and AIDS. The curriculum includes resource lists, guidelines for answering students' questions, recommended audiovisuals, teacher preparation suggestions, and masters for all transparencies and student handouts.

\$40; Family Planning Publications, Seattle-King County Department of Public Health, 400 Yesler Way, 3rd Floor, Seattle, WA 98104; Phone: (206)296-4902; Fax: (206) 205-5281;

Lesson plans available for download at: <http://www.metrokc.gov/health/famplan/flash/index.htm>

Materials to Support General Sexuality Education

GRADE-LEVEL: K-12

Teach-A-Bodies Anatomically Correct Dolls

Teach-A-Bodies, LLC

These high quality anatomically correct and detailed dolls have an established record of use in sexuality education (as well as in investigative and therapy work around sexual abuse). Custom-ordered life-size dolls (Birth-a-Baby with uterus, placenta and umbilical cord), adults (5'3") and children (3') are available and all dolls can be custom-enhanced to meet specific needs (e.g. representative of specific ethnic groups).

\$370.00 Family of Four + "Teach-A-Bodies: An Effective Resource" + Carrying Bag; Teach-A-Bodies, P.O. Box 416, Grapevine, TX 76099-0416; Phone: Toll-free (888) 228-1314 or (817) 416-9138; Fax: (817) 416-9139; Website: <http://www.teach-a-bodies.com>

GRADE-LEVEL: K-2

Bare Naked Book

Kathy Stinson & Heather Collins (1986)

This book provides young children with an introduction to the parts of the body. In a light and entertaining manner, it facilitates the proper naming of **All** body parts from head to toe. It is particularly sensitive to diversity portraying a wide array of people, some of different races/ethnicities, some in wheelchairs etc. \$5.95; ISBN: 0920303536; Annick Press; Firefly Books Ltd, 15 Patricia Avenue Toronto, ON M2M 1H9; Phone (800) 387-5085 or (416) 499-8412; Fax (800) 565-6034 or (416) 499-8313; Website: www.annickpress.com (Also available at Amazon.com).

Bellybuttons are Navels

Mark Schoen & M.J. Quay (1990)

This preschool book offers young children the opportunity to compare the physiological differences between boys and girls. It facilitates the proper naming of ALL body parts.

\$20.00; ISBN: 0879755857; Prometheus Publishers, 59 John Glenn Drive, Amherst, New York 14228-2197; Phone: (800) 421-0351; Fax: (716) 691-0137; Website: www.prometheusbooks.com (Also available at Amazon.com - \$13.60)

GRADE LEVEL: 3-5

A Kid's First Book About Sex

Joani Blank and Marcia Quackenbush (1989)

This is a book about sex for children who haven't yet reached puberty. It discusses facts and feelings associated with many aspects of sex, including some, like pleasurable touch that kids may already have experienced. The book has appealing illustrations and large print.

\$6.00; ISBN: 094020805; Yes Press (Down There Press), 938 Howard Street, Suite 101 San Francisco, CA 94103; Phone: (800) 289-8423 or (415) 974-8990; Fax: (415) 974-8989; Website: www.goodvibes.com (Also available at Amazon.com)

Where Did I Come From?

Peter Mayle (2000)

The classic book originally published in 1973 was reprinted in 2000. Through the use of light-hearted illustrations, the reproductive process from intercourse to birth is described.

\$8.96; ISBN: 0818402539; Citadel Trade (Available at Amazon.com)

GRADE LEVEL: 6-8

Changes in You: A Clearly Illustrated, Simply Worded Explanation of the Changes of Puberty for Boys

Changes in You: A Clearly Illustrated, Simply Worded Explanation of the Changes of Puberty for Girls

Peggy C. Siegel (1991)

Printed for the fourth time in 1997, these books are written in a simple, positive manner. They explain the changes that boys and girls experience during puberty. Topics addressed in each book include physical development, anatomy, masturbation, health, doctor's visits, public and private behaviors, and how to deal

with unwanted touch. In addition, the boy's book addresses wet dreams and the girl's book addresses menstruation. Parents' guides are also available for sons and daughters with special needs.
\$8.95/each; Family Life Education Associates, P. O. Box 7466, Richmond, VA 23221;
Phone: (804) 262-0531; Website: <http://www.changesinyou.homestead.com>

Materials to Support Teaching about Feelings/Emotions

GRADE-LEVEL: K-2

The Way I Feel Boardbook

Janan Cain (2004)

This boardbook is designed to serve as an introduction to feelings. With whimsical characters throughout, children learn about the range of human emotions and begin to recognize that feelings are a part of everyday life.

\$7.95; Parenting Press, Inc. P.O. Box 75267, Seattle, WA 98175-0267; Phone (sales department): (800) 992-6657; Fax: (206) 364-0702; Website: www.parentingpress.com

GRADE-LEVEL: 3-5

The Way I Feel

Janan Cain (2000)

This full-color picture book helps kids to describe their emotions and understand that feelings are a normal part of life. With whimsical characters throughout, children learn about the range of human emotions (both their own and others) and begin to develop a vocabulary for expressing emotions in words.

\$16.95; ISBN: 1884734715; Parenting Press, Inc. P.O. Box 75267, Seattle, WA 98175-0267; Phone (sales department): (800) 992-6657; Fax: (206) 364-0702; Website: www.parentingpress.com

What is a Feeling?

David W. Krueger; Illustrated by Jean Whitney (1993)

This book utilizes familiar situations to help children put their feelings into words. It encourages children to value and respect their feelings. The book includes a game circle for Fun with Feelings.

\$6.95; ISBN: 0943990750; Parenting Press, Inc. P.O. Box 75267, Seattle, WA 98175-0267; Phone (sales department): (800) 992-6657; Fax: (206) 364-0702; Website: www.parentingpress.com

Materials to Support Teaching about Self-Esteem

GRADE-LEVEL: K-2

Happy to Be Me: Self-Esteem

Jim Boulden and Joan Boulden (1999)

This animated video program can be used to introduce or reinforce the concept of self-respect. Luis is suffering from low self-esteem. His counselor helps him discover his own special gifts. As they watch Luis' personal transition, children develop an awareness of what promotes and self-respect and what tears it down. The program is available with an activity book with reproducible pages.

\$39.95 Video Kit; ISBN: 0000000489; Boulden Publishing, P.O. Box 1186, Weaverville, CA 96093; Phone: (800) 238-8433; Fax: (530) 623-5525; Website: www.bouldenpublishing.com

GRADE-LEVEL: K-5

Just Because I Am: A Child's Book of Affirmation

Lauren Murphy Payne & Claudia Rohling (1994)

Brightly illustrated with child-friendly pictures, this book is designed to strengthen and support a child's self-esteem. It teaches children to respect their bodies and to acknowledge their needs and feelings as important. Conveys the message that the child is important not because of what he/she does, but just because he/she is.

\$14.95; ISBN: 0915793601; Free Spirit Publishing, 217 5th Ave N, Suite 200, Minneapolis, MN 55401-1299; Phone: (612) 338-2068; Fax: (612) 337-5050; Website: www.freespirit.com

GRADE-LEVEL: 6-12

SEALS + Plus: Self-Esteem and Life Skills: Reproducible Activity-Based Handouts Created for Teachers and Counselors

Kathy L. Korb-Khalsa, Stacey D. Azok, & Estelle A. Leutenberg (1992)

This book offers a selection of 80 activity handouts taken from Life Management Skills Books I & II, which look at the social, personal and self growth of young people. Designed for use with middle and high school students.

\$59.95; ISBN: 0962202231; Wellness Reproductions & Publishing, LLC; 135 Dupont Street P.O. Box 760, Plainview, NY 11803-0760; Phone: (800) 669-9208; Fax: (800) 501-8120; Website: www.wellness-resources.com

Materials to Support the Teaching of Social Skills

GRADE-LEVEL K-5

How to Be a Friend

Laurie Krasny Brown, Illustrated by Marc Brown (1998)

These comical but honest dinosaur kids teach human children how to find out if someone will make a good friend, how to show someone that you would like to be friends, how to settle an argument with a friend, and much more. This is a great way to talk about the importance of learning new social skills. Not expressly written for children with disabilities but parents of children with Asperger's Syndrome and autism have rated the book highly.

\$6.99; ISBN: 0316109134; Little, Brown Publishers; New York, NY; (Available at Amazon.com)

GRADE-LEVEL K-12

Circle of Friends Game

Cindy Hamilton (1999)

A cooperative game that teaches and reinforces behaviors that help people build lasting friendships with others. As they play the game, players learn they must make choices about their behavior and that these choices will influence their success in making and keeping friends.

\$52.00; ISBN: 188273291x; Childsworld/Childplay, 135 Dupont Street, P.O. Box 760, Plainview, NY 11803-0760; Phone: 800/962-1141; Fax: 800/262-1886; Web site: <http://www.childwork.com>

Social Skills Activities for Special Children

Darlene Mannix; Illustrated by Tim Mannix (1993)

This book contains 142 ready-to-use lessons and reproducible master activity sheets to help children with developmental disabilities become aware of socially acceptable behavior and to work toward the acquisition of basic social skills.

\$18.87; ISBN: 0876288689; Center for Applied Research in Education, West Nyack, NY (Available at Amazon.com)

Social Skills Stories: Functional Picture Stories for Readers and Nonreaders K-12

Anne Marie Johnson, B.Sc.Ed, M.Ed. & Jackie L. Susnik, M.A., CCC-SLP (1998)

The stories contained within this book are designed to help students improve their social interaction skills. Topics are presented in playfully illustrated stories. Each target skill has a story illustrating the skill being performed appropriately and inappropriately. Topics particularly relevant for sexuality education include social space, greetings and gift buying and giving. Corresponding activity sheets as well as carryover activities for the classroom, community and home are also included.

\$29.00; Mayer-Johnson, Inc., P.O. Box 1579, Solana Beach, CA 92075; Phone: (800) 588-4548 or (858) 550-0084; Fax: (858) 550-044; Website: www.mayer-johnson.com

More Social Skills Stories: Very Personal Picture Stories for Readers and Nonreaders K-12

Anne Marie Johnson, B.S. Ed. (1999)

This book contains a series of short stories depicting the appropriate and inappropriate use of communication and social interaction skills. Issues such as grooming and appropriate self-touch hold particular relevance for sexuality education. Worksheets and suggestions for generalization activities are also included.

\$29.00; ISBN: 1884135218; Mayer-Johnson, Inc., P.O. Box 1579, Solana Beach, CA 92075; Phone: (800) 588-4548 or (858) 550-0084; Fax: (858) 550-044; Website: www.mayer-johnson.com

GRADE-LEVEL K-2

Connecting with Others: Lessons for Teaching Social and Emotional Competence Grades K-2

Rita Coombs-Richardson (1996)

This is the first in an enjoyable K-12 curriculum series designed to promote the development of self-advocacy, communication, interpersonal and problem-solving skills in young children. Instructional strategies include story-telling, relaxation, modeling, coaching, behavior rehearsal, reinforcement, creative expression, and self-instruction.

\$39.95; ISBN: 0878223622; Research Press Dept. 25W P.O. Box 9177 Champaign, IL 61826 Phone 217-352-3273, 800-519-2707, Fax 217-352-1221. Website: www.researchpress.com

GRADE-LEVEL: 3-5

Connecting with Others: Lessons for Teaching Social and Emotional Competence Grades 3-5

Rita Coombs-Richardson (1996)

This is the second in an enjoyable K-12 curriculum series designed to promote the development of self-advocacy, communication, interpersonal and problem-solving skills in young children. Instructional strategies include story-telling, relaxation, modeling, coaching, behavior rehearsal, reinforcement, creative expression, and self-instruction.

\$39.95; ISBN: 0878223630; Research Press Dept. 25W P.O. Box 9177 Champaign, IL 61826; Phone: (217) 352-3273, (800) 519-2707; Fax: (217) 352-1221. Website: www.researchpress.com

How to Lose All Your Friends

Nancy Carlson (1997)

This is a tongue-in-cheek, reverse etiquette book designed to help kids identify socially undesirable behaviors (e.g. whining, tattling, teasing etc). Originally written for children 3-8, it can be used as a read-aloud book interspersed with instructor-led discussion for children with disabilities.

\$5.39; ISBN: 0140558624; Puffin Books a Division of the Penguin Group 345 Hudson Street, New York, NY 10014 (Also available at Amazon.com)

GRADE-LEVEL: 6-8

Connecting with Others: Lessons for Teaching Social and Emotional Competence Grades 6-8

Rita Coombs-Richardson & Elizabeth T. Evans (1997)

This is the third in an enjoyable K-12 curriculum series designed to promote the development of self-advocacy, communication, interpersonal and problem-solving skills in elementary-school aged children. Instructional strategies include story-telling, relaxation, modeling, coaching, behavior rehearsal, reinforcement, creative expression, and self-instruction.

\$39.95; ISBN: 0878223649; Research Press Dept. 25W, P.O. Box 9177 Champaign, IL 61826; Phone: (217) 352-3273, (800) 519-2707; Fax: (217) 352-1221. Website: www.researchpress.com

GRADE-LEVEL: 7-12

Autism & PDD: Adolescent Social Skills Lessons: Health & Hygiene

Pam Britton Reese & Nena C. Chellenner (2001)

These story lessons can be used to teach important social skills related to health and hygiene. The instructional lessons teach what to say and do in social situations that can be overwhelming to the young person with autism or PDD. The behavioral lessons target those behaviors that pose health or social risks and need to be addressed (e.g. overeating). Chapters include: *Healthy Habits; Health Care; Puberty and Basic Grooming Skills.*

\$21.00; LinguSystems, Inc.; 3100 4th Avenue, East Moline, IL 61244; Phone: (800) 776-4332; Fax: 800-577-4555; Website: www.linguisystems.com

Connecting with Others: Lessons for Teaching Social and Emotional Competence Grades 9-12

Rita Coombs-Richardson & Charles Meisgeier (2001)

This is the final installment in an enjoyable K-12 curriculum series designed to promote the development of self-advocacy, communication, interpersonal and problem-solving skills in young people. Geared toward the adolescent, this volume offers 40 learning activities that consider cultural, ethnic and gender diversity and help to prepare adolescents for the transition to adulthood.

\$39.95; ISBN: 0878224645; Research Press Dept. 25W, P.O. Box 9177 Champaign, IL 61826; Phone: (217) 352-3273, (800) 519-2707; Fax: (217) 352-1221. Website: www.researchpress.com

Materials to Support the Teaching of Gender-Specific Issues

GRADE LEVEL: 6-8

Janet's Got Her Period

Judi Gray & Jitka Jilich (1990)

This comprehensive video program is specifically designed for use with girls and young women with moderate cognitive disabilities. The 17-minute video tells the story of a young girl who learns menstrual self-care from her mother and sister. It includes a detailed task analysis of behaviors required for using menstrual pads. The package is comprised of the video, an illustrated storybook, an extensive resource book for the educator, parents or caregiver(s), a computer pictograph wall chart outlining the steps for changing a sanitary napkin, and 24 laminated cards for student use.

\$399; James Stanfield Publishing Co., P.O. Box 41058, Santa Barbara, CA 93140; Phone: (800) 421-6534; Fax: (805) 897-1187; Website: <http://www.stanfield.com>

Period

JoAnn Gardner-Loulan & Bonnie Lopez, Illustrated by Marcia Quackenbush (1991)

This book was written for young girls going experiencing the physical and emotional changes associated with puberty. Considered a comprehensive and friendly book that provides explicit information about menstruation, it also covers gynecological exams. A Parent Guide is included.

\$9.95; ISBN: 0802774784; Volcano Press P.O. Box 270, Volcano, CA 95689-0270; Phone: (800) 879-9636; Fax (209) 296-4995; Website: www.volcanopress.com (Also available at Amazon.com)

The Period Book: Everything You Don't Want to Ask (But Need to Know)

Karen Gravelle & Jennifer Gravelle (1996)

This user-friendly book published by an aunt and her 15-year-old niece provides facts about menstruation and puberty while also addressing some of the more difficult to ask questions/concerns. Cartoon illustrations help to keep a light-hearted tone about an important developmental milestone.

\$8.06; ISBN: 0-8027-7478-4; Walker & Company 104 Fifth Avenue New York, NY 10011; Phone (212) 727-8300; Fax (212) 727-0984 (Also available on Amazon.com). \$8.95; Braille version: National Braille Press, 88 St. Stephen Street, Boston, MA 02115; Phone: (617) 266-6160, Toll Free: (888) 965-8965; Fax: (617) 437-0456; Website: www.nbp.org

Ready, Set, Grow: A What's Happening to My Body? Book for Younger Girls

Lynda Madaras & Linda Davick (2003)

This playfully illustrated book is designed to provide thoughtful, down-to-earth information about puberty to girls prior to or as they are entering puberty. Geared to a 3rd -6th grade comprehension level, this book can be used with slightly older girls with developmental disabilities to help them understand the physical and emotional changes associated with puberty.

\$9.00; ISBN: 1557045658; Newmarket Press, A Division of Newmarket Publishing and Communications Company; 18 East 48th Street, New York, NY 10017; Phone: (212) 832-3575; Fax: (212) 832-3629; Website: www.newmarketpress.com; (Also available at Amazon.com)

"The Birds, the Bees and Me" for Girls

Tom McCaffrey (2003)

This highly acclaimed, award-winning educational video is designed for use with pre-teens and features a young adult talking about puberty and sex and childbirth. Good resource for introducing the topic and breaking the ice.

\$24.95; ASIN: 0972928413; The National Training Organization for Child Care Providers (NTOCCP LTD.), Phone: (303) 840-1997; Website: www.birdsandbeesvideo.com (Also available at Amazon.com)

"The Birds, the Bees and Me" for Boys

Tom McCaffrey (2003)

This highly acclaimed, award-winning educational video is designed for use with pre-teens and features a young adult talking about puberty and sex and childbirth. Good resource for introducing the topic and breaking the ice.

\$24.95; ASIN: 0972928405; The National Training Organization for Child Care Providers (NTOCCP LTD.), Phone: (303) 840-1997; Website: www.birdsandbeesvideo.com (Also available at Amazon.com)

GRADE LEVEL: 9-12

The Gyn Exam

Maria Oliva Taylor (1991)

This video program was designed for use with girls and women with developmental disabilities. It illustrates the process of a gynecological visit including both a pelvic and breast exam. Viewers meet Gemma and follow her from the time of scheduling an appointment through the exam. The package is comprised of two video tapes and 44 8x10 photos illustrating the pelvic and breast exams. A comprehensive teacher's guide is also included.

\$299; James Stanfield Publishing Co., P.O. Box 41058, Santa Barbara, CA 93140; Phone: (800) 421-6534; Fax: (805) 897-1187; Website: <http://www.stanfield.com>

Materials to Support Relationship Skill Training

GRADE-LEVEL: 10-12

Making Connections (Video)

Mary Ann Carmody (Producer), Sally Bailey (Director), Brian Pascale (Director) (1995)

This is an informative, entertaining look at a fictitious dating service for persons with developmental disabilities. The video and accompanying guide address a major issue encountered by young people with disabilities...how to meet people and broaden their circle of friends. The cast is comprised primarily of individuals with developmental disabilities. Recipient of numerous prestigious film awards including an Honorable Mention by the National Council on Family Relations Media Awards Competition.

\$79.00; Special Needs Project, 324 State Street, Suite H, Santa Barbara, CA 9310; Phone: (800) 333-6867; Fax: (805) 962-5087; Website: www.specialneeds.com

The Relationship Video Series #1: The Friendship Series

Young Adult Institute/National Institute for Persons with Disabilities (YAI/NIPD) (1997)

This series of three videos helps young people with developmental disabilities to distinguish between strangers, acquaintances, and friends. Tape #1 (*The Differences Between Strangers, Acquaintances and Friends*) focuses on defining the differences between strangers, acquaintances and friends, identifies the five most important qualities of a friend and explores the "do's" and "don'ts" of dealing with strangers, acquaintances and friends. Tape #2 (*Becoming an Acquaintance or a Friend*), focuses on tips for meeting people, defining new relationships and moving from being an acquaintance to a friend. Tape #3 (*Being a Friend*) is an interactive video that engages the viewer in exercises designed to assist them to sustain friendships, resolve difficulties and/or end a friendship if necessary.

\$350.00 Set of Three Tapes; \$95.00 Tape #1; \$135.00 Tape #2; \$155.00 Tape #3; Young Adult Institute/National Institute for Persons with Disabilities; 460 West 34th St. NY, NY 10001-2382; Phone: (212) 273-6517; Website: www.yai.org

The Relationship Video Series #2: The Boyfriend/Girlfriend Series

Young Adult Institute/National Institute for Persons with Disabilities (YAI/NIPD) (1997)

This series of three videos helps young people with developmental disabilities to better understand the nature of a boyfriend/girlfriend relationship. Tape #1 (*Starting a Special Relationship*) explores the differences between a friend and a boyfriend/girlfriend. Viewers learn how to initiate, build and maintain a boyfriend/girlfriend relationship. Tape #2 (*Building a Relationship I Like*) emphasizes the importance of each partner's need to make decisions for him/herself and the significance of communication within this type of relationship. It covers four ways to say "No" in social/sexual situations and teaches the use of a 3-step method for resolving conflicts. Tape #3 (*Having a Good Relationship*) centers on five ways to help maintain a fulfilling boyfriend/girlfriend relationship.

\$375.00 Set of Three Tapes; \$125.00 Tape #1; \$135.00 Tape #2; \$155.00 Tape #3; Young Adult Institute/National Institute for Persons with Disabilities; 460 West 34th St. NY, NY 10001-2382; Phone: (212) 273-6517; Website: www.yai.org

Abuse Prevention Curricula

GRADE-LEVEL: K-5

Child Sexual Abuse: A Solution

Karen Adams & Jennifer Fey (1985)

This popular sexual abuse prevention program was designed for use with a non-disabled population but it is readily adaptable for use with children with disabilities. A video program, it introduces Chester the Cat, who, through a gentle approach, teaches children self-protection skills. A six-part video program, it has been designed to teach children, address the concerns of parents and to facilitate teachers' abilities to cover this important topic.

\$249; James Stanfield Publishing Co., P.O. Box 41058, Santa Barbara, CA 93140; Phone: (800) 421-6534; Fax: (805) 897-1187; Website: <http://www.stanfield.com>

Child Sexual Abuse Curriculum for the Developmentally Disabled

Sol R. Rappaport, Ph.D., Sandra A. Burkhardt, Ph.D., & Anthony F. Rotatori, Ph.D. (1997)

This book is divided into five segments; the first four are designed to help inform the abuse prevention educator as to important information about the sexual abuse of children with developmental disabilities. These include: *Understanding Child Sexual Abuse of the Developmentally Disabled, The Treatment of Sexually Abused Children, Sexual Abuse: The Emotional and Behavioral Sequelae, Factors That Mediate the Sequelae of Child Sexual Abuse*. The last chapter constitutes the *Rappaport Curriculum for the Prevention of Child Sexual Abuse in Children with Developmental Disabilities* with 10 lessons on sexuality and sexual abuse prevention for children with mild mental retardation. An appendix is also included, which parents and caregivers can review with children.

\$34.95; ISBN: 0398067341; Charles C. Thomas Publishers, Ltd., 2600 South First Street Springfield, IL 62704; Phone: (217)789-8980; Fax: (217)789-9130; Website: <http://www.ccthomas.com>

CIRCLES I: Intimacy & Relationships

Marklyn P. Champagne, R.N., M.S.W., & Leslie Walker-Hirsch, M. Ed. (1993)

This curriculum is for people with mild to moderate developmental disabilities. It consists of two parts. Part I: Social Distance is comprised of eleven videos designed to help students "see" social and sexual

distance. It also explains relationship boundaries and relationship-specific behaviors. Part II: Relationship Building is comprised of six videos that demonstrate how intimacy levels change as relationships change. The program also includes 12 videos, a wall teaching graph, 50 large laminated graph icons, 50 student "personal" graphs and icons, and a teacher's guide.

\$599; James Stanfield Publishing Co., P.O. Box 41058, Santa Barbara, CA 93140; Phone: (800) 421-6534; Fax: (805) 897-1187; Website: <http://www.stanfield.com>

"No-Go-Tell"

Elisabeth J. Krents, Ph.D., & Sheila A. Brenner, M.A. (1991)

This curriculum, designed to teach child protection to 3-7 year olds, was created by experts serving children with disabilities. It is a comprehensive package of materials that features two dolls and a set of large illustrated teaching panels (11"x17"). It teaches four primary prevention concepts: differentiating between family, friends, familiar people and strangers ; identifying private body parts; defining "O.K." touches; defining "Not O.K." touches; and identifying who and how to tell about an abusive experience.

\$299/without dolls, \$399/with dolls; James Stanfield Publishing Co., P.O. Box 41058, Santa Barbara, CA 93140; Phone: (800) 421-6534; Fax: (805) 897-1187; Website: <http://www.stanfield.com>

Preventing Sexual Abuse: Activities and Strategies for Those Working with Children and Adolescents Second Edition**

Carol A. Plummer (1997)

This sexual abuse-prevention curriculum is divided into two sections. The first is a three- or five-day presentation for grades K through six, which is also adaptable for children with developmental disabilities. The second is a one-, three-, or five-day presentation for grades seven through 12. The curriculum provides: guidelines for the instructor, an appendix, and information about involving parents to make the program work.

\$23.95; ISBN: 1556911149; Learning Publications, Inc., P.O. Box 1338, Holmes Beach, FL 34218-1338; Phone (800)222-1525; Fax: (941)778-6818; Website: <http://www.learningpublications.com>

Red Flag Green Flag ABCs: Personal Safety for Pre-Kindergarten Age Children***

Rape and Abuse Crisis Center of Fargo-Moorehead (ND) (1997)

This curriculum uses the letters of the alphabet to teach children three to five years of age, about "OK" and "Not OK" touches as well as "permission," "stranger danger," "secret touches," and general safety rules. The curriculum also teaches children to recognize who can help them and to know where they can go for help when they feel threatened. Materials are also available in Spanish.

\$14.95, facilitator's guide, ISBN: 0914633317; \$3.25, coloring book, ISBN 0914633236; \$29.95, video and video guide; Red Flag Green Flag Resources, Rape and Abuse Crisis Center of Fargo-Moorehead, P.O. Box 2984, Fargo, ND 58108-2984; Phone: (800) 627-3675; Fax: (888) 237-5332; Website: <http://www.redflaggreenflag.com>.

Red Flag Green Flag People: A Personal Safety Program: Materials for Early Elementary Age Children***

Rape and Abuse Crisis Center of Fargo-Moorehead (ND) (1995)

This curriculum is designed to teach children five to eight years of age about different kinds of touch, how to recognize potentially harmful situations, and how to use assertive responses. Instructors can implement the

curriculum in three one-hour periods. The workbook is also available in Spanish. \$10.95, facilitator's guide, ISBN 0914633120; 1995, \$3.25, workbook, ISBN 0914633104; 1996, \$1, parent's guide, ISBN: 0914633244; 1996; \$4.95, pre-test and post-test; Red Flag Green Flag Resources, Rape and Abuse Crisis Center of Fargo-Moorehead, P.O. Box 2984, Fargo, ND 58108-2984; Phone: (800) 627-3675; Fax: (888) 237-5332; Web site: <http://www.redflaggreenflag.com>

T is for Touching: Abuse Prevention Program for Kindergarten Age Children***

Rape and Abuse Crisis Center of Fargo-Moorehead (ND) (1995)

This video is designed to teach abuse-prevention skills to groups of children five to six years of age. It consists of three six-minute vignettes entitled "T is for Touching," "H is for Helping," and "P is for Prevention." It teaches children to recognize appropriate and inappropriate touch; to say "no" to, and "get away" from abusive situations; and to identify and then "tell a helper." The video is accompanied by a facilitator's guide.

\$79.99; Red Flag Green Flag Resources, Rape and Abuse Crisis Center of Fargo-Moorehead, P.O. Box 2984, Fargo, ND 58108-2984; Phone: (800) 627-3675; Fax: (888) 237-5332;

Website: <http://www.redflaggreenflag.com>

Talking About Touching: Personal Safety for Preschoolers and Kindergartners***

Ruth Harms, Ed.D. (1996)

This curriculum, which is based on social learning theory, consists of 14 lessons that teach children about general safety. It specifically focuses on self-protection skills to reduce children's vulnerability to sexual abuse. The curriculum consists of a teacher's guide and lesson cards with photos to illustrate concepts. Also included are a book and audio cassette titled "Sam's Story," a poster that tells how Sam learned the "touching rule," a video titled "Willy Learns the Touching Rule" and a video for parents titled "What Do I Say Now? How to Help Protect Your Child from Sexual Abuse."

\$250; Committee for Children, 2203 Airport Way South, Suite 500, Seattle, WA 98134-2035; Phone: 800/634-4449; Fax: 206/343-1445; Website: www.cfchildren.org

Talking About Touching: A Personal Safety Curriculum, Grades 1-3***

Ruth Harris, Ed.D., Diane Davis, M.A., & Andrea Mackey, Ed.M. (1996)

This curriculum, which is based on social-learning theory, consists of 14 lessons for first graders, 14 lessons for second graders, and 12 lessons for third graders. All units discuss personal safety, touching safety, and assertiveness and support. The curriculum consists of a teacher's guide and lesson cards with photos to illustrate concepts. Also included are a book and audio cassette titled "Sam's Story," a poster that tells how Sam learned the "touching rule," a video titled "Willy Learns the Touching Rule," and a video for parents titled "What Do I Say Now? How to Help Protect Your Child from Sexual Abuse."

\$195; Committee for Children, 2203 Airport Way South, Suite 500, Seattle, WA 98134-2035; Phone: 800/634-4449; Fax: 206/343-1445; Website: www.cfchildren.org

GRADE-LEVEL: 6-12

CIRCLES II: Stop Abuse

Marklyn P. Champagne, R.N., B.S., & Leslie Walker-Hirsch, M.Ed. (1986)

This curriculum is for people with mild to moderate developmental disabilities. It teaches students how to avoid exploitative situations. Part I, titled "Recognizing and Reacting to Sexual Exploitation," encourages

student assertiveness and teaches students how to recognize and react to sexual exploitation. Part II, titled "Learning Appropriate Protective Behaviors," discusses the potential for sexual abuse from acquaintances and strangers, and teaches students how to deal with unwanted advances. Three videos, a wall teaching graph, and a teacher's guide are included.

\$399; James Stanfield Publishing Co., P.O. Box 41058, Santa Barbara, CA 93140; Phone: (800) 421-6534; Fax: (805) 897-1187; Website: <http://www.stanfield.com>

Red Flag Green Flag People II: A Sexual Abuse Prevention Program: Materials for Older Elementary Age Children***

Rape and Abuse Crisis Center of Fargo-Moorehead (ND) (1994)

This curriculum is designed to teach children 8 to 11 years of age how to recognize abusive situations involving people whom they know, and to tell a trusted adult who will listen. Instructors can implement the curriculum in two 45- to 60-minute sessions.

\$14.95, facilitator's guide; ISBN 091463321X;; \$3.25, workbook; ISBN 0914633201; Red Flag Green Flag Resources, Rape and Abuse Crisis Center of Fargo-Moorehead, P.O. Box 2984, Fargo, ND 58108-2984; Phone: (800) 627-3675; Fax: (888) 237-5332; Website: <http://www.redflaggreenflag.com>

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This sexual abuse-prevention curriculum is divided into two sections. The first is a three- or five-day presentation for grades K through six, which is also adaptable for the developmentally disabled. The second is a one-, three-, or five-day presentation for grades seven through 12. The curriculum also provides information about involving parents and making the program work. Also included are guidelines for instructors and an appendix.

\$23.95; ISBN 1556911149; Learning Publications, Inc., P.O. Box 1338, Holmes Beach, FL 34218-1338; Phone (800)222-1525; Fax: (941)778-6818; Website: <http://www.learningpublications.com>

GRADE-LEVEL: 9-12

The Woodrow Project: A Sexual Abuse Prevention Curriculum for Persons With Developmental Disabilities***

Rape and Abuse Crisis Center of Fargo-Moorehead (ND) (1986)

This curriculum, which is intended for young adults 15 to 25 years of age with a mild to moderate cognitive impairment, includes eight 25- to 30-minute sessions on sexual abuse-prevention skills.

\$99.95; ISBN 0914633112; Red Flag Green Flag Resources, Rape and Abuse Crisis Center of Fargo-Moorehead, P.O. Box 2984, Fargo, ND 58108-2984; Phone: (800) 627-3675; Fax: (888) 237-5332; Website: <http://www.redflaggreenflag.com>

Materials to Support Abuse Prevention

GRADE-LEVEL: K-2

It's My Body

Lory Freeman; Illustrated by Carol Deach (1984)

This book was written to assist adults and preschool children talk about sexual abuse together in a way that emphasizes self-reliance and open communication. Free from specific references or stories about sexual abuse, it introduces two "touching codes," which children can use to protect themselves when they're uncomfortable. Also available in Spanish.

\$5.95; ISBN: 094399033; Parenting Press, Inc. P.O. Box 75267, Seattle, WA 98175-0267; Phone (sales department): (800) 992-6657; Fax: (206) 364-0702; Website: www.parentingpress.com

My Body Is Mine, My Feelings Are Mine: A Storybook About Body Safety for Young Children

Susan Hoke, ACSW (1995)

This storybook introduces the basic concept of body safety to children through the use of dialogue and illustrations. It includes a "Body Rules Safety Quiz" as well as an adult guidebook for parents, caretakers, counselors, relatives, clergy, and educators.

\$18.95; ISBN: 1882732243; Childsworld/Childplay, 135 Dupont Street, P.O. Box 760, Plainview, NY 11803-0760; Phone: 800/962-1141; Fax: 800/262-1886; Web site: <http://www.childwork.com>

The Right Touch: A Read-Aloud Story to Help Prevent Child Sexual Abuse

Sandy Kleven, LCSW; Illustrated by Jody Bergsma (1997)

This book was developed as a gentle and thoughtful tool for teaching skills to help prevent child sexual abuse. It is informative without being alarming, and has soft reassuring illustrations.

\$15.95; ISBN: 0935699104; The SaferSociety Foundation Inc., P.O. 340, Brandon, Vermont 05733-0340; Phone (802) 247-3132; Fax (802) 247-4233; Website: www.saferociety.org

Your Body Belongs to You

Cornelia Spelman, Teri Weidner & Cornelia Maude Spelman (2000)

This is a positive, assertive book that conveys the message that it is all right for kids to choose when and by whom they are to be touched. It provides the child with concrete strategies for what to say and do when touched in a way that makes him/her uncomfortable. Watercolor illustrations and basic vocabulary make this an accessible book for children with disabilities as well.

\$5.36; Albert Whitman & Company; 6340 Oakton Street, Morton Grove, Illinois 60053-2723; Phone: (800) 255-7675, (847) 581-0033; Fax: (847) 581-0039 (Available on Amazon.com)

GRADE-LEVEL: 1-4

Let's Prevent Abuse (Puppet Program)

Pacer Center (1984)

In response to growing awareness of the increased vulnerability of children with disabilities to all types of abuse, the *Let's Prevent Abuse Program* was established to help children and adults with disabilities gain information about physical and sexual abuse and develop personal safety skills. This puppet program

features four endearing multi-racial, child-size puppets that portray children with and without disabilities. Used with over 80,000 individuals to date, the puppets have proven to be a comfortable medium through which to teach children about abuse prevention. The Pacer Center offers the puppets, materials and training in delivery of the program.

Pacer Center, 4826 Chicago Ave. South, Minneapolis, MN, 55417; Phone: (612) 827 2966; Fax: (952) 838-0199; Website: www.pacer.org

GRADE-LEVEL: 3-5

A Very Touching Book...for Little People and for Big People

Jan Hindman & Tom Novak (1983)

This is an entertaining book with terrific illustrations that teach children about various types of touch; "good" touch, bad touch (e.g. being punched) and secret touching (sexual touch). In a very light manner, it helps kids to differentiate between the touches and offers direction as to what to do if faced with bad or secret touching. A very good resource for an abuse prevention module; also useful for older children and adults with developmental disabilities.

*\$.96; Alexandria Associates; P.O. Box 87, Baker City, OR 97814; Phone: (541) 523-4574
Fax: (541) 523-4578; Website: (Available on Amazon.com).*

My Body is Private

Linda Walvoord Girard & Rodney Pate (1992)

Sexual abuse prevention is taught through a gentle conversation between a mother and her daughter. It defines privacy and presents information about sexual abuse in a non-frightening yet serious manner. Abuse prevention strategies are integrated into the story. Recommended for use with individuals with a developmental age of 6 or 7.

*\$.36; ISBN: 0807553190; Albert Whitman & Company 15 Hubbard Street, Ste 300, Chicago, IL 60610;
Phone (312) 329-1960; Fax (312) 329-1963; Website: www.awhitmanco.com (Also available at Amazon.com).*

GRADE-LEVEL: 7-12

The Right to Control What Happens to Your Body: A Straightforward Guide to Issues of Sexuality and Sexual Abuse

Roeher Institute (1991)

Written for people with developmental disabilities, this booklet focuses on ways that individuals can protect themselves from sexual abuse and understand their individual rights to sexuality. It provides facts about sexuality, and sexual abuse including its potential effects and treatment. The booklet also includes legal information pertaining to the Canadian criminal justice system and thus, would need adaptation for use in the U.S.

\$.70; ISBN: 1805070105; Roeher Institute Kinsmen Building; York University, 4700 Keele Street, Toronto, Ontario M3J 1P3; Phone (416) 661-9611; (800) 856-2207; Fax (416) 661-5701; Website: www.roeher.ca

HIV/AIDS Prevention Curricula

GRADE-LEVEL 7-12

CIRCLES III: AIDS: Safer Ways

Leslie Walker-Hirsch, M.Ed. & Marklyn Champagne, R.N., B.S.(1988)

This curriculum is for people with mild to moderate developmental disabilities. Part I, titled "Communicable Diseases and Casual Contact," illustrates casual contact and the steps that can be taken to decrease the chances of becoming infected with a communicable disease. Part II "STDs, AIDS and Intimate Contact," explains the difference between casual and intimate contact. It promotes positive decision-making and addresses abstinence as the best way to avoid STDs and AIDS. Six videos, supplemental materials, and a teacher's guide are included.

\$399; James Stanfield Publishing Co., P.O. Box 41058, Santa Barbara, CA 93140; Phone: (800) 421-6534; Fax: (805) 897-1187; Website: <http://www.stanfield.com>

Take Control: How to Stay Healthy and Safe from HIV & AIDS

InfoUse, Berkeley, CA

Designed specifically for the learning needs of people with mental retardation, this is an engaging user-friendly program (CD-Rom) that educates viewers to avoid situations that may place them at risk for HIV infection. Content includes definitions of HIV and AIDS; how HIV and AIDS are contracted and spread; safe (abstinence) and safer (condom-use) sex practices; choices about sexual relationships; avoiding compromising situations; inappropriate sexual advances; and how, why and where to get tested for HIV.

*\$99.95; Program Development Associates P.O. Box 2038 Syracuse, NY 13220-2038
Phone: (800)543-2119; Fax: (315)452-0710; Website: www.pdassoc.com*