



Nottingham City Relationships and Sex Education (RSE) Day

28 June 2018

Ideas for settings with secondary age pupils

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. Not all of the ideas will be suitable for all, choose one or two that are most relevant for your setting or think of your own. 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. To follow current legislation please inform parents/carers of your plans for RSE Day in advance and give them the option to withdraw their child. Remember to let us know what you are doing via social media using the hashtag **#RSEday**

- Plan an RSE themed off-timetable day with invited speakers
- Ask the drama department to support pupils to create some RSE theatre-in-education pieces to perform in local primary schools
- Create a display area with information about teen relationship abuse with signposting to support for students
- Do some RSE based discussion/activities in tutor time
- Deliver an RSE themed assembly
- Train or update peer supporters, anti-bullying buddies or Health and Wellbeing Ambassadors in ways of supporting fellow pupils with online friendship and relationship problems.
- Plan a school flash-mob to raise awareness of healthy relationships.
- Ask pupils to research local and national support for young people around relationships and sexual health and create a leaflet or poster for others in the school.
- Put up a poster in the staffroom and relevant noticeboards 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/>
- Let the world know what you are doing on RSE day by adding your planned activity to your website in advance.
- Raise awareness of Barnardos 'Wud u?' app that helps young people to learn more about Child Sexual Exploitation and signposts to support. You can download a poster here http://www.barnardos.org.uk/what_we_do/our_work/sexual_exploitation/cse-professionals/wud-u-app.htm

- Get a group of students together to review your RSE curriculum.
- Hold a school performance or concert with the theme of 'love'.
- Hold a school health fair inviting providers to share with students the services they offer in the local area.
- A group of students write a blog about RSE in your school.
- Run a competition involving pupils creating tweets about healthy relationships and sexual health. Invite a guest judge to decide which ones the school will tweet on RSE Day.
- Order some Stonewall posters to display in school to challenge homophobia and promote LGBTQ+ inclusion <http://www.stonewall.org.uk/our-work/education-resources>
- Make a display in your library of books that explore gender, sexual orientation and stereotypes. You can find a list of books here:
http://www.stonewall.org.uk/sites/default/files/reading_list_secondary_lo_res_final_v2.pdf
- Check out the brilliant **free** RSE resources from DoRSE and teach some of the lessons on RSE Day <http://www.dosreforschools.com/how-do-can-help/do-for-educators/do-for-educators/>
- Involve young people in creating relationship or sexual health themed vlogs to teach younger children in school.
- Explore these wonderful free resources for teaching RSE through historical objects and deliver some lessons on RSE Day <http://sexandhistory.exeter.ac.uk>
- Get students to develop a pupil-friendly version of the Nottingham RSE Charter to display in your school.
- Carry out some fundraising for a local charity that supports healthy relationships, eg. <https://www.equation.org.uk> <http://relate-nottingham.org.uk>
- Send a text or email to parents/carers sharing your plans for RSE Day and encouraging them to talk to their child about what they have been learning.
- Register with this website to access some free sanitary wear to support children who start their period at school <http://www.inkindirect.org>
- Become a Stonewall School Champion to celebrate your approach to inclusion of those who identify as Lesbian, Gay, Bisexual or Transgender <http://www.stonewall.org.uk/get-involved/get-involved-education/secondary-schools/secondary-school-champions-programme>
- 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>
- Record 3-5 minute conversations about a friendship or relationship between different ages/cultures, etc. (Like Radio 4s Listening Project) Use these as a stimulus in lessons or put on your website to show that the school values different relationships.

- Compile a school play-list for RSE Day featuring songs about love, relationships and friendships (age-appropriate) and play during the day on the 28th June. You could use the lyrics to stimulate discussion, writing, art-work, poetry, drama and dance pieces.