

The Primary Guide to  
*Growing Up,  
Relationships  
and Sex*


**Sex and relationships education DVD  
with English subtitles enhanced for  
communication difficulties.**



**Life Support**  
productions



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*Growing Up,  
Relationships  
and Sex*

The information in this booklet is divided into 5 topics reflecting the menus. Aspects of each topic are explored through video sequences that are designed to inform and to stimulate discussion. Click on the  next to each video to view a version enhanced with easy read English subtitles.

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More information, particularly helpline and advice contacts, is available from our website. Please also see accompanying Lesson Plans.

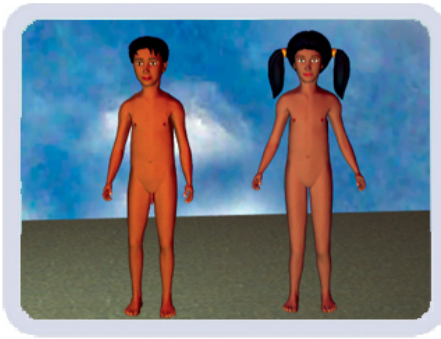
# GROWING UP

The 'Growing up' section is divided into three headings:

<u>Growing up and body changes</u>	<u>5</u>
<u>Menstruation and periods</u>	<u>6</u>
<u>Growing up and feelings</u>	<u>7</u>



## Growing up and body changes



In this section Bobby and Sonia show how their bodies changed as they grew up from children to adults.

This subject can cause young people some anxiety and embarrassment.



It can be useful to reassure that we are all different and that our bodies change at different speeds.

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# Menstruation and periods



First periods can be traumatic for young women and carers may wish to offer extra support and suggest other support organisations and helplines.

Sonia explains about sanitary towels and tampons and shows us how to use them. She also discusses how to dispose of used ones.



The value of using a diary to be organised, keeping track of periods and your menstrual cycle is explained.

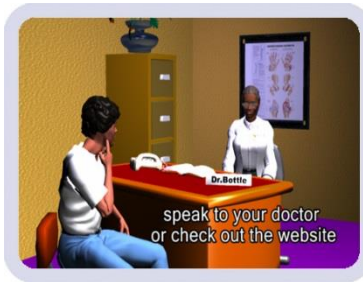
Sonia discusses Pre Menstrual Syndrome (PMS) and encourages seeking help, advice and reassurance for any problems.



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## Growing up and feelings



Growing up and puberty cause many changes, both to your body and to your emotions. Spots or acne is one of these and affects most young people at some time during puberty.

For most people spots will clear up in a short time if they eat carefully and keep healthy. However some people get more spots than others and it can help to see someone about them. Your doctor may be able to help, or see the 'help and advice' button on the main menu or visit our website.

As you grow older it isn't just your body that changes, you will probably have new feelings as well, sometime you have a crush on someone. This maybe a person you know or a famous person from television like a popstar.

Don't have sex with strangers, they may seem nice at first but if they aren't it may be too late to get away.

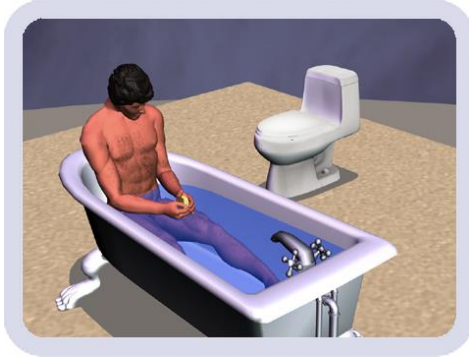


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# Hygiene



In hygiene we first see Bobby in the bath carefully washing himself, including his penis, with special attention to washing under his foreskin.

He also uses this opportunity to check himself, paying care and attention when examining himself.

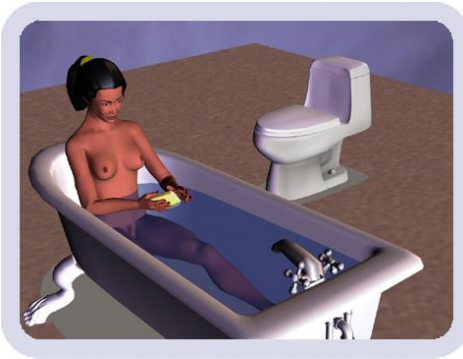


Drying properly is emphasised. Many young people experience difficulty finding enough privacy to look at their bodies. Bath time is a good time to do this.

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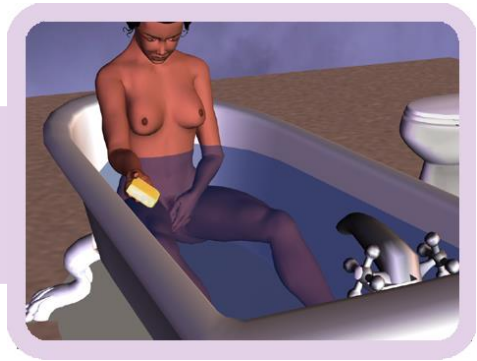


## Hygiene



Next we see Sonia in the bath carefully washing herself including her vagina, paying care and attention when examining herself.

She explains about being careful not to get soap inside her vagina.



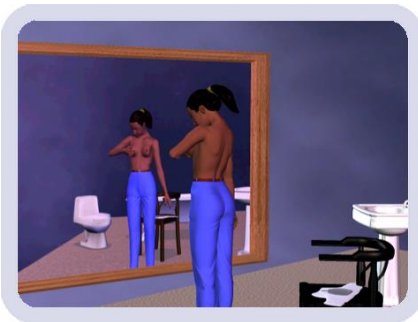
Drying properly is also highlighted. Many young people experience difficulty finding privacy to look at their bodies, bath time is a good time to do this.

## Self examination and privacy



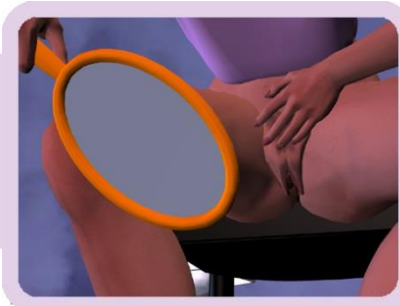
Bobby and Sonia explain about self examination, emphasising the importance of privacy from the beginning.

This is another subject that can cause a lot of embarrassment and young people are often reluctant to talk about it.



Single sex groups will help some young people feel more comfortable.

Discussion focused on the problems that can be prevented by regular self examination, can help emphasize the importance of an issue easy to overlook.



## Consent and unwanted sexual advances

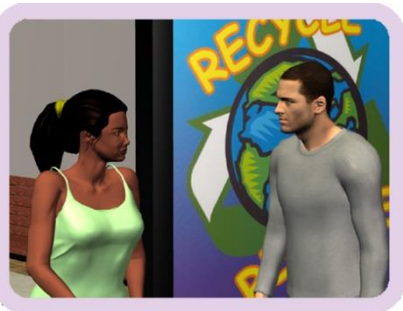


Sonia explains about consent and saying no.



Sonia explains about unwanted sexual advances and the right to say no. Knowing someone and trusting them is emphasised.

Sonia is shown waiting at a bus stop and being approached by a stranger. She says no clearly and leaves on a bus.



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## Consent and unwanted sexual advances



Sonia explains about consent and saying no.

She emphasises that we all have a right to say no and should do so unless we want to have sex with someone.



She explains that sex is for adults and to seek help and advice if you are having any problems or if someone is hassling you.

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## Gay and straight relationships



In this scene Bobby and Sonia explain about relationships, including homosexual or gay relationships.

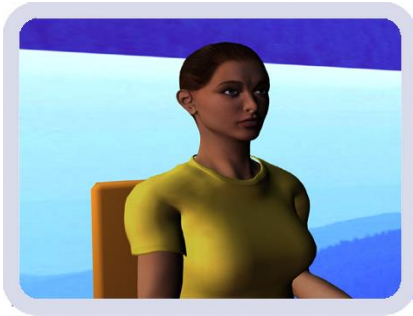
They introduce us to two gay couples, one male, one female, and emphasise trust and respect.



The importance of love, affection and consent in all relationships is explained.

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## Consent – yes and no



This part of the DVD looks at consent and the importance of understanding 'no'.

Bobby presents a situation where Josh asks Lynne out and accepts it when she says no.



Understanding consent is a key issue for all young people and confidential advice is an essential aid for resolving problems.

Please see the Help and Advice section at the back of this guide or visit our website, for details of some advice services.  
[www.lifesupportproductions.co.uk](http://www.lifesupportproductions.co.uk)



## Sex and attitudes



Bobby and Sonia talk about the importance of sex and the age of consent.

The need to seek help and advice is stressed, as is the importance of choosing the right people to talk to.

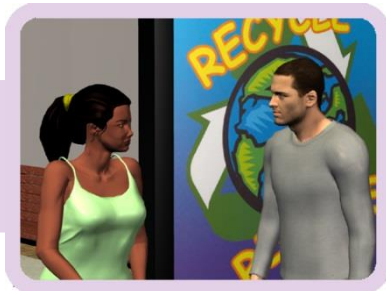


## Consent and unwanted sexual advances



Sonia explains about unwanted sexual advances and the right to say no. Knowing someone and trusting them is emphasised.

Sonia is shown waiting at a bus stop and being approached by a stranger. She says no clearly and leaves on a bus.



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# PREGNANCY

The 'Pregnancy' section is divided into two headings:

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Pregnancy and birth 20



## Menstruation and periods



First periods can be traumatic for young women and carers may wish to offer extra support and suggest other support organisations and helplines.

Sonia explains about sanitary towels and tampons and shows us how to use them. She also discusses how to dispose of used ones.



The value of using a diary to be organised, keeping track of periods and your menstrual cycle is explained.

Sonia discusses Pre Menstrual Syndrome (PMS) and encourages seeking help, advice and reassurance for any problems.



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## Pregnancy and birth



Sonia and Bobby explain about how a baby is made.

Bobby is shown asking Sonia if she would like to have sex.



They are then shown having sex.



Conception and pregnancy are discussed.

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## Having a baby

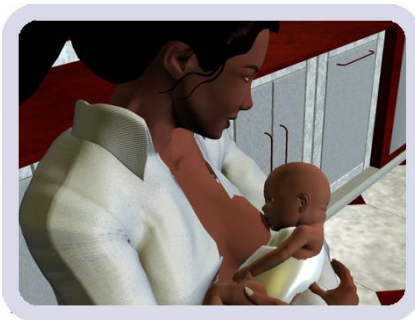


Sonia and Bobby go to the hospital for the birth.

They are shown in the hospital.



They are shown at home with their new baby.



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## Useful information

**More contacts and details at**  
**[www.lifesupportproductions.co.uk](http://www.lifesupportproductions.co.uk)**

**ChildLine call free – 0800 11 11**

**[www.childline.org.uk](http://www.childline.org.uk)**

ChildLine is the free helpline for children and young people in the UK. Children and young people can call them on **0800 1111** to talk about any problems.

You can call from any telephone, including phone boxes and mobiles. Simply dial **0800 1111**. The lines are very busy, so if you can't get through at first, do keep trying (sometimes it helps if you keep pressing redial).

Callers do not have to give their names.

Calls are free (including from mobiles) and your call won't show up on the next phone bill. ChildLine also have special text phone services – see their website for details.

**Respond – 0808 808 0700**

**[www.respond.org.uk](http://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.

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## **Family Planning Association (FPA)**

**[www.fpa.org.uk](http://www.fpa.org.uk)**

23-28 Penn Street

London N12 5DL

020 7608 5240

## **Women's Health Concern – 0845 123 2319**

**[www.womens-health-concern.org](http://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.

## **Brook**

**[www.brook.org.uk](http://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.

Brook has 40 years' experience of providing professional advice through specially trained doctors, nurses, counsellors, and outreach and information workers to over 200,000 young people each year.

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## **NSPCC 0808 800 5000 helpline**

**[www.nspcc.org.uk](http://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**.

## **Bullying UK – 0808 800 2222**

**[www.bullying.co.uk](http://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.

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