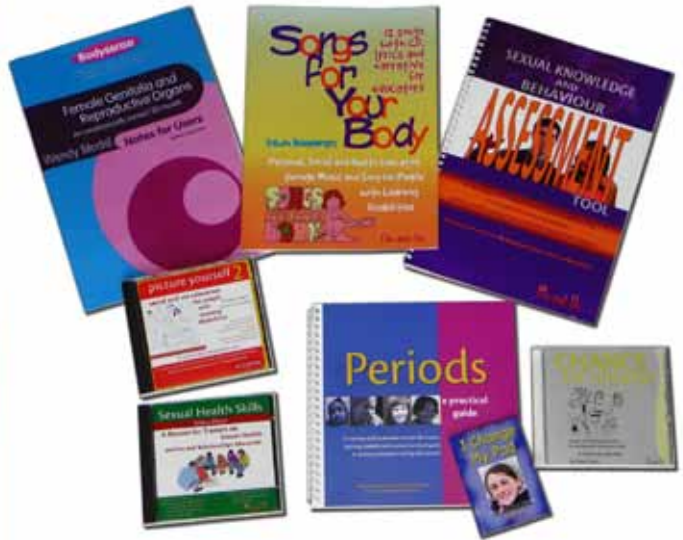


# BodySense

3D anatomically correct models and teaching resources enabling young people to develop relationships that bring them acceptance, love & pleasure

*See inside for new additions!*



## Catalogue 2016

Incorporating Me-and-Us publications



# BodySense



Bodysense was established in 2004 by The Revd Jane Fraser to create and make available innovative teaching resources that respond to the sex education needs of young people of all abilities. Bodysense is an ethically-based organisation whose aim is to produce 3D anatomically correct models that enable young people to develop relationships that bring them acceptance, love and pleasure.

Jane Fraser is responsible for the development and production of the Bodysense resources. Surplus from sales is reinvested towards the development of new products. Publications from other organisations are selected to complement work with Bodysense models and PHSE with young people with special needs.

## New to our 2016 Catalogue

Having received a number of enquiries about teaching personal care and hygiene, we are pleased now to include 'Songs for Your Body' by Edwin Humphries (see details on page 13). This tried and tested resource provides valuable support to carers of young people with learning disabilities in a variety of settings.

As we realise that the Wendy model (Female Genitalia and Reproductive Organs) is an ideal resource for teaching about Female Genital Mutilation (FGM), we have taken the opportunity to update and expand the extensive notes that accompany this resource (see page 8). There is now a whole section on FGM to assist professionals in both health and educational settings, including those working with people with disabilities. It is now mandatory for professionals to confront FGM and the Education Secretary has recommended that teachers raise awareness of the issues.

We continue to welcome enquiries about the suitability of resources to meet particular needs. Contact can be made either by email or telephone (see details below and on page 4).

## Value for money from Bodysense!

All the prices of resources in this catalogue represent excellent value for money. We've even been able to reduce the price of the sitting version of Daisy & Desmond! (see page 6) The cost of postage and packing is included in the prices when sent to UK addresses and we are not liable for VAT. All Bodysense models are sold at cost to maximise their availability. For guidance on how to order and methods of payment see page 18.

Bodysense, Revd Jane Fraser, The Campanile, Church Lane, Stoulton, Worcestershire  
WR7 4RE, UK tel: 01905 840266, email: [bodysense@revjane.demon.co.uk](mailto:bodysense@revjane.demon.co.uk)

[www.bodysense.org.uk](http://www.bodysense.org.uk)

# Training Courses and Consultancy

geared to the needs of your school or organisation

## BodySense

Jane Fraser has developed a range of courses for professionals including advisory teachers, school nurses, residential and day care staff, health educators and speech therapists. Jane runs courses in the use of

the models, based on her extensive experience as a qualified social worker working with young people and adults with disabilities and as an accredited trainer. She is a priest in the Church of England working as Minister in Secular Employment and served as faith adviser to the Teenage Pregnancy Unit's Independent Advisory Group. She is a member of the Sex Education Forum and has served on the Forum's Advisory Panel.

Jane offers training and consultancy in:

- using 3D models to assist in teaching personal and sexual relationships and social skills
- sexuality and young people and adults with disabilities
- the impact of abuse on people with disabilities
- the impact of bereavement on people with learning disabilities



Participants at a workshop on developing skills in using Daisy & Desmond to support PSHE curriculum

"Jane Fraser was an enthusiastic trainer – she knew her stuff about a sensitive issue and got the information and exercises over exceptionally well and with good humour. She makes any subject enjoyable."

"I feel empowered to go and deliver quality teaching and support within my school."

"I feel far more equipped now to use the models within my role in Primary Care."

"I can't wait to get back and look at buying our own models and get PSHE for children with learning disabilities a priority in school."

BodySense, Revd Jane Fraser, The Campanile, Church Lane, Stoulton,  
Worcestershire WR7 4RE, tel: 01905 840266, email: [training@revjane.demon.co.uk](mailto:training@revjane.demon.co.uk)

[www.bodysense.org.uk](http://www.bodysense.org.uk)

# SRE and Learning Disability

## DESMOND AND DAISY - STANDING VERSION

designed by Jane Fraser and Elaine Graham

Anatomically correct, half life-size, clothed, adult, male and female models for use with young people with learning difficulties, those with sensory disabilities or poor verbal communication or for whom English is a second language.

The models convey essential visual information about the human body and facilitate two-way communication. Within special needs education they support learning about the adult body, sexual behaviour and personal and sexual relationships. Extensive notes for users are included.

The models provide a means of distancing personal and sensitive topics through drama and storytelling. Their design is such that race and age are indeterminate. Features are naturalistic rather than stylised or doll-like to facilitate their use as teaching (rather than play) materials.

**see news of a project using all the Bodysense models in schools with young people of all abilities on [www.bodysense.org.uk](http://www.bodysense.org.uk)**

*“The class identified with the models straight away and it was rewarding to see how they engaged with them when Daisy and Desmond role-played protective behaviours.”*

*BodySense*



£400 for the pair of standing models (incl. p&p)



Daisy and Desmond can be used to create a role play or drama sequence about personal or intimate relationships.

# SRE and Learning Disability

## DESMOND AND DAISY - SITTING VERSION



The sitting version of Daisy & Desmond was developed in response to requests from teachers and health educators working with children and young people who are wheelchair users and who would not identify with standing models. The sitting version has realistic movements at the hips and knees while retaining the anatomically correct features of the standing models

Purchased with the model wheelchair a sitting model provides an ideal resource for teaching about the adult body and sexual relationships for young people with physical disabilities. It also facilitates drama and role play around personal and sexual relationships

**£450** for the pair of models that sit (inc p+p).

A pair made up of one standing and one sitting model costs **£425**

**Price reduction on sitting models! Further reduction if purchased with a wheelchair!**

One sitting model (either sex) and one wheelchair costs **£440** (save £10)

Buy one sitting model and one standing model and wheelchair for **£630** (save £20).

Buy a pair of sitting models with one wheelchair for **£650** (save £25)



# SRE and Learning Disability

## WHEELCHAIR

designed by Jake Fraser and Trevor Hilton

For use with the sitting version of Desmond and Daisy, to respond to the needs of those who are wheelchair users and who would not necessarily identify with standing models. The handcrafted wheelchair is scaled to the size of the models and is realistic in appearance, making it suitable for use with young people of all abilities. It is fully manoeuvrable and can be folded for storage and transport.



*BodySense*

One Wheelchair £225 (incl. p&p)

Buy a pair of sitting models with one wheelchair: **£650** (save £25)

Buy one standing and one sitting model with one wheelchair: **£630** (save £20)

“A small group of students had created a role play about seeking sexual health advice using Daisy and Desmond, with Desmond in the wheelchair. It just normalised the whole thing about sexual relationships and everyone’s access to services.”

## WENDY

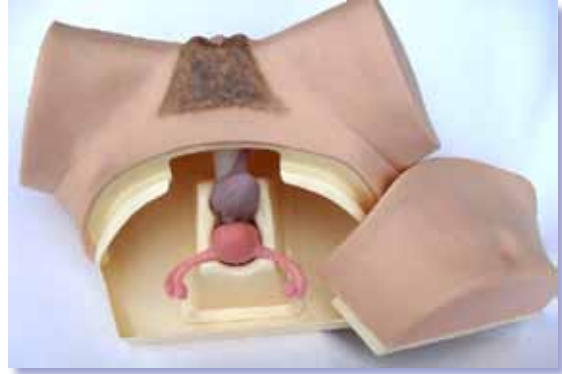
designed by Jane Fraser and Josephine Ewart

BodySense

### Female Genitalia and Reproductive Organs

An anatomically-correct 3D latex model with a removable front panel that reveals the internal reproductive organs in their correct location, each of which is removable for close examination. The model is available in a choice of skin colours: Caucasian, Middle-Eastern and Afro-Caribbean.

Thanks to a grant from the Teenage Pregnancy Unit and the Department of Health, this innovative and successful model has now been updated and revised to reflect improvements suggested by current users.



Wendy is suitable for use with young people of all abilities and both sexes. Wendy is a valuable resource in SRE programmes in schools and in clinic settings.

The Wendy model brings greater clarity and understanding than is possible with more traditional resources and offers a realistic visual presentation of the external female genitalia and their relationship to the internal

reproductive and urinary organs. In clinical settings it helps workers demonstrate and explain sexual health issues and clinic procedures.

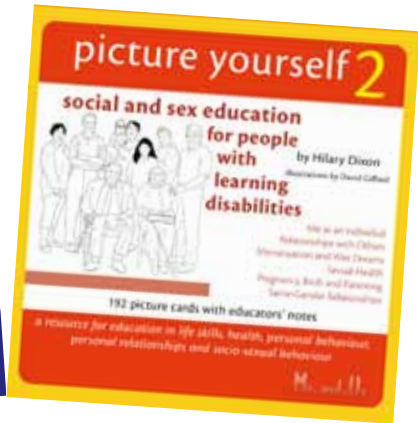
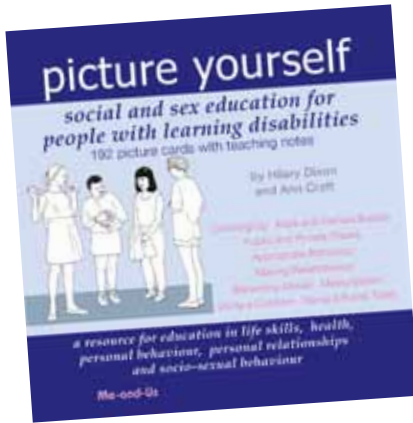
The Wendy model is also an invaluable resource for teaching about female genital mutilation - FGM. Updated and revised notes of guidance for users are included, with notes on teaching about FGM. These may be purchased separately for £10.

**£425** (incl. p&p) **see detailed descriptions on [www.bodysense.org.uk](http://www.bodysense.org.uk)**

*“You could see the scales dropping from their eyes when they realised how their internal organs linked with their genitals—and then they started asking lots of questions!”*



# SRE and Learning Disability



## PICTURE YOURSELF 1 (the original)

by Hilary Dixon and Ann Craft  
illustrations by David Gifford

To help students explore aspects of personal, social and sex education. 192 line drawings and photographs on CD on the themes of: growing up – public and private – making relationships – being private



**£15**

## PICTURE YOURSELF 2

by Hilary Dixon  
illustrations by David Gifford

To help students explore aspects of personal, social and sex education. 192 line drawings on CD on the themes of: me as an individual – relationships with others – puberty, menstruation and wet dreams – sexual health – pregnancy, birth and parenting – same-gender relationships



**£20**

Buy Picture Yourself and Picture Yourself 2 together

**£30**

# Periods



a practical  
guide

Book and CD to provide women and girls who have a learning disability with a practical visual guide to sanitary protection during their period.

includes a copy of *I Change My Pad*

Mai Rees, Charlotte Carter and Lindsay Myers  
Conwy & Denbighshire NHS Trust

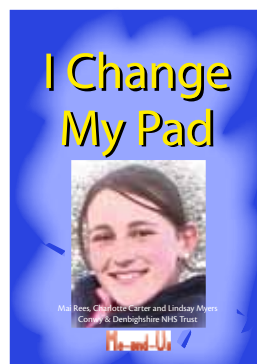
With photographs and images educators can show a woman how to deal with her periods. The language used is designed to be accessible to a person with a learning disability.

**£12**

## 32pp booklet, A7 size, **I Change My Pad**

Photographs, one per page, illustrate the times when a woman should change her pad; how to remove and throw away a soiled pad; how to put a fresh pad in place; with a reminder to wash hands.

This booklet complements *Periods—a Practical Guide* and is designed to be taken away by the student and kept in her purse or bag for reference. **£2.50** for a pack of 5



# CONDOM CARDS



Eleven line drawings by David Gifford, on cards 99mm × 105mm, showing how to use a condom, together with a guidance card.

For use by educators of people with learning disabilities or limited reading skills. The reverse side of each card has a sequence number and simple caption explaining the picture.

**£3.50** per set

## SRE and Learning Disability

# CHANCE *to choose*

by Hilary Dixon

73 activities in pdf format on CD  
on:

communication

body awareness

self-esteem

relationships

looking after me

being sexual

sexual health

pregnancy, birth and parenting



*Chance to Choose provides  
a safe introduction to SRE  
for educators who are new  
to the topic.*


# £7.50

**Me-and-Us**

## SRE and Learning Disability

# Songs For Your Body

12 songs on  
CD with  
lyrics and  
narrative  
for  
educators



Edwin Humphreys

Personal, Social and Health Education through Music  
and Song for People with Learning Disabilities

A CD of twelve songs written and sung by Edwin Humphreys. Edwin is a musician and mental health nurse. The Songs for Your Body project uses music and song to help someone with a learning disability remember a range of personal health issues from washing themselves, to disclosing abuse, to checking themselves for testicular cancer and going for a smear test.

Hear samples of all the songs on [www.me-and-us.co.uk/songsforyourbody](http://www.me-and-us.co.uk/songsforyourbody)

Me-and-Us

£7.50

[www.me-and-us.co.uk/songsforyourbody](http://www.me-and-us.co.uk/songsforyourbody)

SEXUAL KNOWLEDGE  
AND  
BEHAVIOUR

ASSESSMENT  
TOOL



for assessing levels of sexual knowledge and understanding  
of someone with a learning disability  
before and after a programme of sex and relationships education

Developed and written by **The Revd Jane Fraser**, edited by **Hilary Dixon**

Enables professionals to assess the existing level of  
knowledge and behaviour of a student and to:

- identify confusion or gaps in understanding
- plan an appropriate programme of teaching
- evaluate the impact of a completed SRE programme

Me-and-Us

£15

## SEXUAL HEALTH SKILLS



A Manual for Trainers on Sexual Health and Sex and Relationships Education  
**by Hilary Dixon**

The manual **on CD** includes:

- guidance for trainers on negotiating and planning training, creating a safe environment, managing groups effectively, how to end a course
- 39 practical activities on getting started, sexual health information, exploring values and attitudes, skills for sexual health, groupwork, sex and relationships education, endings
- models to explain theories and ideas that support sexual health training

**Me-and-Us**

**£12**

## ORDER FORM FOR BODYSENSE MODELS

Resource	Price	Number	Total
Desmond & Daisy standing version	£400.00		
Desmond & Daisy sitting version	£450.00		
Desmond & Daisy 1 standing 1 sitting (state which)	£425.00		
Wheelchair	£225.00		
Wendy: Female Genitalia and Reproductive Organs			
Skin colour: Caucasian	£425.00		
Middle-Eastern	£425.00		
African-Caribbean	£425.00		
Additional (revised) copies of the 'Notes for Users: Wendy Model'	£10.00		
<b>Total</b>			

Postage and packing (p&p) within the UK is included in the price of these items. The additional cost of posting overseas is added to the invoice.

Your order number

Name

Tel no

Job Title

Email

Organisation

Invoice address

Delivery address if different

Postcode

Invoice on UK Orders will be issued with goods

Please send to: Bodysense, The Campanile, Church Lane, Stoulton, Worcester  
WR7 4RE Tel: 01905 840266 Email: [bodysense@revjane.demon.co.uk](mailto:bodysense@revjane.demon.co.uk)



## ORDER FORM FOR PUBLICATIONS

Resource	Price	Number	Total
Picture Yourself (original)	£15.00		
Picture Yourself 2	£20.00		
Picture Yourself 1 & 2 together	£30.00		
Periods—a Practical Guide (Including purse book)	£12.00		
I Change My Pad (purse book)      Pack of 5	£2.50		
Condom Cards (per set)	£3.50		
Chance to Choose (CD)	£7.50		
Sexual Knowledge & Behaviour (Assessment Tool)	£15.00		
Songs For Your Body	£7.50		
Sexual Health Skills	£12.00		
DISCOUNTS ARE AVAILABLE ON MULTIPLE COPIES <b>Total</b>			

**NB** Postage and packing (p&p) within the UK is included in the price of these items. The additional cost of posting overseas is added to the invoice.

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 WR7 4RE    Tel: 01905 840266      Email: bodysense@revjane.demon.co.uk

# HOW TO ORDER FROM BODYSENSE

## Within the UK

All UK orders are despatched with an invoice enclosed for payment within 28 days and, as a not-for-profit organisation, we rely on purchasers paying promptly to cut down on costs. However, we also welcome payment with orders.

- **From the website ([www.bodysense.org.uk](http://www.bodysense.org.uk))**

You will find the order form on the final page of the website. This can be downloaded and your ordering information added to it and emailed to us at [bodysense@revjane.demon.co.uk](mailto:bodysense@revjane.demon.co.uk)

- **From the catalogue**

Detach the relevant order form, complete it with your requirements and either scan it and email it to us at [bodysense@revjane.demon.co.uk](mailto:bodysense@revjane.demon.co.uk) or post it to us at Bodysense, The Campanile, Church Lane, Stoulton, Worcester WR7 4RE

- **Using your school, local authority, health authority or agency's official order form**

Complete your requirements on the order form including your order number and all the information within the Bodysense order form. It is important to include an email address that we can use to contact you if we need to query anything. Our couriers also require a telephone number they can use if there are problems with delivery.

## Orders from the European Union or other countries

We welcome orders from abroad, using any of the above forms. However, as a not-for-profit organisation, we need to cover the additional costs of sending goods abroad and the cost of converting from other currencies. We will therefore issue you with a proforma invoice giving prices in your currency and the additional cost of despatching the goods to you. In order to cut down on the possibility of fraud (yes, it can happen!) we must ask for payment in advance.

## HOW TO PAY

### Payment for UK orders

- **By cheque**

Cheques should be made out to Bodysense T/A Rev J A Fraser

- **By BACS transfer**

The relevant bank account details are to be found on your invoice.

- **By PayPal**

The relevant account details are to be found on your invoice.

### Payment for overseas orders

- **By PayPal**

The relevant account details are to be found on your pro-forma invoice.

- **By IBAN transfer**

The relevant bank account details are to be found on your invoice.



*BodySense*

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