Using our expertise, we have created a range of resources for young people and all those who work with young people. We make sure young people's needs, voices, views and perspectives are at the heart of all our publications and training.

Whether you work in health or health promotion, education, care, or youth and community work – this catalogue has resources to help your work and support the young people you work with.

Who uses our publications?
All professionals working with or for young people!

These include:
- doctors, practice and school nurses
- health promotion specialists
- counsellors
- teachers and support staff
- student advice staff and services
- Personal Social Health and Economic (PSHE) education and Sex and Relationships Education (SRE) specialists
- parents and carers
- education outreach workers and youth and community workers.

Can I buy resources online?
This catalogue shows you our full range of resources. You can also view the range at www.brook.org.uk/shop.

If you have any enquiries regarding Brook resources, contact us at publications@brook.org.uk
Ask Brook about relationships, safety and risks

This fantastic new booklet offers insight, signposting and support around the everyday risks young people face as they navigate the worlds of social media, the internet and their own social lives; at home, in education, and when out and about.

The booklet gives an overview of a wide range of potential issues; including “sexting”, sexual bullying, pornography and unhealthy relationships.

Crucially, it offers relevant information and tips for staying safe as well as details of where young people can go if they need help, support and advice.

Ask Brook about relationships, safety and risks is a brand new addition to the pocket-sized A6 Ask Brook booklet range. It is aimed at 14+ young people and an extremely useful tool to all professionals working with youth groups and young people.

£20 for 50 copies. Code: E11

Abortion: decisions and dilemmas

Making its debut on the Brook shop, Education For Choice’s resource Abortion: decisions and dilemmas has been a popular choice for teachers and youth workers since it was first published in 2004. It has recently been updated and redesigned, making it a user friendly and exceptionally helpful education tool for group work with young people in a variety of settings.

The workbook is an essential Sex and Relationships Education (SRE) resource that places abortion firmly within the continuum of choices and decisions that might lead to and arise from unintended pregnancy. Abortion: decisions and dilemmas contains practical lesson plans, exercises and fact sheets to enable teachers to provide lessons that explore complex issues in a safe and thought provoking way.

There are also exercises and lessons plans for those teaching about abortion in a Religious Studies or Citizenship lesson.

£25 per copy. Code: EFC2

Ask Brook about contraception after having a baby

Contraception may not be anyone’s first thought when they’ve just had a baby, but it’s important young people know and understand their contraception options if they want to avoid or delay getting pregnant again.

Newly updated for 2013 to include the most recent advice and information on contraception following pregnancy. It is an essential resource for any maternity unit as well as any professionals dealing with young people, potential or expectant mothers, or maternity patients and their partners.

Ask Brook about contraception after having a baby is part of the pocket-sized A6 Ask Brook booklet range. Aimed at ages 14+.

£20 for 50 copies. Code: E7
This highly acclaimed safeguarding training uses a tool to support professionals working with children and young people to identify, assess and respond appropriately to sexual behaviours.

It uses a ‘traffic light’ system of GREEN, AMBER and RED to:

- categorise sexual behaviours
- increase understanding of healthy sexual development
- distinguish this from harmful behaviour.

Professionals working across all agencies have a responsibility to have clear conversations on sexual behaviour. There is often a lack of confidence in responding to behaviours, and providing training to staff is critical for identifying safeguarding issues early.

With 50 years of working with young people, our extremely professional educators bring their expertise and the influence of young people to all our courses.

Examples of our training are highlighted below. To find out more visit www.brook.org.uk/training or to commission a course email training@brook.org.uk.

The tool is available online at www.brook.org.uk/traffic-lights, accompanied by guidance and example scenarios. The accompanying poster is free for all training attendees or available to buy for £1.25 per copy (min 5 copies.)

Brook has extensive experience of having these difficult conversations with young people and professionals. This highly evaluated tool provides the basis for innovative training, offering tangible skills and knowledge.

To commission a trainer or to book an individual place on an open course on this or TEASE, our two day programme for professionals working with young people involved in or at risk of sexual exploitation, email training@brook.org.uk.

**SEXUAL BEHAVIOURS TRAFFIC LIGHT TOOL**

**BiteSize Brook**

BiteSize Brook is an education event for young people that delivers up-to-date, accurate information about sexual health and creates opportunities for them to engage in learning that is relevant and transferable to their lives.

It is designed to work with approximately 100 young people at a time, so has the capacity to cater for a whole year group, meaning it is ideal for secondary schools and colleges.

While BiteSize Brook is a large event, within it young people work in smaller groups of 12-15 to explore:

- the reasons people have sex and developing delay strategies
- knowledge about contraception, condom use and STIs
- body image, sexuality and the impact of homophobia
- barriers to accessing services and how to overcome these.

**Abortion: decisions and dilemmas**

Abortion is an important and necessary choice. This course enables participants to develop a deeper understanding of the issues, to identify good practice and to gain confidence in being able to talk to young people about pregnancy and abortion.

It covers:

- key policies relating to young people, abortion, confidentiality and the law
- a range of exercises to facilitate discussion of abortion with young people in group work
- practical ways of supporting a young person to make an informed decision about pregnancy.

**LADvice**

Many boys and young men don’t use a sexual health service, missing out on advice and support. They sometimes can’t see the relevance to their lives when discussing female pills and hormones, but if they are learning about condom use to increase their safety, pleasure and confidence levels, you have their attention!

This course covers:

- identifying boys and young men’s needs in Sex and Relationships Education
- practical ideas for working with boys and young men
- activities for teaching key aspects of SRE in an appropriate format to appeal to boys and young men.
Looking ahead

These popular leaflets help children understand what becoming a teenager is like; what physical changes happen during puberty and how to cope with them. These leaflets include annotated drawings of a boy and a girl, each standing naked in front of a mirror looking at an older reflection of themselves – clearly illustrating the changes they will experience during puberty.

Both leaflets have the same information, the difference being the girl’s leaflet has the girl on the front and the boy on the back, and vice versa.

These leaflets have been evaluated in classroom settings and by parents at home. These leaflets are also an effective way of helping girls and boys learn about changes in each other.

Target audience: 9–11

Code: A19B boys
A19G girls

Ask Brook

Each Ask Brook booklet is designed to be used by young people either in a group setting or by themselves, and provides key information including advice on contraception, emergency contraception, sexually transmitted infections, and how to access sexual health services.

Target audience: 14+

‘Growing up and keeping safe’
KS1 and KS2 on page 20

Ask Brook about sexually transmitted infections  Code: E1
Ask Brook about contraception  Code: E2
Ask Brook about condoms  Code: E3
Ask Brook about emergency contraception  Code: E4
Ask Brook about abortion  Code: E5
Ask Brook about chlamydia  Code: E6
Ask Brook about contraception after having a baby  Code: E7
Ask Brook about LARC  Code: E8
Ask Brook about sex and alcohol  Code: E9
Ask Brook about sexuality  Code: E10
Ask Brook about relationship, safety and risks  Code: E11

To order now: 0870 750 3082 www.brook.org.uk/shop
**RESOURCES FOR YOUNG PEOPLE / Age 13 and over**

**Roll with it!**

This leaflet helps young people learn how to use condoms correctly and which types to choose for different reasons. It develops confidence and understanding about condom use. It is designed with a high visual content and comic strip style to have a strong appeal to young people.

Target audience: 13–16

Code: A41

**Sex, contraception, relationships and choice**

This innovative leaflet has been developed and designed in collaboration with young people. It is small enough to be stored in a purse or wallet, and provides an introduction to sex, contraception, relationships and choices in an original and engaging way.

Target audience: 14+

Code: A53

**Learn your LGBT ABC**

LGBT means “Lesbian, Gay, Bisexual, Trans*” but there are so many different terms people use for sexuality and gender, it can get confusing.

This booklet comprehensively covers a whole alphabet of terms for sexuality and gender. It aims to show that people don’t have to fit into a specific ‘box’. It is the only LGBT information source of its kind, written for young people, by young people.

Target audience: 14+

Code: A56

*The asterisk is often added to trans to show that it is an umbrella term which includes all types of trans identities

**Relationships and you**

This magazine style publication helps young people understand their feelings, decide whether they are ready for a relationship, and, if so, what sort of relationship they want. It uses a self-assessment questionnaire and everyday scenarios familiar to young people to present information about personal relationships, contraception and how to avoid sexually transmitted infections.

Target audience: 13+

Code: A51

**To order now:** 0870 750 3082  www.brook.org.uk/shop
Sexual Behaviours Traffic Light Tool

This ‘Traffic Light Tool’ forms part of a resource designed to help professionals who work with children and young people to identify, assess and respond appropriately to sexual behaviours. It uses a ‘traffic light’ system of GREEN, AMBER and RED.

This poster must be used within the context of the guidance provided at www.brook.org.uk/traffic-lights and should not be used in isolation.

The tool also forms the basis of innovative ‘Traffic Light Tool’ training, available from Brook; offering tangible skills and knowledge. For more information, see page 6.

Code: P31

Have fun, be careful: staircase

This poster encourages young people to be aware of the increased likelihood of risky sexual behaviour if they drink too much.

Code: P15

Have fun, be careful: festive

This poster is fun. It is designed to be used around the Christmas and New Year period when teenage pregnancy and sexually transmitted infection rates increase around the party season. The poster has space at the bottom for any information you’d like to add about local services or contact details.

Code: P26

Have fun, be careful: glitterball

This upbeat and positive poster emphasises the ‘good sex, safe sex’ message and is designed to highlight to young people their increased likelihood of risk taking behaviour when they are out at parties, bars and nightclubs.

Code: P14

Spermcatcher

We collaborated with young people on the design of this colourful poster which promotes condom use in a fun and engaging way.

Code: P7
Big issues don’t have to be a big deal. Brook young volunteers highlighted body image and virginity as key concerns amongst young people. They developed these posters to illustrate the issues. Posters cost just £1.25 each. All posters can be bought on a ‘pick and mix’ basis (a minimum of 5 posters per purchase.)

**Big Issues: melon**

Body worries don’t have to be big scary subjects. Breasts come in all shapes and sizes and it is common to have one larger than the other. Everyone’s body is different and everyone goes through puberty at different times and speeds, so there’s no need to compare yourself to other people.

Code: P19

**Big Issues: cherry**

This poster is a fun way to remind young people there’s no hurry. Sometimes it can feel like sex is everywhere. Research shows that most people wait until they are 16, which is the legal age for consent. This poster gives a clear message that there is nothing wrong with being a virgin as everyone has been one.

Code: P20

**Big Issues: banana**

Puberty can be a worrying time for young people. Using bananas, this humorous poster lets boys and young men know whatever the shape and size of their penis, it’s fine just the way it is.

Code: P18

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**It’s your choice: baby’s bottle**

The it’s your choice posters give a strong and direct message to young people about the risk of unplanned pregnancy if they do not use contraception. The baby’s bottle poster is a strong visual reminder of this.

Code: P6

**It’s your choice: contraception after abortion**

The it’s your choice pregnancy test poster specifically informs young women that it is possible to get pregnant even just a week after an abortion.

Code: P4

**Believe it or not**

This poster reminds young women how easy it is to get pregnant immediately after having a baby. The poster directs young women to contraception services, while the strong visual image reinforces the message that it’s never too early to think about contraception after having a baby.

Code: P2

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Big issues don’t have to be a big deal. Brook young volunteers highlighted body image and virginity as key concerns amongst young people. They developed these posters to illustrate the issues. Posters cost just £1.25 each. All posters can be bought on a ‘pick and mix’ basis (a minimum of 5 posters per purchase.)
Living your life

This comprehensive and essential publication is for those working with young people with special educational needs and learning difficulties. Following extensive input from student and staff user groups, it helps teachers and youth workers design, deliver and evaluate a programme of Sex and Relationships Education for students. It includes seven modules covering group-building, the physical self, emotions, relationships, sexual expression, public and private, being healthy and staying safe.

Code: A55

Let’s Do It

Let’s Do It includes 80 creative activities for Sex and Relationships Education (SRE) for young people with learning disabilities, using group work, games, drama, visual images and props to make learning fun and effective. It is arranged in eight chapters covering: group building, body parts, gender, public and private, feelings, relationships, life-cycle, and developing skills. The resource employs a range of methods suitable for 11 to 25 year olds, with examples of how to adapt the activities for different groups’ needs, abilities and ages.

Code: EX1

Let’s Plan It

A detailed planning guide to creating programmes of Sex and Relationships Education (SRE) for young people aged 11 to 25 with learning disabilities. It is a companion resource to Let’s Plan It and contains curriculum maps, schemes of work, assessment formats, nine full SRE programmes, weekly session plans and 26 new activities. Includes work on relationships, sexual activity, contraception and sexual health.

Code: EX2

The Confidence Factor

A creative, practical resource (developed by Image in Action) for use with pupils aged 11 to 16 with special educational needs such as moderate learning disabilities or autism spectrum disorders to help them navigate their world of social relationships and peer interaction. Fun and creative ways to develop social and communication skills through group work and to learn about growing up, assertion, friendship, relationships and sexual health.

Code: EX6
Drunk in charge of a body II

This teaching resource provides flexible learning packages that can be modified to suit different groups of young people at different stages of development.

For use in schools and youth groups, it prompts active discussion and participatory learning about alcohol and its effect on personal and sexual relationships, and increases awareness of the positive and negative influences of alcohol.

Cultural values and attitudes, risk-taking behaviour, conflict resolution, the development of skills in decision-making, communication and assertiveness are all explored.

Target audience: 13+

Code: D1

Sexplanation!

The National Youth Agency worked with Brook to update its hugely popular youth work resource, the Grapevine Game. Given a 21st century makeover and re-titled Sexplanation! it has a board game format which has been shown to encourage honest, frank and informative discussions around sex and relationships.

Code: G1

Brook has a range of short, simple online games used to illustrate sexual health topics in a fun way! Visit www.brook.org.uk/more

Sexual health outreach: Why, what and how

This is a national guidance on sexual health outreach work. It sets out the policy context, government strategies and targets, and the practical information needed by commissioners and service providers to develop excellent local outreach services.

Full of case studies of good practice and informed by an extensive consultation process with professionals and young people, this guide is a must-have for all those seeking to develop their outreach work.

Code: A52
Growing up and keeping safe
Sense Interactive CDs produce exciting and innovative educational PSHE resources. These CDs are produced by Sense Interactive CDs in association with the National Children’s Bureau and NSPCC.

The Key Stage 1 CD helps teachers, parents and carers talk to young children about everyday issues such as staying safe, bullying, and keeping fit. The resource, which combines cartoon characters with film of real primary school children discussing everyday problems, has an accompanying booklet.

The Key Stage 2 CD follows a group of illustrated characters through different real-life scenarios including internet safety, puberty and bullying. It also contains a series of thought-provoking and educational interviews with children.

These CDs are available with unlimited use and come complete with lesson ideas.

Code: EX5 Key Stage 1
EX3 Key Stage 2

Sex and relationships
Developed with the National Children’s Bureau, this innovative CD for Key Stages 3 and 4 responds to the explicit needs of young people and those who work with them. Sex and relationships comes with a teachers’ support manual, designed to provide comprehensive and effective support and learning opportunities as part of PSHE and Citizenship.

The CD can be used with small groups on individual computers or with larger groups via a whiteboard.

Code: EX4

You get:
CDs with real-life scenarios with cartoon characters and real people. Accompanied by supporting literature

£125

With unlimited use licence

Young men, sex and pregnancy
This resource is the culmination of years of research and consultation by two of the UK’s leaders in work with boys and young men, Simon Blake and Trefor Lloyd. It helps practitioners gain a deeper understanding of the best approaches, and outlines the ideas and techniques that work when providing services for boys and young men, backed up by real-life case studies that demonstrate proven results. This resource recognises the distinct needs of boys and young men, and keeps in mind the key question, “What’s in it for the boys?”

Code: A54

You get:
30 page A4 guidance book, including examples of best practice

£20

Customers working with boys and young men also bought...
‘Ask Brook about condoms’ on page 9 and ‘Roll with it’ on page 10
‘LADvice training’ on page 7
‘Looking ahead - boys and girls’ on page 8

‘Keeps in mind the key question, “What’s in it for the boys?”’

To order now: 0870 750 3082 www.brook.org.uk/shop

Customers working with under 13s also bought...

‘Looking ahead - boys and girls’ on page 8

To order now: 0870 750 3082 www.brook.org.uk/shop
Unexpecting – DVD and Teaching Pack

Unexpecting is a DVD featuring two films (one dramatic and one a video diary set) that examine issues around teenage pregnancy, parenthood, and abortion. The films follow two friends as they grapple with unintended pregnancy, each reaching her own, informed choice. The DVD comes with teaching notes featuring lesson plans, worksheets, and extension activities for use in both PSHE education and Religious Studies.

You get: One DVD with two films

£17

Abortion: decisions and dilemmas

This workbook is an essential Sex and Relationships Education resource that places abortion firmly within the continuum of choices and decisions that might lead to and arise from unintended pregnancy. It contains practical lesson plans, exercises and fact sheets to enable teachers to explore complex issues in a safe and thought-provoking way.

You get: 92 page, A4 spiral bound, colour resource with photocopiable lesson plans, exercises and factsheets

£25

Best Practice Toolkit: Abortion Education

This toolkit aims to help educators to understand the aims and principles of best practice in abortion education. It provides a rationale, framework and guidance for providing good quality abortion education.

You get: 16 page, A4 colour booklet

£4.50

Best Practice Toolkit: Pregnancy decision-making support for teenagers

This toolkit aims to help practitioners to understand and implement best practice in pregnancy decision-making support. It provides a rationale for good quality support, practical ideas about how to support a pregnancy decision, as well as helpful links, checklists and information.

You get: 16 page, A4 colour booklet

£4.50

Abortion and Religion factsheet

This factsheet looks at the questions that abortion raises for people of different faiths.

You get: 10 copies of a 4 page A4 document

£6

Abortion FAQs

A four page fact sheet answering the most common questions young people ask us every day.

You get: 10 copies of a 4 page A4 document

£6

Pregnant: what now? Choosing what’s best for you

A workbook for pregnant young women and their partners to facilitate their consideration of how each pregnancy option (parenthood, abortion and adoption) would fit into their lives. For use by young people with the help of a trusted professional.

You get: 24 page booklets page A4 document. Min order: 2 x copies

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<td>Toolkit: Abortion Education</td>
<td>£4.50</td>
<td>EFC8</td>
<td>22</td>
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<td>Training courses</td>
<td></td>
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<td>6,7</td>
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<td>Traffic Light Tool poster</td>
<td>£1.25 (min 5 posters)</td>
<td>P31</td>
<td>12</td>
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<tr>
<td>Unexpecting – DVD and Teaching Pack</td>
<td>£17</td>
<td>EFC1</td>
<td>23</td>
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<td>Young men, sex and pregnancy</td>
<td>£20</td>
<td>A54</td>
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Brook has teamed up with Fink – the family conversation card company to create Fink **Sex & Relationships Matter Conversation Cards**.

Fink Cards launched in 2008 to help families have great conversations and to help young people become confident communicators.

The Fink **Sex & Relationships Matter Conversation Cards** help families and those working with young people start empowering conversations about relationships and sex by providing 48 top questions. Using these cards offers an opportunity for young people to think about issues and hear different perspectives and views. The conversation allows them to contribute their own experience and opinions, and feel listened to.