



Some resources suitable young people aged 12 - 18 on the topics of growing up, relationships and sex

4Girls: a below-the-bra guide to the female body, fpa (2004)

This companion booklet to 4Boys is for girls aged 12 to 16 and uses the same plain speaking style and full colour illustrations to explore physical changes and sexual development.

4Boys: a below-the-belt guide to the male body, fpa (2004)

fpa's full colour guide for young men ages 12 to 16 uses simple text and humorous illustrations to provide information on testicular self-examination, contraception, STIs and safer sex.

Abortion: just so you know, fpa (2005)

A full-colour and highly illustrated guide to current UK abortion law, aimed at young people ages 13 to 18.

A guide for young trans people in the UK, (2007), London: Department of Health

A booklet written by young trans people aged 15-22 about the experiences of young trans people.

Growing up, sex and relationships: a booklet for young disabled people, London: Contact a Family

A booklet aimed at physically disabled young people about sex and relationships but suitable for all young people. Available from www.cafamily.org.uk

Is everybody doing it? Your guide to contraception, fpa (2003)

Aimed at 13 to 17-year-olds, this 16 page booklet deals with peer pressure, the issues involved in starting a sexual relationship, going to a family planning or sexual health clinic, different contraceptive methods and STIs.

Is this love? fpa (2007)

Aimed at young people aged 14 and above, this is a pocket sized fold-out leaflet with illustrations and clear text designed to help young people identify, and protect against, abusive behaviour. The leaflet looks at caring behaviour and controlling behaviour, and provides contact details of organisations that can help victims and perpetrators of abuse.

Let's talk about puberty (2004), Edinburgh: Down's Syndrome Scotland

A booklet about growing up for young people who have a learning disability. Available from www.dsscotland.org.uk

Living with a willy by Nick Fisher (1994), London: Macmillan

Designed to be a frank, friendly and funny guide for boys. It explains the biological stages of puberty but with real incidents and examples of the feelings and everyday experiences that accompany growing up.

Love sex life, fpa (2006)

Aimed at young people aged 16 and above this booklet supports young people who want to explore all aspects of sex and relationships. Topics covered include getting to know your body, negotiating

relationships, good communication, contraception, abortion, sexually transmitted infections, staying safe and enjoying sex.

Love sex relationships, fpa (2005)

A leaflet with clear text and humorous comic style illustrations. Helps young people explore how they feel about their own sexuality, body image and relationships. Strong emphasis on developing self-belief and doing what's right for you. Information on safer sex and contraception. For 13 to 16 year olds.

Love S.T.I.ngs: a beginner's guide to sexually transmitted infections, fpa (2004)

Presented in a lively comic strip style for 14 to 18-year-olds, this booklet raises and answers young people's questions about STIs: their symptoms and long term effects, how they are treated and how they can be avoided. Above all it presents a reassuring picture of a sexual health clinic and the importance of a check up if someone is worried they have an STI.

Pregnancy: a young person's guide, fpa (2002)

This comic style booklet is aimed at 12 to 16-year-olds and covers reproduction, preparing for pregnancy, the development of the fetus and birth. It also describes the physical and emotional changes of pregnancy and the role men play in pregnancy and birth.

fpa resources listed above are available from **fpa direct**, tel: 0845 122 8600, www.fpa.org.uk

fpa produces a wide range of booklets and resources aimed at people of all ages. Those listed above are relevant particularly to young people aged 11 and under. For other resources aimed at teenagers and adults contact **fpa direct** for more information.

Resources not available through **fpa** are available as listed or from www.amazon.co.uk but some of the books listed above may also be available from your local library.

Useful websites for young people on the topics of growing up, relationships and sex.

www.avert.org.uk

Information about contraception, sex and relationships, abortion, sexual health and sexually transmitted infections.

www.brook.org.uk

Sex and relationships information for young people up to the age of 25.

www.childline.org.uk

Offers information and advice for children and adults about child abuse and child safety.

www.fpa.org.uk

Information about contraception, sex and relationships, abortion, sexual health, sexually transmitted infections.

www.likeitis.org.uk

A guide for teenagers on topics such as contraception, pregnancy and sexually transmitted infections.

www.mermaids.freeuk.com

Supports children and young people up to the age of 19 who are trying to cope with gender identity issues.

www.playingsafely.co.uk

A fun approach to sexually transmitted infections, offering you the chance to play the sex lottery... if you dare.

www.ruthinking.co.uk

Aimed at young people. It gives information about sex, relationships and sexual health.

www.thegyc.com

The gay youth corner is a website for LGBT youth which includes information and advice on coming out, forums and chat facilities.

www.there4me.com

This is a web-based service run by the NSPCC for teenagers. Teenagers can have online chats with NSPCC staff and post their problems to a message board.

www.ygm.org.uk

A website for young gay men from Terrence Higgins Trust. Contains information about health, coming out and the gay scene. Also gives information about how to find a local youth group.