



Online Media Links

Third/Fourth and Senior Level

When preparing to deliver activities described in the RSHP curriculum resource, please ensure local network connections allow access to the recommended media links. This document provides a list of referenced weblinks. Where necessary, please share this list with your local network facilitator to ensure the websites are whitelisted for use in your setting.

When using any material on platforms such as YouTube, it is a good idea to prepare the clip so that any advert/promotion has played/ended before the clip begins.

Third/Fourth Level

To begin:

Body image

- Everyone wants to look like someone else: Why? https://youtu.be/L6isTxQ_j_U (duration 46 seconds)
- Selfie: <https://www.youtube.com/watch?v=sQS9pymkLiU> (duration 1 minute 12)
- Being Me: A Newsround Special (14 minutes 36 seconds) <https://www.bbc.co.uk/newsround/32131619>
- Bodies: Different shapes and sizes All Beautiful: https://youtu.be/Fcy_VQZG5Dg (1 minute 53) published by amaze.org
- Jameela Jamil on Channel Four news (from start to 4 minutes 10 seconds) <https://youtu.be/BXzO0z6fmhl>
- I Weigh campaign. More here: https://www.instagram.com/i_weigh/
- BBC Newsround <https://www.bbc.co.uk/newsround/46311187> (45 seconds)
- Building your body image and self-esteem: advice for friends/recording prop
- Be the Change short films: Megan <https://youtu.be/byBGUzKgXXc> (2 minutes 5 seconds) Levi <https://youtu.be/2yTn7UvpUoQ> (2 minutes 2 seconds) Mikhaila https://youtu.be/V_hd9vA3MbE (1 minute 59 seconds)

Boys Girls and Stereotypes

- *Man up means...* <https://youtu.be/lZyHCT-hdNs> (duration 47 seconds)
- My friend is transgender (4 minutes 25) an animation by K. Kypers for amaze.org <https://youtu.be/9DO7wSU1tCA>

Consent

- Ask. Listen. Respect. film (1 Minute 11) <https://youtu.be/n6X5I7xoxEY>
- First Kiss and Showing Affection from amaze.org (duration 2 minutes 44) <https://youtu.be/VDaFzW-fNLc>

- Consent Explained from amaze.org (duration 1 minutes 47)
<https://youtu.be/5vmsfhw-czA>

Emotional wellbeing

- Sad and happy: Feelings happen (5 minutes 8) <https://youtu.be/Ocj0gyZwL5Y> by amaze.org
- I'm Fine <https://youtu.be/1vlsAa0vCaQ> (duration 3 minutes 23)
- The Power of Okay <https://youtu.be/3szHcffKtTY> (duration 40 seconds)
- *It's okay* SeeMe Scotland resources
<https://www.seemescotland.org/resources/campaign-resources/its-okay/>

My body now

- Male anatomy (3 minutes 21) published by amaze.org
<https://youtu.be/G2ciOhidKpg>
- Female anatomy (2 minutes) published by amaze.org
<https://youtu.be/j9QgcCK6FKM>
- *Puberty in girls: Boobs and more* (duration 3 minutes 8) published by amaze.org
<https://youtu.be/umpBnlxOqy8>
- *Top signs boys are in puberty* (duration 3 minutes 24) published by amaze.org
<https://youtu.be/onggxBVI4qw>
- *Going through puberty changes* <https://youtu.be/reC8CV8NF5Q>
- Menstruation what to expect (duration 3 minutes 18) by amaze.org
<https://youtu.be/DBe7-PHRav8>
- Period hygiene: Tampons, Pads and Menstrual Cups (duration 2 minutes 9) by amaze.org <https://youtu.be/kmWbOC8Fbb0>
- Talking periods <https://youtu.be/ypMyHOW1trs> (duration 4 minutes 2 seconds) (part of <https://www.lil-lets.co.uk/school-programme>)
- ChildLine information: <https://www.childline.org.uk/info-advice/you-your-body/puberty/periods/>
- Hey Girls <https://www.heygirls.co.uk/>

Masturbation

- *Masturbation: totally normal* (1 minute 48) by amaze.org
<https://youtu.be/TK48R722jyA>
- *What is a wet dream?* (duration 1 minute 47) by amaze.org
https://youtu.be/uotzoDDRW_s
- *Boys change too* <https://youtu.be/nJtt7k0aiAA> (duration 4 minutes 59) part of <https://www.lil-lets.co.uk/school-programme>

Pornography

- *Porn: Fact or Fiction* animation from amaze.org (duration 1 minute 58 seconds)
<https://youtu.be/GdB2rmGqqNU>

Sexual Intercourse

- *Virginity* animated short film from amaze.org (duration 2 minutes 33)
<https://youtu.be/W7jhGB63TPo>

- *Are you ready to have sex?* From amaze.org (duration 3 minutes 20)
<https://youtu.be/LV5IoN-Hds0>

Social Media (1)

- *Trouser Boy* (duration 2 minutes 9 seconds): <https://vimeo.com/231619730>
- *Promise* (duration 2 minutes 36) from PDST Technology in Education on Vimeo at <https://vimeo.com/58617678>
- *For Your Eyes Only* (duration 2 minutes 33) from PDST Technology in Education on Vimeo at <https://vimeo.com/154302864>
- *Just For Fun* (duration 3 minutes 16) from PDST Technology in Education on Vimeo at <https://vimeo.com/160080883>
- *Forever* (duration 1 minute 51) from PDST Technology in Education on Vimeo at <https://vimeo.com/154299804>

Progression 1:

Abuse and relationships

- *Online grooming* <https://youtu.be/47ficaYb2wk> (duration 5 minutes 26)
- *What happens when you contact Childline?* <https://youtu.be/rARrprkysqQ> (3 minutes 8 seconds)
- 'This is Abuse' series of film clips:
<https://www.youtube.com/watch?v=r6G4BEfJ0pM> (2 minutes 20)
<https://www.youtube.com/watch?v=zthG1nzn0uY> (1 minute 33)
https://www.youtube.com/watch?v=UO_7qHQsls (2 minutes 51)

Being a parent or carer (1)

- Baby says "I love you" <https://youtu.be/87n98ayRdEg> (37 seconds)
- **Crying films:** *Why do babies cry? Seven reasons why your baby cries* film (from babycentre.co.uk duration 2 minutes 10)
<https://www.babycentre.co.uk/v25023732/seven-reasons-babies-cry-video> *How to cope with a crying baby* (National Childbirth trust film
<https://www.nct.org.uk/parenting/coping-crying-baby> (duration 2 minutes 39)
- **Breastfeeding films** <https://www.babycentre.co.uk/v25007241/how-to-get-a-comfy-attachment-video> (from babycentre.co.uk duration 2 minutes) OR *How to breastfeed* from Parents magazine (2 minutes 12) : https://youtu.be/qzSB_4rOIJU

Choices about contraception

- *Birth Control Basics: Condoms, The Pill and Patch* (duration 2 minutes 9 seconds) animation from amaze.org <https://youtu.be/50vmQzjRkuk>

Condoms

- *Male condom: Condom demonstration* (duration 1 minute 43)
<https://youtu.be/Rr2bahvJuOo>
- *Female condoms: How do they work?* (duration 1 minute 5)
<https://youtu.be/EfwstN51Zlw>

- Condoms: How to use them effectively, animation from amaze.org (duration 2 minutes 54) <https://youtu.be/oaLdNErJ-Fk>

Getting pregnant

- *What pregnancy symptoms are normal?* (duration 1 minute 39) <https://www.nhs.uk/conditions/pregnancy-and-baby/signs-and-symptoms-pregnancy/>

LGB Equality

- *Coming out* (duration 2 minutes 38 seconds) from amaze.org: <https://youtu.be/7YXcg8HJs18>
- *Shh! Silence Helps Homophobia* (LGBT Youth Scotland film 7 minutes 2 seconds) <https://youtu.be/XQKGigb5I28>
- Quotes from young people are taken from Equal at school? School Report Scotland: The experiences of lesbian, gay, bi and trans young people in Scotland's schools in 2017: <https://www.stonewallscotland.org.uk/scotland-research/education/school-report-scotland>

Sexual intercourse Pressure Pleasure and first-time sex

- *Cycling through Consent* (3 minutes 47 seconds) <https://youtu.be/-JwKjRaUaw>
- *Consent Explained* (duration 2 minutes 44) <https://youtu.be/5vmsfhw-czA>
- *Consent – cup of tea* (duration 3 minutes) <https://vimeo.com/128105683>
- *Male vs Female orgasm: which is better?* <https://youtu.be/5ioQ8a7o3Mo> (3 minutes 59 seconds but can be ended at 3 minutes 24 before further films are promoted)

Progression 2:

Abortion

- *Let's Talk about Abortion* <http://www.lothiansexualhealth.scot.nhs.uk/pregnancy/termination/Pages/default.aspx> (duration 3 minutes 40 seconds)
- Young people's questions about abortion answered online: <https://www.brook.org.uk/our-work/young-peoples-faqs-about-abortions>

About STIs BBVs The Local And Global Impact Of HIV

- What is HPV? <https://youtu.be/auqcLrV70go> (animation from amaze.org duration 2 minutes 7)
- *What is HIV?* (duration 3 minutes 29 seconds) animation from amaze.org https://youtu.be/YxfOu_aTzH8
- *Living with HIV* (duration 3 minutes 10 seconds) animation from amaze.org <https://youtu.be/lfBPQrmBwbA>
- World AIDS Day <https://www.worldaidsday.org/>
- Living with HIV: Personal Stories and experiences <https://www.avert.org/living-with-hiv/stories>
- Living with HIV – the experience of young people <https://youtu.be/Wq5NZ9SiEpY> (7 minutes 36)

Being a parent or carer (2)

- Baby Borrowers <https://youtu.be/uBFG-OeRwh4> (duration 19 minutes 16 seconds)
- What's it like being a young parent? (1 minute 33) <https://young.scot/ping/campaign-articles/video-whats-it-like/>
- The Highs and Lows of being a parent – 3 short films of around 1 minute: <https://young.scot/ping/campaign-articles/video-highs-lows-1/>
- Babies: What are they thinking? Short film <http://www.bbc.co.uk/guides/zgxf82>
- This is me: The Child's Right to Play short film <http://ipaworld.org/ipa-video-this-is-me-the-childs-right-to-play/> (scroll down for English version)
- Information/The baby box: <https://www.parentclub.scot/baby-box#>
- Baby box short film <https://www.youtube.com/watch?v=ZPONTczcPTs&feature=youtu.be>

Consent and the Law

- Film: Screwball (duration 12 minutes 22 seconds) <https://www.truetube.co.uk/film/screwball> Produced by TrueTube, a multi award-winning website for schools
- Film: How do you know if someone wants to have sex with you? (3 minutes 50 seconds) <https://youtu.be/qNN3nAevQKY>
- No consent = No Fairy Tale (1 minute 10) <https://youtu.be/QJTqpydWFNA>

Equality, Feminism and Sexual Harassment: White Ribbon Scotland

- <http://www.whiteribbonScotland.org.uk/>

Human sexuality and sexual rights

- Sara's story (duration 5 minutes 53) <https://www.fgmaware.org/>
- Sexual Rights – produced by IPPF <https://youtu.be/mPwfRBXVgxl> (duration 1 minute 44)

Menstruation

- Menstruation what to expect (duration 3 minutes 18) by amaze.org <https://youtu.be/DBe7-PHRav8>
- Period hygiene: Tampons, Pads and Menstrual Cups (duration 2 minutes 9) by amaze.org <https://youtu.be/kmWbOC8Fbb0>
- <https://www.heygirls.co.uk/education/schools/>

Social Media (2) Fake news Fake people

- How to spot misinformation/Full Fact Toolkit <https://fullfact.org/toolkit/>
- Say No! (duration 10 minutes 39) from PDST Technology in Education on Vimeo at <https://vimeo.com/251474753>
- Listen to your selfie <https://youtu.be/TcMd468Pqbs> (3 minutes 16)
- Building confidence after online bullying <https://youtu.be/9HocoOVVUDY> (2 minutes 52)

Senior Level

To begin:

Contraception and condoms

- *Male condom demonstration (duration 1 minute 43)* <https://youtu.be/Rr2bahvJuOo>
- *Female condoms: How do they work? (duration 1 minute 5)*
<https://youtu.be/EfwstN51Zlw>
- *Cartoon animations (all 1 minute) Produced by FPA, more about their work here:*
<https://sexwise.fpa.org.uk/> All animations available here:
https://www.youtube.com/channel/UCeTj209nWm4kOSREoS5SFw/videos?utm_source=FSRH+%2F+Medfash+e-bulletin+list&utm_campaign=e05cbf32b7-EMAIL_CAMPAIGN_2018_07_25_12_10&utm_medium=email&utm_term=0_38e3eb61fe-e05cbf32b7-273231565&mc_cid=e05cbf32b7&mc_eid=aba5a16876
- *Cows talk Contraceptive Implants* <https://youtu.be/Pw1HruBL5Zs>
- *Elephants talk Emergency Contraception* <https://youtu.be/LkCQYaFIPzY>
- *Pufferfish talk Condoms* <https://youtu.be/ehRpXeXOSyl>

Gender Equality

- *Film: What is sex discrimination? (duration 1 minute 15)*
<https://youtu.be/tZYilgRFPkU>
- *Film: What is direct and indirect discrimination? (duration 4 minutes 55)*
https://youtu.be/BdFw_i03V0A

Getting to know your body

- *Understanding your own breasts: Self-examination (produced by Nuffield Health: duration 4 minutes 12 seconds):* <https://vimeo.com/261555966>
- *How to perform a testicular self-examination The Robin Cancer Trust (duration 2 minutes)* https://youtu.be/NvDglB_HXyE

Make it good - Relationships

- *How do I know I am ready to have sex (7 mins 11)* <https://youtu.be/BrUMvQjEkvo>
- *How do you know if someone wants to have sex with you? USA Planned Parenthood short film (3 mins 50)* <https://youtu.be/qNN3nAevQKY>

Pornography

- *Emma's Story: Overcoming Her Struggles with Pornography, Shame, and Self-Worth - Fight the New Drug* (<https://fightthenewdrug.org/emmas-story-overcoming-her-struggles-with-pornography-shame-and-self-worth-video/>) (5 mins 27)
- *Dan's Story: "I Feel Human Again" After Quitting Porn - Fight the New Drug* (<https://fightthenewdrug.org/dans-story-i-feel-human-again-after-quitting-porn/>) (3 mins 15)
(This film mentions suicide ideation as part of Dan's mental health struggles).

- Paul's Story: "I'm Not Discouraged and Ashamed Anymore" by My Porn Struggle - Fight the New Drug (<https://fightthenewdrug.org/pauls-story-im-not-discouraged-and-ashamed-anymore-by-my-porn-struggle-video/>) (5 mins 52)
- Ash's Story: How an Online Porn Habit Nearly Led to a Risky In-person Encounter - Fight the New Drug (<https://fightthenewdrug.org/ashes-story-how-an-online-porn-habit-nearly-led-to-a-risky-in-person-encounter-video/>) (3 mins 35)
- Thinkuknow - https://www.thinkuknow.co.uk/14_plus/news/uk-young-peoples-views-on-porn/
- <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-porn/>
- <https://www.childline.org.uk/get-support/ask-sam/friends-relationships-and-sex-asksam/porn/>
- *Porn sex vs real sex: The differences explained with food* <https://vimeo.com/71729262> (duration 1 mins 45)
- *How Porn Affects the Brain* <https://vimeo.com/27601545> (duration 4 mins 50)
- *Fight the New Drug: A Movement for Love* <https://youtu.be/VHPTV1OLkss> (duration 2 mins 53)
- OnlyFans <https://en.wikipedia.org/wiki/OnlyFans>
- <http://www.ercc.scot/what-do-you-think/>
- <https://fightthenewdrug.org/in-todays-porn-culture-objectification-and-dehumanization-sell-more/>
- Growing up in a pornified culture, TedX <https://www.youtube.com/watch?v=YpHNImNsx8> (13 mins 47)
- Why I stopped watching porn (2013) https://youtu.be/gRJ_QfP2mhU (15 mins 57)

Sex (drugs + alcohol)

- Ugly Truth images slides (source: <https://alcoholtruthproject.wordpress.com/images/>)
- Alcohol Truth: Film <https://vimeo.com/144344497> (duration 1 minute 26 seconds)

Progression:

Communication with a partner

- The importance of empathy <https://youtu.be/UzPMMSKfkZQ> (3 minutes 30)

Preparing for parenthood

- Health Before Pregnancy (NHS Lanarkshire/Young Scot) (duration 1 minute 18) <https://youtu.be/9MIAcFvEuy8>

Prostitution (paying for sex)

- Film: Money and Power: Commercial Sexual Exploitation in Scotland <https://youtu.be/fCYIJCGO2Gw> (duration 7 minutes 19)
- Film: Real Men Don't Pay: Rachel Moran Ted X presentation <https://www.youtube.com/watch?v=9bkkpotR3L4k> (duration 10 minutes 33)

Sex (Masturbation, oral and anal sex)

- Animation: Is masturbation good for you? <https://youtu.be/GU3JqoUDkjA> (duration 3 minutes)

- **Animation: Your body during sex** <https://youtu.be/f-xbQeGZ6rk> (duration 3 minutes 48 seconds)

Stigma taboo and discrimination

- See Me: Talking about mental health <https://youtu.be/F9iLJa9ZdE4> (duration 3 minutes 48)
 - Living with the stigma of HIV <https://youtu.be/mdhEun0I-nM> (duration 6 minutes 48)
 - UOKM8? <https://vimeo.com/234808377> (duration 1 minute 30)
 - The Stand Up Kid https://youtu.be/SE5Ip60_HJk (3 minutes 7)
 - Sometimes we say we're fine when we're not: If your mate's acting differently <https://youtu.be/nOkH2jGK4p0> (duration 37 seconds)
-