

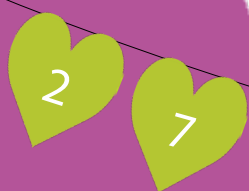
**RSE DAY** 

Celebrating relationships & sex education



# Celebrating RSE Day

A guide for  
local authorities





# What is RSE Day?

RSE Day is on 27 June 2019. It is an annual celebration of excellent RSE that educates children and young people about healthy relationships and positive sexual health.

RSE Day encourages schools and the wider community to get involved. It asks everyone to consider their role in promoting healthy relationships and positive sexual health - whether as a parent/carer, an educator, a faith leader, a councillor, a health practitioner, a friend or family member.

RSE Day was originally celebrated in Nottingham on 28 June 2018 and is the initiative of Nottingham City Council. The day proved very successful with many schools and other organisations taking part and over 400 tweets shared on the day with the hashtag #RSEday.

In order to amplify the reach of RSE Day and encourage involvement nationally, Nottingham City Council have partnered with the Sex Education Forum, a national membership organisation supporting quality RSE. Together we are inviting all local authorities to get involved!

RSE Day is a 'call to action' rather than a single organised event, although you may decide to organise an event as part of your RSE day activities locally. With this in mind the main emphasis in the lead up to the day is to engage key partners and publicise RSE Day via your existing channels and strategy groups.

## What are the benefits to our local authority?

RSE Day is an opportunity to celebrate work around RSE in your area and also highlight why it is so important for children and young people.

Effective RSE in schools and other settings will contribute to a number of public health and local authority targets including:

- Teenage pregnancy, sexual and reproductive health
- Safeguarding
- Child Sexual Exploitation
- Female Genital Mutilation (FGM)
- Resilience
- Children and young people's mental health and wellbeing
- The Healthy Child Programme
- Addressing Best Start in Life, child poverty and intergenerational disadvantage
- Educational attainment equalities
- Making every contact count (MECC).

In addition to the broader benefits of RSE, there are some potential benefits for local authority participation in RSE Day:

- Increased engagement of schools and community partners.
- Opportunities for parents and carers to take an active role as educators.
- Sharing of good practice between schools.
- Highlighting key local authority messages around quality RSE.
- Facilitating high-level buy-in to RSE, for example from elected members.

## How can we run RSE Day in our area?

### Who could be involved?

- Schools (Head teachers and senior leadership teams, PSHE and RSE leads, Designated Safeguarding Leads, SENCOs)
- Local authority Safeguarding Team and Public Health team
- Police (Child Sexual Exploitation (CSE) support team, Domestic Abuse team)
- Sexual Health Services
- Early intervention services and parent strategies
- Faith and community groups
- Local businesses
- Voluntary agencies, charities, Community Interest Companies (Domestic Abuse charities, refuges, relationship support charities, CSE workers, providers of RSE in schools)

## Start now! Ideas for local authority supported activities for RSE Day:

These ideas will require some lead-in time, and will enable a local authority to support RSE Day in ways that are relevant locally.

- 1 Secure agreement to run the day from elected members and senior leaders.
- 2 Advertise RSE Day to schools, local partners, parents/carers and others using the lists of 'things to do' on RSE Day, and the RSE Teaching Awards nomination deadline of 31 May.
- 3 Share information about the day through partnership meetings and forums.
- 4 Gather information about the plans of schools and other partners.
- 5 Share your vision and plans for RSE Day via press releases, media campaigns.
- 6 Plan visits to schools on RSE Day to capture the work in action.
- 7 Share what is happening on the day using the RSE Day twitter handle and hashtag @RSE\_day and #RSEday.



### Bluebell Hill Primary

There was an exciting family learning event at Bluebell Hill primary school with parents/carers and their children listening to the story of 'Odd Dog Out' by Rob Biddulph and then creating their own odd dog picture. The event focused on diversity and the families made the following video:

<https://www.youtube.com/watch?v=eQW37Rq6At0>



### Southwold Primary School

Each pupil at Southwold Primary school spent time creating a flag to show their unique family. These were fastened together to form a really long train of bunting which the children held in this photo shared by the school.



## Rosehill Special School

Students at Rosehill School took part in activities around friendship and were excited to have a special guest attend school to look at the work they were doing. Helene Denness, Public Health Consultant with Nottingham City Council took a learning walk around the school and presented prizes for excellent participation.



## Nottingham City Council base – Loxley House

A number of drop-in workshops were held for staff at the City Council's base, Loxley House. These focused on sexual health, the history of contraception and how to talk to your children about relationships and sex. There was also a display in the lower public foyer giving information on RSE in schools.



## Nottingham NUH Sexual Health Outreach Team

The Sexual Health Outreach team created displays in their main hubs, encouraging parents to get involved in their children's RSE and providing an information sheet to take away. They also tweeted a series of tweets around RSE Day on their twitter page. Tweets during the day reinforced messages around healthy relationships and positive sexual health.



Together with the Sexual Health Improvement Coordinator the team also supported an RSE drop-down day for pupils in a secondary school, Bulwell Academy, delivering workshops on topics exploring puberty and contraception.

NUH Integrated Sexual Health Services also delivered the Sexually Transmitted Infection Foundation core and plus training on 28 and 29 June to a variety of Health care professionals developing skills and knowledge to provide sexual health services within their own areas of practice.

# 27 June

RSE Day is a day to celebrate relationships and sex education and think about the role we all have in promoting positive relationships and sexual health.



[sexeducationforum.org/RSEday](http://sexeducationforum.org/RSEday)



[@RSE\\_day](https://twitter.com/RSE_day)

## More information

### Things to do on RSE Day

A collection of ideas for RSE Day is available from Nottingham City Council website and from the Sex Education Forum.

[www.sexeducationforum.org.uk/rseday/thingstodo](http://www.sexeducationforum.org.uk/rseday/thingstodo)

[www.nottinghamschools.org.uk/leadership-and-management-support/partnerships/nottingham-city-rse-day](http://www.nottinghamschools.org.uk/leadership-and-management-support/partnerships/nottingham-city-rse-day)

### RSE briefing for local councillors

Endorsed by PHE and LGA, this briefing includes case studies and specific recommendations.

[www.sexeducationforum.org.uk/RSEHub/Briefing](http://www.sexeducationforum.org.uk/RSEHub/Briefing)

### Roadmap to statutory RSE

The Sex Education Forum and PSHE Association have produced a step-by-step guide to preparing for statutory RSE. This one page document has hyperlinks to useful resources to help schools to get ready for statutory RSE.

[www.sexeducationforum.org.uk/roadmap](http://www.sexeducationforum.org.uk/roadmap)



**Nottingham**  
**City Council**