



# Nottingham City Relationships and Sex Education (RSE) Day

28 June 2018

## Ideas for organisations other than schools

Below is a list of ideas for joining in with Nottingham City RSE Day. RSE Day highlights that RSE is the responsibility of all, not just schools. It is a day to celebrate the excellent RSE work that is happening in Nottingham that promotes the wellbeing of, and safeguards, children and young people. There are quick options and ones that will take a bit more planning and preparation. If you need support or signposting to resources please contact [Catherine.kirk@nottinghamcity.gov.uk](mailto:Catherine.kirk@nottinghamcity.gov.uk). Not all of the ideas will be suitable for you, choose one or two that are most relevant for your setting, or think of your own. Remember to let us know what you are doing via social media using the hashtag #RSEday

### General

- Put up a poster that raises awareness of domestic abuse and signposts to support <https://www.equation.org.uk/resources/for-survivors-safety-and-support-information> <https://www.womensaid.org.uk/information-support/downloads-and-resources/posters-and-leaflets/>
- Create a display that focuses on an aspect of RSE – eg. Healthy relationships, sexual health, etc.
- Carry out some fundraising for a local charity that supports healthy relationships, eg. <https://www.equation.org.uk> <http://relate-nottingham.org.uk>
- Plan a team building day to improve relationships in your team/organisation
- Order or download posters for your workplace that raise awareness of lesbian, gay, bisexual and transgender identities <http://www.stonewall.org.uk/sites/default/files/lgbt-history-16-posters.pdf>
- Learn more about Child Sexual Exploitation so that you are aware of the risks and potential signs <https://www.brook.org.uk/our-work/category/child-sexual-exploitation-cse>
- Signpost parents/carers to sources of support to help them to talk to their child about growing up, puberty, relationships and sexual health <https://www.fpa.org.uk/help-and-advice/advice-for-parents-carers> <https://www.fpa.org.uk/sites/default/files/sexual-health-week-2011-facts-of-life-parents-leaflet.pdf>

### Libraries

- Make a display of books related to RSE – eg. Teen relationships, preparing for puberty, families, sexuality orientation and gender identity.
- Suggest some books that explore relationships and think of some prompt questions/discussion points for local book groups.
- Create lists of books that support parents and carers to talk to their child/ren about puberty, growing up, sex and relationships.

### Organisations working with children and young people (other than schools)

- Involve children/young people in creating a display that focuses on positive relationships

- Use videos from the internet to stimulate discussion around love and relationships. Some examples here: <https://www.youtube.com/watch?v=PnDgZuGIhHs> <https://www.youtube.com/watch?v=b-xScLlevw0>
- Invite a speaker in to talk about an aspect of RSE.
- Set up an LGBT young people's group in your setting. More guidance here: <http://www.stonewall.org.uk/setting-lgbt-youth-group>
- Ask staff to complete some e-learning around RSE in the run up to RSE Day <https://www.brook.org.uk/our-work/category/e-learning>

## **GPs**

- Create a display of posters/leaflets in your surgery around healthy relationships and sexual health.
- Do some consultation with young people about what support they need around relationships and sexual health.

**BE CREATIVE! Find a way that your organisation can join in. Let us know your plans before the 28<sup>th</sup> June by emailing [Catherine.kirk@nottinghamcity.gov.uk](mailto:Catherine.kirk@nottinghamcity.gov.uk). And remember to use #RSEday to tweet about your activity on the 28<sup>th</sup> June.**