

Set A: Me as an Individual (16 illustrations)

What I Can Do

Learning Outcome: for students to be aware of a range of different things they can do.

1 Picnic by the river, showing people doing a range of different things, eg running, kicking a ball, smiling, watching, playing, splashing, sitting, eating, listening, talking, hugging, reading, sleeping, drinking, painting, touching.



Body Differences

Learning Outcome: for students to be aware that they are all individual and different.

Note for the Educator: this illustration provides a good opportunity to clarify understanding of terms such as 'male' and 'female'.

2 A group of young people: male and female, tall and short, big and small, different ethnic origins, curly and straight hair, long and short hair, pretty and plain, disabled and able-bodied.

Understanding Emotions

Learning Outcome: for students to be aware of different facial expressions and be able to 'read' them.

Note for the Educator: these illustrations are primarily intended to help students identify emotions correctly – it is more important that students get close to the correct emotion than that they come up with the exact words that are used here.

Show each picture in turn and ask students how the person is feeling – it is not necessary for them to get it exactly right. You might follow this up with questions such as:

- Why do you think the person might be feeling like this?
- How can you tell?
- Do you sometimes feel like this?
- Would anyone like to tell us about a time when they felt like this?

3 Happy

10 Upset

4 Worried

11 Confused

5 Sad

12 Disgusted

6 Contented

13 Thoughtful

7 Excited

14 Proud

8 Angry

15 Embarrassed

9 Frightened

16 Surprised

Set B: Relationships with Others (77 illustrations)

Meeting and Greeting


Learning Outcome: for students to be aware of appropriate and inappropriate forms of greeting.

Note for the Educator: these illustrations lend themselves to role play in which students can practise meeting and greeting in different contexts.

17 A formal handshake between a young man and an adult woman when meeting for the first time.

18 A formal handshake between a young woman with a learning disability and an adult man; they are being introduced by a third person.

19 Two adult women meeting unexpectedly, and greeting each other with a touch on the arm.

20 Two adult men meeting, greeting each other with a slap on the back. 

21 Youthful mixed group of mates meeting and greeting with a wave and, "Hi!"

22 Two friends meeting and greeting each other with a peck on the cheek.

23 An adult man and a young woman meeting and greeting with a peck on the cheek.

24 A hug between an older man and woman.

25 A middle-aged couple greeting a younger woman with a hug.

26 An adult male and female kissing on the lips.

27 Two adult women kissing on the lips.

28 Two adult men kissing on the lips.

Looking After a Visitor

Learning Outcome: for students to be aware of how to take care of a visitor.

Note for the Educator: these illustrations lend themselves to role play in which students can practise looking after a visitor in different contexts.

29 Anna writes a letter of invitation to a visitor.

30 Receiving a response from the visitor.

31 Anna telephoning to invite a visitor.

32 Anna meeting the visitor.

33 Anna introducing herself.

34 Anna taking the visitor's coat and hanging it up.

35 Anna introducing the visitor to others.

36 Anna serving a drink to the visitor.

37 Anna talking to the visitor.

38 Anna taking the visitor on a guided tour.

39 Anna thanking the visitor for coming.

40 Anna saying goodbye to the visitor.

What is a Family?

Learning Outcome: for students to be aware of what a family is, different kinds of families and children's need to be cared for by parents or carers.

41 A woman on her own.

42 A nuclear family.

43 An elderly couple.

44 Two young men.

45 A large extended family.



46 Three young women.

47 A man and his children.

48 A woman and her grown-up daughter.

49 Two women and three children.

50 A young man and a young woman with a baby.

51 A woman with two children and a baby.

Conflict in Families

Learning Outcome: for students to be aware that families sometimes have disagreements and arguments, and to have some skills to handle conflict constructively.

Note for the Educator: this set of illustrations lends itself to role play in which students can practise dealing with familiar conflicts at home.

52 Mother showing horror at teenage daughter's hair, make-up and clothes.

53 Mother complaining about teenager's untidy bedroom.

54 Mother doing the washing up while teenagers watch television.

55 Teenage brother and sister are fighting in the living room.

56 Teenage boy arguing with his father about the time he should come in.

57 Father is angry with teenage daughter smoking in the living room.

58 Mother telling her son to switch off the computer.

59 Father refusing to give his daughter money for an evening out.

Good and Bad Touch

Learning Outcome: for students to know that touches may be good or bad, depending on circumstances; and to be aware of consent and their right to say no to unwanted touch.

Note for the Educator: these illustrations lend themselves to role play in which students can practise saying no to unwanted touch.

60 Young woman stroking another young woman's hair.

61 Two young women kissing.

62 Two young men kissing.

63 Girl biting another girl's arm.

64 Young man massaging another young man on the shoulders and neck.

65 Young man pinching another's arm.

66 Young woman slapping another on the cheek.

67 Boy pinching a girl on the leg.

68 Young man and young woman hugging.

69 Boy kicking another's legs.

70 Older girl tickling child in the ribs.

71 Young man and young woman dancing together.

72 Boy hitting another with a stick.

73 Girl scratching boy on the face.

74 Young man and young woman sitting close on a sofa.

75 Young woman touching a boy's knee.

76 Young man touching a girl's breast.

77 Young man pinching a girl's bottom.

78 Boy pinching a girl's bra strap.

79 Girl stroking a young man on the back of his neck.

80 Young man sniffing an older man.

81 Young woman touching an older person's face.

Good and Bad Touch between Adults and Children

Learning Outcome: for students to know that some kinds of touch are unacceptable; and to be aware of consent and their right to say no to unwanted touch.

Note for the Educator: these illustrations lend themselves to role play in which students can practise saying no to unwanted touch.

82 Adult male stroking a girl's hair.

83 Adult female hugging a young boy.

84 Adult female kissing a young girl.

85 Adult male massaging a young man's shoulders and neck.

86 Adult man rubbing up against a young man's body.

87 Adult male tickling a little girl
in the ribs.

88 Adult female dancing with
a young man.

89 Adult man cuddling a young boy
on the sofa.

90 Young boy kissing elderly woman.

91 Young man kissing a small girl.

92 Young woman encouraging a man to stroke her face.

93 Adult male encouraging a girl to touch his genitals.

Set C: Menstruation and Wet Dreams (28 illustrations)

Having a Period

Learning Outcome: for students to know how to handle menstruation with confidence.

94 Mixed group of girls and women, all of whom menstruate.

95 Young woman going to the toilet and finding blood on her knickers.

96 Young woman going to the toilet and finding a lot of blood on a sanitary pad.

97 Young woman going to the toilet and finding only a little blood on the sanitary pad.

98 Young woman asking for help from an adult carer.

99 Young woman getting sanitary protection from her bag.

100 Young woman getting a sanitary pad/tampon from a machine.

101 Young woman fitting a sanitary pad to her knickers.

102 Young woman inserting a tampon.

103 Young woman wrapping a soiled pad or tampon in a bag.

104 Young woman disposing of the bag in a bin.

105 Young woman flushing
the toilet.

106 Young woman washing
her hands in a basin.

107 Young woman showering.

108 Young woman
bathing.

109 Young woman washing
her genitals with soap
and a flannel.

Dealing with Period Pains

Learning Outcome: for students to be aware of ways to reduce period pains.

110 Exercise – Curl Up

111 Exercise – Body Stretch

112 Exercise – Body Rocking

113 Exercise – Stretching

Wet Dreams

Learning Outcome: for students to know about wet dreams and to deal with them appropriately.

114 Mixed group of boys and young men, most of whom will experience wet dreams.

115 Boy asleep in bed, dreaming.

116 Boy awake, and there is a damp patch on his shorts and on the sheet.

117 Boy tells his father/carer.

118 Boy airs the bed with covers turned back.

119 Boy changes the bedding.

120 Boy puts his shorts and dirty sheets in laundry bin.

121 Boy has a shower.

Set D: Sexual Health (18 illustrations)

Protection from Sexually Transmitted Infections

Learning Outcome: for students to be aware of Sexually Transmitted Infections (STIs), where to get help and how to keep safe from STIs.

Note to the Educator: in order that the illustrations in this set can be used flexibly and in a wide range of situations, they deliberately show Ben and a partner who could be either male or female. Depending on the circumstances in which you are teaching, you may wish to identify Chris as male or as female, or you may wish to ask the students what gender they think Chris is.

122 Ben and Chris are intending to have sex.

123 Ben remembers having sex with someone else.

124 Ben has a pain low down in his abdomen.

125 Ben has sores or spots around his penis.

126 Ben has a yellowy discharge on his pants.

127 Ben's genital area itches.

128 Ben telling a friend or carer that he may have a sexually transmitted infection.

129 Ben going to the GP.

130 Ben visiting a GUM clinic.

131 Ben taking Chris to the GUM clinic.

132 Ben just holding hands with Chris.

133 Ben and Chris preparing to have sex using a condom.

Protection from HIV Infection

Learning Outcome: for students to be aware of HIV infection, and how to keep safe from HIV.

134 Covering cuts or sores with a waterproof plaster.

135 Using gloves to clean up spilled body fluids.

136 Avoiding having more than one sexual partner.

137 Using a condom if you have sexual intercourse.

138 Finding safe alternatives to penetrative sex.

139 Never sharing drug-taking needles or equipment.

Set E: Pregnancy, Birth and Parenting (41 illustrations)

Reproduction

Learning Outcome: for students to understand the process of reproduction.

Note for the Educator: some students may find these illustrations confusing with the use of both external and internal images and detailed inset drawings. You will need to judge which illustrations are likely to be most helpful to students and whether you should use the version of the drawings with the inset removed.

140 A tiny egg and an even smaller sperm are needed to form a baby.

141 Eggs are made inside a woman's ovaries.

142 One egg is released each month.

143 The egg travels down the fallopian tube to the womb.

144 Sperms are made inside a man's body, and when he is sexually excited they travel down his penis and shoot out in a liquid called semen.

145 If a man has sexual intercourse with a woman, millions of sperms are deposited in her vagina.

146 Some of the tiny sperm swim towards the womb and into the fallopian tubes.

147 If a sperm meets an egg it will usually fertilise the egg.

148 The fertilised egg will probably settle in the womb.

149 The egg grows into a baby
– Stage 1.

150 The egg grows into a baby
– Stage 2.

151

The egg grows into a baby
– Stage 3.

Signs of Pregnancy

Learning Outcome: for students to be aware of the signs of pregnancy.

152 Dee's periods have stopped.

153 Dee buys a pregnancy testing kit.

154 Dee goes to the GP surgery or family planning clinic for a test.

155 In the early months of pregnancy Dee gets 'morning sickness'.

156 Dee's breasts get tender and enlarged.

157 Dee sometimes feels very tired.

158 Dee sometimes experiences mood swings.

159 Dee gains weight around her tummy.

160 Dee needs to urinate more often.

161 Dee finds that her food likes and dislikes have changed.

Care during Pregnancy

Learning Outcome: for students to be aware of how to take care of themselves when pregnant.

162 Dee is eating healthily.

163 Dee is taking exercise.

164 Dee is resting.

165 Dee says no to alcohol.

166 Dee is avoiding cigarettes.

167 Dee attends antenatal classes regularly.

Caring for Children

Learning Outcome: for students to be aware of the need for children to be cared for and the responsibilities of parenthood.

168 Children playing
in a park.

169 Feeding the family.

170 Comforting a child
who is hurt.

171 Helping a child to get
dressed.

172 Taking children to school.

173 Telling a child off for
drawing on the bedroom
wall.

174 Playing with
the children in
the garden.

175 Protecting children
from danger.

176 Having friends in
to play.

177 Praising and
encouraging a child.

178 Helping with homework.

179 Talking with
and listening to
children.

180 Reading to children.

Set F: Same-Gender Relationships (12 illustrations)

Gay Relationships

Learning Outcome: for students to understand that some people look for and form same-sex relationships, and to be aware of how to keep safe in same-sex relationships.

Note for the Educator: remember that there may be students in your group who identify as gay and they will particularly need these illustrations – it will be important that you feel comfortable with the illustrations and are confident to use them either one-to-one or in the group.

181 Ed and Frank coming out of a cinema after an evening out.

182 Ed and Frank kissing and cuddling on a sofa.

183 Ed and Frank undressing each other.

184 Ed and Frank kissing and caressing each other's naked bodies.

185 Ed and Frank using a condom and lubricant.

186 Ed and Frank
enjoying sex
together.

Lesbian Relationships

Learning Outcome: for students to understand that some people look for and form same-sex relationships, and to be aware of how to keep safe in same-sex relationships.

187 Gloria and Helen
coming out of a café.

188 Gloria and Helen
kissing and
cuddling on a sofa.

189 Gloria and Helen undressing
each other.

190 Gloria and Helen
kissing and
caressing each
other's naked
bodies.

191 Gloria and
Helen enjoying
sex together.

192 Gloria and Helen
getting a dental
dam out.