DSA Relationships and Sex Education Resource List

Books (Available online from various sources)

- Terri Couwenhoven:
  - *A Girl's Guide to Growing Up*
  - *A Boy's Guide to Growing Up*
  - *Teaching Children with Down Syndrome About Their Bodies, Boundaries and Sexuality* – Woodbine House
- Kate E. Reynolds:
  - *What's Happening to Ellie*
  - *What's Happening to Tom*
- Sheila Hollins et al.:
  - *Susan's Growing Up* – Uses pictures to explain puberty changes.
  - *Keeping Healthy 'Down Below'* – Supports women invited for a smear test.
  - *Looking After My Breasts* – Explains breast screening and breast awareness.
  - *Looking After My Balls* – Helps men with learning disabilities understand testicular health.
  - *Loving Each Other Safely* – Explores how to stay healthy and safe in relationships.
  - *Falling in Love* – Follows the ups and downs of a relationship.
  - *Hug Me, Touch Me* – Helps discuss safe ways to make friends.
- H. Bailey et al.:
  - *Loving Each Other Safely* – Explores healthy relationships using pictures.

National Office
Langdon Down Centre,
2a Langdon Park, Teddington,
Middlesex, TW11 9PS
Reg Company No. 3310024 (England & Wales)

Down's Syndrome Association
t. 0333 1212 300
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DOWN'S SYNDROME ASSOCIATION

Behaviour Support

- Dennis McGuire & Brian Chicoine – *Mental Wellness in Adults with Down Syndrome: A Guide to Emotional and Behaviour Strengths* – PDF (Also suitable for children)
- Dr. David Stein Psy.D. – *Supporting Positive Behavior in Children and Teens with Down Syndrome, Revised Edition: The Respond But Don't React Method* (Published 28 Sept. 2022)
- DSA: Supporting Behaviour Positively – Includes downloadable resources

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DSA Resources

- DSA RSE Pack: Relationships and Sex Education
- Sexual Health: Sexual Health Information. Provides resources and information about sexual health, relationship education, and safeguarding for people who have Down's syndrome.
- Supporting Children to Learn: Download PDF
- Understanding Capacity: DSA Guide
- DSA Health Series: Health & Wellbeing
- Closed Facebook Groups (facilitated by the DSA): Join Here

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Annual Health Check Resources

- Annual Health Check Overview (Nov 2023)
  A guide to understanding the importance of regular health checks for individuals who have Down's syndrome.
- GP Checklist for Annual Health Checks (Sept 2024)
  A checklist for GPs on conducting thorough annual health checks for patients who have Down's syndrome.
- Easy-Read Health Checks
  An easy-read version of the annual health check guide, designed for individuals with learning disabilities.

Visual Acuity and Down's Syndrome
Visual Acuity - What is it and why does it matter?
This page explains the importance of visual acuity for people who have Down's syndrome, offering insight into how vision health can impact overall well-being.

Emotional Wellbeing
Emotional Wellbeing Resource
Focuses on promoting positive emotional health and wellbeing for individuals who have Down's syndrome, offering strategies and support.

Online Resources

- Disability and Getting Ready to Have Sex – Scope
- FPA Resources – Publications
- Mencap: Friendships & Relationships – Information
- Thera Trust – Know Your Body – Project Info

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- Sex Education Forum:
  - Main Website
  - RSE for Disabled Pupils & Pupils with SEN
  - Advice & Guidance
- BILD – Friends & Relationships – Resource Hub
- Learn and Thrive Videos:
  - Learning for Life
  - Appropriate Touch
- NSPCC: Fun Activities on Boundaries – Love Life Programme
- Twinkl: Teaching Consent & Healthy Boundaries – SEND Resources
- Government Guidance on RSE – Download PDF
- Puberty-Related Lesson Plans – Public Health England

Contact the DSA

If you have any questions about puberty or supporting positive behaviour, contact the DSA Information and Training Team via telephone or email helpline. For training enquiries, email: info@downs-syndrome.org.uk.

Updated: February 2025

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