

What does good Relationships and Sex Education (RSE) look like?



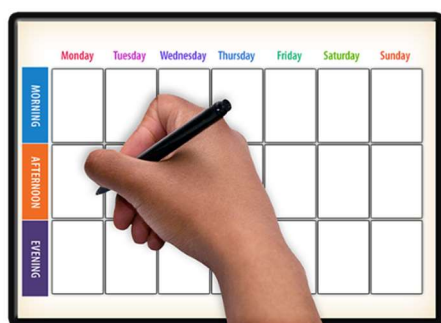
RSE means relationships and sex education.

RSE is taught to students in schools.



RSE helps people learn about themselves.

It helps people to decide what friendships and relationships they want with other people and to learn about their bodies.



RSE is important for all students to learn about.

It should be planned and part of the timetable for all students.



Teachers should get training on how to teach RSE to all students.

It should be taught often.



It is important for parents and carers to be included and told about what their child will learn in RSE lessons.



Students should feel safe and included in RSE lessons.



Students should learn about safe relationships.

This means learning about:

- consent (telling someone yes or no)
- friendships and relationships
- families
- signs and types of abuse
- using the internet safely.



RSE should teach students the facts and about the law.



There should positive and open discussions in schools.

RSE lessons should give the facts and good information.

This will help people to understand their bodies and make choices and decisions.



Students should learn about the things that make up our feelings on relationships and sex such as:

- TV and movies
- music
- religion
- people around you.



RSE should teach students about where they can get help and advice.

This means knowing who they can talk to if there is a problem.



RSE should teach about what it means to be LGBT (lesbian, gay, bisexual and trans).

Students should learn about treating everyone in an equal way.

RSE should be accessible for everyone.



This means using things like easy read information, Makaton and videos.

It also means giving the student more time to learn.



Students should be included in planning RSE and be able to give their ideas.

This guide was made by Mencap in partnership with the Sex Education Forum.